

menu



NON ALCOHOLIC DRINKS

strawberry iced tea mocktail 6.95

berry lavender lemonade mocktail 6.95

hot spiced apple cider 6.95

house made lemonade or iced tea 4.50

local craft sodas 4.50

Not Too Sweet Root Beer . Not Too Sweet Spicy Ginger Ale .
Dare Devil Orange Cream Soda

juices

Klippers Organic Apple Cider . Organic Orange 5.95
Pineapple . Cranberry . Pink Grapefruit 4.50

pop 3.50

Pepsi . Diet Pepsi . Ginger Ale . 7 UP . Soda

COFFEE & TEA

Hot Sub oat milk +0.75

fair trade organic coffee

Filtered 3.95 . Double Espresso 4.25 . Americano 4.50
Cappuccino 4.75 . Latte 5.25

london fog 5.25

silk road organic teas 4.50

Earl Grey . English Breakfast . Express Chai .
Jade Spring Green . Angel Water Mint

Iced Sub oat milk +0.75

iced london fog 5.25 **iced latte** 5.25

ROTATING LOCAL CRAFT TAPS

SLEEVE (16 oz) 7.95 **PINT** (20 oz) 9.95

local lager . local ale . rotating tap

CANNED BEERS

gluten free beer (11 oz) 8

local non-alcoholic beer (11 oz) 7.50

rotating local craft cans Please check our boards!

APPETIZERS

warm hickory smoked olives 9 *Vegan*

warm flatbread w/ hummus 8 *Vegan*

dough balls 8

Choose **ONE** dip: Garlic Butter or Balsamic Olive Oil

roasted cauliflower bites & ranch dip 12.50 *Vegan*

tomato bruschetta 11.50 *Request Vegan*

garlic prawns 14.50 

Served on cucumber slices with a lemon dill sauce

cheesy flatbread w/ dip 12 *Request Vegan*

Choose **ONE** Base: Cheesy Pesto . Cheesy Garlic

Choose **ONE** Dip: Roasted Garlic . Hummus . Balsamic Olive
Oil . Spicy Marinara . Vegan Chili Aioli . Vegan Ranch

Gluten Friendly +4

rocky charcuterie plate 19

Local Cured Meats & Artisan Cheeses

Add Flatbread & Balsamic Olive Oil +5

harvest veggie plate 18 *Vegan*

Caramelized Onions . Roasted Zucchini & Cauliflower .
Mushroom . Olives . Marinated Tomatoes . Hummus

Add Flatbread & Balsamic Olive Oil +5

BC VQA WINES

GLASS 6 oz | GLASS 9 oz | BOTTLE 25.4 oz

WHITES

good natured crisp chardonnay 10.25 | 15 | 39

gehringer brothers pinot gris 11.25 | 16 | 43

mission hill sauvignon blanc 11.50 | 16.75 | 44

quails gate rosé 12.25 | 17.75 | 47

REDS

good natured merlot gamay blend 10.25 | 15 | 39

calliope cabernet merlot 11.50 | 16.75 | 45

sandhill syrah 13 | 19.25 | 49.50

kettle valley pinot noir 13 | 19.95 | 51

COCKTAILS

long table gin & tonic (2 oz) 14

Long Table Gin . Sparkmouth Artisanal Tonic . Lime

long table vodka cranberry (2 oz) 14

Long Table Vodka . Cranberry Juice . Earl Grey Syrup . Soda

aperol spritz (3.5 oz) 13

Aperol . Sparkling Wine . Soda . Bitters . Orange Slice

berry mojito (2 oz) 14

Rum . Lime . Simple Syrup . Fresh Mint . Berry Puree . Soda

moscow mule (2 oz) 14

Long Table Vodka . Lime Juice . Craft Ginger Beer . Bitters

shaken lime margarita (2 oz) 14

Hornitos Plata Tequila . Cointreau . Simple Syrup .
Lime Juice . Lime Wedge

iced sangría 12 (16 oz)

Choose from our house made white OR red

rocky caesar (2 oz) 14

Vodka . Clamato . Worcestershire . Tabasco .
House Made Pickled Beans . Celery Salt Rim

SOUP & SALADS

Served with warm flatbread. *Request Gluten Friendly*

oli's bone broth 6

house made soups 7 | 10

Chicken Noodle . Feature . Tomato Basil *Vegan*

fresh herb salad 9.95 | 16.50 *Vegan*

Chef Grown Greens . Tomatoes . Cucumbers . Oranges .
Restaurant Grown Sprouts . Fresh Herb Dressing

fig & goat cheese salad 10.95 | 18.50

Chef Grown Mixed Green . Red Onions . Tomatoes .
Cucumbers . Goat Cheese . Sprouts . Fig Dressing

caesar salad 10.95 | 18.50 *Request Vegan*

Fresh Locally Grown Romain Lettuce . Roasted Chick Peas .
Parmesan Cheese . House Made Caesar Dressing

nourish bowl 18.50 *Request Vegan*

Quinoa . Chef Grown Mixed Greens . Roasted Chickpeas .
Red Onions . Fresh Carrot . Olives . Goat Cheese . Cucumber
Fresh Beets . Cherry tomato . Lemon Maple Dijon Dressing

salad additions: Free Range Chicken +6 . Avocado +3 .
Wild Smoked Salmon +7 . Sautéed Garlic Prawns +7

We add a 20% gratuity for tables of 8 people or more.



TRADITIONAL FLATBREAD PIZZAS

Small 8 in Regular 10 in Large 13 in

Gluten Friendly +3 *Gluten Friendly* +4

margarita 15 | 21.25 | 31.50

Tomato Sauce . Parmesan . Tomatoes . Fior Di Latte .
Balsamic Reduction . Basil

classic 15.25 | 21.75 | 34

Tomato Sauce . Mozza . Cherry Tomatoes . Asiago Cheese .
Goat Cheese . Parmesan . Herbs

parma 16.25 | 22.75 | 34.50

Tomato Sauce . Mozza . Cured Ham . Mushrooms . Mango .
Arugula . Parmesan

sundried tomato 16.25 | 22.75 | 34.50 *Request Vegan*

Tomato Sauce . Mozza . Sundried Tomatoes .
Mushrooms . Artichokes . Goat Cheese . Herbs

naturally meaty 16.25 | 22.75 | 34.50

Tomato Sauce . Mozza . Spicy Organic Ground Beef .
Kale . Italian Sausage . Onions . Tomatoes . Asiago Cheese

beef pepperoni 16.25 | 22.75 | 34.50

Tomato Sauce . Mozza . Pepperoni . Onions .
Mushrooms . Tomatoes . Herbs

farmers market 17.25 | 24.75 | 37.50 *Request Vegan*

Tomato Sauce . Mozza . Fresh Seasonal Vegetables .
Pesto . Goat Cheese

genoa salami 17.25 | 24.75 | 37.50

Tomato Sauce . Parmesan . Genoa Salami . Mushrooms .
Cherry Tomatoes . Olives . Caramelized Onions .
Fior Di Latte . Basil

all canadian 17.25 | 24.75 | 37.50

Tomato Sauce . Mozza . Beef Pepperoni . Bacon .
Red Bell Peppers . Mushrooms . Onions . Cheddar .
Green Onions

pesto chicken 17.35 | 24.75 | 37.50

Tomato Sauce . Mozza . Lemon & Pesto Chicken .
Roasted Red Peppers . Onions . Pesto . Parmesan

ARTISAN FLATBREAD PIZZAS

Handcrafted to 10 inches. *Gluten Friendly* +4

forager 22.75 *Request Vegan*

Garlic Cream . Parmesan . Mushroom Mix . Butternut Squash .
Caramelized Onions . Fior Di Latte . Truffle Oil . Arugula

apple rosemary bacon 23.75

Garlic Cream . Parmesan . Kale . Rosemary Baked Apple .
Double Smoked Bacon . Red Onion . Chili Aioli Drizzle

fire roasted 22.75 *Request Vegan*

Pesto . Parmesan . Zucchini . Mushrooms . Fior Di Latte .
Red Bell Peppers . Basil . Balsamic Reduction

fig & brie with prosciutto 23.75

Fig Jam . Mushrooms . Caramelized Onions . Brie . Arugula .
Local Prosciutto

honey calabrese 22.75

Spicy Tomato Sauce . Mozza . Spicy Calabrese .
Red Bell Peppers . Onions . Fior Di Latte . Honey Drizzle

hot hawaiian 23.75

Pesto Sauce . Mozzarella Cheese . Pineapple . Chorizo .
Red Onions . Jalapeños . Honey

west coast 23.75 

Garlic Cream Sauce . Mozza . Onions . Smoked Salmon .
Capers . Lemon Dill Cream Sauce . Green Onions

roasted pear and brie 23.75 *Request Vegan*

Organic Fig Jam . Brie Cheese . Rosemary Pear .
Caramelized Onions . Lemon Arugula

CREATE YOUR OWN FLATBREAD PIZZA

Build your own pizza from the sauce up!

SMALL 11.75 REGULAR 15.75 LARGE 22

choose your sauce: Tomato Sauce . Pesto .

Garlic Oil . Garlic Cream Sauce . Fig Jam .

Spicy Organic Tomato Sauce

choose your cheese: Mozza . Parmesan . Fior Di Latte

Goat Cheese . Vegan Mozza . Vegan Smoked Gouda

classic toppings: +1 | 2 | 3

Artichokes . Cherry Tomatoes . Jalapeños . Mushrooms .

Kale . Olives . Red Bell Peppers . Sundried Tomatoes .

Roasted Peppers . Roma Tomatoes . Mango .

Caramelized Onions . Italian Sausage . Cured Ham .

Spicy Organic Ground Beef . Beef Pepperoni . Pineapple

premium toppings: +2 | 4 | 6

Genoa Salami . Hot Calabrese Salami . Pesto Chicken .

Bacon . Chorizo Sausage . Local Prosciutto Ham

finishing touch: +.75 | 1 | 2

Arugula . Basil . Mixed Herbs . Pesto . Parmesan . Asiago

DIPS 1.75

Choose from one of our house made dips:

Roasted Garlic . Hummus . Vegan Chili Aioli .

Vegan Ranch . Spicy Marinara . Balsamic Olive Oil

PASTAS

Each dish is prepared fresh with organic pasta, house made chicken stock, seasonal veggies & local meats.

Gluten Friendly +2

chef's feature pasta 24 *Request Vegetarian or Vegan*

Check our blackboards for the Chef's creation.

mushroom linguine 25 *Request vegetarian or vegan*

Organic Linguine . Creamy Sauce . Red Onions . Spinach .

Butternut Squash . Medley of Local Mushrooms . Parmesan .

Truffle Oil Drizzle . Lemon

maple bacon three cheese penne 25

Organic Penne . Double Smoked Maple Bacon . Leeks .

Three Cheese Cream . Caramelized onions.

penne bolognese 24

Organic Penne . Slow Cooked Organic B.C. Beef .

Tomato Sauce . Shaved Parmesan . Basil

pasta additions:

Free Range Local Chicken +6 . Sautéed Garlic Prawns +7 .

Chorizo +6 . Double Smoked Maple Bacon +6

HOUSE MADE DESSERTS

double chocolate brownie 9.95

Served w/ house made ice cream. *Request Gluten Friendly*

house baked cheesecake 9.95 *Gluten Friendly*

apple crumble 9.95 *Vegan & Gluten Friendly*

Served w/ house made vegan coconut ice cream.

house made ice cream 7.50

Vanilla . Chocolate . Coconut Vanilla *Vegan*

Seasonal Sorbet *Vegan*

affogato 9.95

House Made Vanilla Ice Cream . Double Espresso .

Shaved Callebaut Chocolate

kids menu

12 years & under



DRINKS

house made lemonade 3

juice 3

Cranberry | Apple | Orange | Pineapple

shirley temple 3

local milk 3

local organic chocolate milk 3.95

THREE COURSE KIDS MENU 16.25

to start

Drink OR Veggie Monster Bowl

mains

Moza Pizza (+2 for Sunday's Pizza Making)

OR Pasta

dessert

Warm Double Chocolate Brownie with Ice Cream

OR

House Made Ice Cream

Vanilla . Chocolate . Coconut Vanilla *Vegan*

STARTERS

veggie monster bowl 4.25

Carrots, Cucumbers, Cherry Tomatoes & Olives

side of avocado 3

house chicken noodle soup 5.95

MAINS

moza pizza 10.95 *Gluten Friendly Crust +3*

8" Organic Flatbread . Organic Tomato Sauce .
Mozzarella or Vegan Mozzarella

Add Two Toppings of Your Choice.

simple pasta with mozzarella 10.50

Vegan Option & Gluten Friendly Option

pasta w tomato sauce & moza 10.95

Gluten Friendly Option

creamy macaroni & cheese 10.95

free range chicken with carrot sticks 8.50

Gluten Friendly

SUNDAY PIZZA MAKING 4.30 – 6.45 pm

We can pizza make with up to four children per reservation.

Thank you for your understanding and support.

pizza making 12.95 OR Three Course 18.25

Every Sunday kids can create their own pizza. Roll out their dough & add their favorite toppings.



DESSERT

warm chocolate brownie 5.95

Request Gluten Friendly

one scoop of house made ice cream 4.95

Vanilla OR Chocolate OR Coconut Vanilla *Vegan*



kids brunch menu



Served daily to 3 pm . 12 years & under

DRINKS

house made lemonade 3

juice 3

Cranberry | Apple | Orange | Pineapple

shirley temple 3

local milk 3

local organic chocolate milk 3.95

BRUNCH

belgian waffle 8

Belgian Waffle with House Made Berry Compote & Fresh Whip Cream

scrambler 9

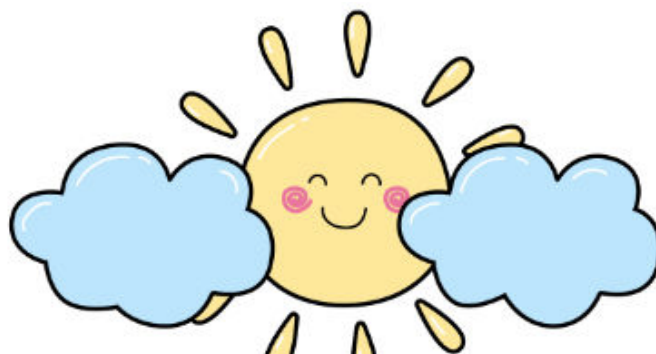
Two Local Organic Free Range Eggs Scrambled, Cheddar & Local Potato Home Fries

SIDES

local double smoked bacon 3.50

toasted house made bun 3.50

Served with butter. Ask for organic jam.



brunch menu



OMELETTES

Created with two organic eggs & served with mixed greens & home fries.

double smoked bacon omelette 19.95

Double Smoked Bacon . Tomatoes . Red Onions . Mushrooms . Canadian Cheddar . Mozza

avocado omelette 19.95 

Mushrooms . Spinach . Pesto . Avocado . Mozza . Goat Cheese

three cheese omelette 17.50 

Canadian Cheddar . Mozza . Parmesan

ROCKY BENNIES & WAFFLES

eggs benedict 21

Two Organic Poached Eggs Served on a House Made English Muffin . Hollandaise . Mixed Greens . Baked Home Fries

Served with your choice of:

Avocado . Spinach & BC Roasted Mushrooms . Smoked Salmon . Prosciutto

sweet belgian waffles 13 

Two Local Artisan Sweet Waffles . Berry Compote . Whipped Cream

BRUNCH FLATBREAD PIZZAS

Handcrafted to 10 inches. *Gluten Friendly* +4

pacific pizza 23

Roasted Garlic Dill Cream . Kale . Parmesan . Red Onion . Ocean Wise Smoked Salmon . Two Scrambled Eggs . Crispy Capers . Microgreens

market breakfast pizza 22 

Tomato Sauce . Mozza . Spinach . Mushrooms . Zucchini . Red Onions . Pesto . Two Scrambled Eggs . Parmesan

chorizo sausage benny pizza 23

Spicy Tomato Sauce . Local Chorizo Sausage . Red Bell Peppers . Red Onions . Sundried Tomatoes . Mozzafina . Two Organic Poached Eggs . Hollandaise . Green Onions

SIDES

warm breakfast buns 3.50

Served with butter. Request organic jam or honey.

double smoked bacon 5

local potato home fries 4

SOMETHING DIFFERENT

chorizo hash 21

Chorizo Sausage . Red Bell Peppers . Onions . Spinach . Yukon Potatoes . Two Organic Poached Eggs . Hollandaise . Green Onions

vegan hash 19.50 *Vegan*

Roasted Cauliflower and Chickpeas . Red Bell Peppers . Red Onions . Spinach . Zucchini . Yukon Potatoes . Toasted Hemp Hearts . Green Onions

scrambler 18.95 

House Made English Muffin . Two Organic Eggs Scrambled . Splash of Whole Cream . Mushrooms . Red Bell Peppers . Avocado . Mixed Greens . Baked Home Fries

ADD: Sliced Double Smoked Bacon +4 . Smoked Salmon +4

avocado toast & home fries 16.50 *Vegan*

House Made English Muffin . Garlic Olive Oil . Tomatoes . Avocado . Sunflower Sprouts . Toasted Hemp Hearts . Balsamic Reduction . Mixed Greens . Baked Home Fries

DRINKS

hot

fair trade organic coffee *Sub oat milk* +0.75

Filtered 3.50 . Double Espresso 4.25 .

Americano 4.25 . Cappuccino 4.50 . Latte 4.75

boozy coffee (1 oz) 8.50

Served with Baileys & Whipped Cream

silk road organic teas 4

Earl Grey . English Breakfast . Express Chai .

Jade Spring Green . Angel Water Mint

london fog 5.50 *Sub oat milk* +0.75

organic hot chocolate 5.50

cold

iced latte 5.50

iced london fog 5.50 *Sub oat milk* +0.75

mimosa (6 oz) 12

rocky caesar (2 oz) 13

lunch menu



Served Monday – Friday 12 – 3 pm. Dine in only.

FLATBREAD SANDWICHES 9.95

Served on our warm house made organic double fermented flatbread:

cajun chicken

Cajun Chicken . Cheddar . Red Onions . Tomatoes . Pickled cabbage . Lemon Arugula . Chilli Aioli Mayonnaise

brie, pear and prosciutto *Request Vegetarian*

Brie Cheese . Roasted Rosemary Pears . Lemon Arugula . Prosciutto . Balsamic Vinegar

avocado & zucchini *Vegan*

Three-herb Pesto . Avocado . Arugula . Roasted Zucchini . Red Onion . Vegan Gouda

add a soup or salad 4.95

add home fries 4.00

FLATBREAD PIZZAS 11.95

Gluten Friendly +3

build your own 8 inch pizza

Our house made flatbread pizza base with organic tomato sauce, Canadian mozzarella and add two toppings of your choice.

choose two toppings:

Artichokes . Cherry Tomatoes . Jalapeños . Pineapple . Mushrooms . Kale . Olives . Red Bell Peppers . Sun-dried Tomatoes . Roasted Peppers . Roma Tomatoes . Mango . Caramelized Onions . Italian Sausage . Cured Ham . Spicy Organic Ground Beef . Beef Pepperoni

SOUP AND SALAD COMBOS 13.95

Choose from a house made soup and salad, served with warm flatbread request *Gluten Friendly*

Chicken Noodle Soup . Feature Soup .

Tomato Basil Soup *Vegan*

Fresh Herb Salad *Vegan* . Fig & Goat Cheese Salad .

Caesar Salad

happy hour



3 - 5 pm | 8 pm - close | All day on Tuesdays

CRAFT BEER . WINE . COCKTAILS

local craft beer (16 oz) 5

house red & white bc vqa wine (6 oz) 6

house made red or white sangria (12 oz) 6

moscow mule (2 oz) 8.50

aperol spritz (2 oz) 8.50

HAPPY BITES

dough balls 7 *Request Vegan*

Organic dough balls with ONE Dip: Garlic Butter . Balsamic Vinegar & Olive Oil

warm hickory smoked olives 7

warm flatbread with house made hummus 6 *Vegan*

tomato bruschetta 9.95 *Request Vegan*

roasted cauliflower bites with house made ranch dip 9.75 *Vegan*

garlic prawns 11.95

Served on cucumber slices with a dairy free lemon dill cream

8 inch rocky margarita flatbread pizza 12.75 *Gluten Friendly +3*

Tomato Sauce . Parmesan . Tomatoes . Fior Di Latte . Balsamic . Basil

Add chorizo sausage +1

\$35 three course menu

Served Thursdays 4 p.m. – close



CHOOSE ONE STARTER

SALAD:

Fresh Herb Salad *Vegan* | Fig & Goat Cheese Salad

SOUP:

Chef's Soup | Tomato Basil Soup *Vegan*

CHOOSE ONE MAIN

TRADITIONAL FLATBREAD PIZZAS – 8" *Gluten Friendly* + 3

Classic . Margherita *Vegan Option* . Parma . Sun-dried Tomato *Vegan Option* .

Naturally Meaty . Beef Pepperoni . Farmers Market *Vegan Option* .

Genoa Salami . All Canadian . Pesto Chicken

ARTISAN FLATBREAD PIZZA – 10" *Gluten Friendly* + 4

Forager . Fire Roasted . Fig & Brie . Honey Calabrese .

Apple Rosemary Bacon . Hot Hawaiian. West Coast . Brie & Pear *Vegan Option*

PASTA: *Gluten Friendly Pasta Option* + \$2

Chef's Pasta *Vegan Option* . Mushroom Linguini *Vegan Option*

Maple Bacon Three Cheese Penne . Penne Bolognese

ADD: Local Free Range Chicken +6 . Sautéed Garlic Prawns +7

CHOOSE ONE DESSERT

Warm Double Chocolate Brownie w/ Vanilla Ice Cream *Gluten Friendly Option*

Baked Cheesecake w/ Toasted Coconut Base *Gluten Friendly*

Apple Crumble w/ Coconut Ice Cream *Vegan & Gluten Friendly Option*

Seasonal Sorbet *Dairy Free & Gluten Friendly Option*