

menu

NON ALCOHOLIC DRINKS

grizzly paw sodas Caffeine Free 4.75
Root Beer . Cream Soda . Orange Soda

fountain sodas 4.25

house made lemonade or ice tea 4.75

juices or milk 4.50

sparkling mineral (750 ml) 7.50

HOT DRINKS

mountain blends organic coffee 4.75
Flatbread Roast or Buzzless Bean Decaf

hot chocolate with whipped cream 5.25

teas from jolene's tea house 5.25
Creamy Earl Grey . Alpine Peppermint .
Wild Blueberry Rooibos . Golden Chamomile .
Strawberry Green . Banff Breakfast (Orange Pekoe)

SOUPS & SALADS

V: Vegetarian

house made soups 8 | 10
Chicken Noodle Soup **or** Chef's Feature Soup

fresh herb salad 8 | 15 | V
Assorted Greens . Vine Tomatoes . Oranges .
Cucumbers . Fresh Herb Vinaigrette . Shoots

basil & blackberry salad 8 | 15 | V
Assorted Greens . Crimini Mushrooms . Mango .
Roasted Red Bell Peppers . Basil Blackberry Dressing .
Shoots

fig & goat cheese salad 9 | 17 | V
Assorted Greens . Cucumbers . Vine Tomatoes .
Red Onions . Green Peppers . Goat Cheese .
Black Mission Fig Dressing . Shoots

kale & quinoa salad 18.50 | V
Quinoa . Kale . Roasted Yam . Shredded Carrots .
Chickpeas . Dried Cherries . Crumbled Feta .
Toasted Oats . Maple Dijon Dressing

salad additions
Free Range Chicken 3 | 6 Bacon 3 | 6
Goat Cheese 3 | 6 Feta 3 | 6

We reserve the right to add 18% gratuity for tables of 6 people or more. Thank you for your support.

STARTERS

V: Vegetarian

house marinated olives 9 | V

antipasto for two 23 | **Gluten Wise.** + 4.50
Specialty Cured Meats . Artisan Cheeses . Olives
Pickled Vegetables . Balsamic Vinegar & Extra Virgin .
Olive Oil . Herb Flatbread

whipped feta 12 **Gluten Wise** + 4.50 | V
Served with Crostini . Garlic Confit . Marinated Cherry
Tomatoes

bruschetta 12 **Gluten Wise** + 4.50 | V
Sliced Vine Tomato . Red Onion . Basil . Garlic .
Balsamic Reduction . Parmesan

cheesy garlic flatbread & dip 16 | V
Gluten Wise + 4.50
Garlic Oil . Mozza . Asiago **with your choice of dip:**
Roasted Garlic . Ranch (**Vegan**) .
Smokey Siracha

cheesy pesto flatbread & dip 16 | V
Gluten Wise + 4.50
Three Herb Pesto . Mozza . Asiago **with your choice of dip:**
Roasted Garlic . Ranch (**Vegan**) . Smokey Siracha .

LUNCH COMBOS

MON-FRI 11:30am - 4:00pm. Excluding Holidays.

soup & salad 16
Chicken noodle soup **or** Chef's feature soup with your
choice of one of the following salads:
Fresh Herb . Basil & Blackberry . Fig & Goat Cheese

soup & more 18 **Gluten Wise** +4.50
Chicken noodle soup **or** Chef's feature soup with your
choice of 8 inch traditional flatbread pizza.

salad & more 19 **Gluten Wise** +4.50
Choose **one** of the following salads:
Fresh Herb . Basil & Blackberry . Fig & Goat Cheese with
your choice of 8 inch traditional flatbread pizza

PASTAS

Our pasta is created locally with Certified Organic Milled Flour & Free Range Eggs.

Gluten Wise + 4.50

chef's feature pasta 27
Check our Blackboard for Current Featured Pasta

maple bacon mac & cheese 27
Organic Macaroni . Smoked Maple Bacon . Aged
Cheddar . Mozzarella . Parmesan . Garlic . Cream .
Caramelized Onions . Herbs

bolognese 26
Organic Pasta . Simmered Ground Beef . Garlic .
Organic Tomato Sauce . Roasted Red Peppers .
Parmesan . Herbs

TRADITIONAL FLATBREAD PIZZAS

Our handcrafted forno fired pizzas are available:
REGULAR: 10 inch (6 slices) *Gluten Wise* +4.50
LARGE: 13 inch (8 slices) *V: Vegetarian*

classic 23 | 33 *V*
Tomato Sauce . Mozza . Cherry Tomatoes .
Asiago . Goat Cheese . Parmesan . Herbs

tomato basil 23 | 33 *V*
Tomato Sauce . Mozza . Mushrooms .
Roma Tomatoes . Bocconcini . Basil .
Balsamic Reduction

parma 23 | 33
Tomato Sauce . Mozza . Prosciutto . Mushrooms .
Mango . Parmesan . Asiago . Arugula

farmers market 23 | 33 *V*
Organic Tomato Sauce . Mozzarella .
Seasonal Vegetables . Three Herb Pesto .
Capriny Goat Cheese

honey hot chorizo 23 | 33
Organic Tomato Sauce . Mozzarella . Cured Chorizo
Sausage . Green Peppers . Red Onion . Bocconcini .
Chili Honey . Seasonal Greens

mediterranean 23 | 33
Organic Tomato Sauce . Mozzarella .
Cured Chorizo Sausage . Sundried Tomatoes .
Kalamata Olives . Feta . Oregano Oil . Herbs

sundried tomato 24 | 34 *V*
Tomato Sauce . Mozza . Sundried Tomatoes .
Mushrooms . Artichokes . Goat Cheese . Herbs

ranchers 24 | 34
Tomato Sauce . Mozza . Local Seasoned Ground Beef
Jalapeños . Italian Sausage . Red Onions .
Roma Tomatoes . Aged Cheddar . Herbs

bow valley bbq chicken 24 | 34
Tomato Sauce . Mozza . Red Onions . Green Peppers .
BBQ Chicken . Bow Valley BBQ Sauce . Asiago

beef pepperoni 24 | 34
Tomato Sauce . Mozza . Beef Pepperoni . Red Onions .
Mushrooms . Roma Tomatoes . Herbs

genoa salami 24 | 34
Tomato Sauce . Mozza . Genoa Salami . Mushrooms .
Cherry Tomatoes . Olives . Caramelized Onions .
Bocconcini . Basil

apple chicken 25 | 36
Tomato Sauce . Mozza . Aged Cheddar . Rosemary
Lemon Chicken . Apples . Red Onions .
Cherry Tomatoes . Three Herb Pesto

pesto shrimp 25 | 36
Tomato Sauce . Mozza . Ocean Wise Shrimp .
Red Onions . Artichokes . Three Herb Pesto . Asiago .
Herbs

the meats 25 | 36
Tomato Sauce . Mozza . Italian Sausage . Beef
Pepperoni . Smoked Bacon . Cheddar .
Banana Peppers . Herbs

ARTISAN FLATBREAD PIZZAS

Specialty Flatbreads & Handcrafted to 10 inches
(6 slices) *Gluten Wise* + 4.50 *V: Vegetarian*

bacon & blue cheese 23
Garlic Oil Base . Valbella Double Smoked Bacon .
Caramelized Onions . Cherries . Blue Cheese . Arugula

fig, bison & brie 24
Fig Jam . Smoked Bison . Mushrooms . Caramelized
Onions . Brie . Arugula

fire roasted 23 *V*
Pesto . Parmesan . Zucchini . Red Peppers .
Portobello Mushrooms . Roma Tomatoes . Bocconcini
Arugula . Basil . Balsamic Reduction

teriyaki chicken 25
Garlic Aoli . Roasted Teriyaki Chicken . Corn .
Sweet Onions . Roasted Mushrooms . Teriyaki Sauce .
Green Onions

CREATE YOUR OWN

**Starting with organic tomato sauce base &
Canadian mozzarella.**

REGULAR 18 (6 slices) *Gluten Wise* + 4.50
LARGE 22 (8 slices) *Dairy Free Cheese Available*

classic toppings: +2 | +4 each topping
Beef Pepperoni . Banana Peppers . Cured Chorizo .
Artichokes . Italian Sausage . Seasoned Ground Beef .
Cherry Tomatoes . Caramelized Onions . Mushrooms .
Green Peppers . Red Peppers . Jalapeños . Olives .
Mango . Red Onions . Roma Tomatoes .
Sundried Tomatoes . Prosciutto . Genoa Salami

premium toppings: +4 | +6 each topping
Smoked Bison . Double Smoked Bacon .
Free Range Rosemary Lemon Chicken .
Free Range BBQ Chicken . Ocean Wise Shrimp

cheese: +4 | +6 each topping
Mozzarella . Aged Cheddar . Bocconcini . Parmesan .
Asiago . Blue Cheese . Brie . Feta

ADD A DIPPING SAUCE + 2 *V*

Roasted Garlic . Smokey Siracha . Vegan Ranch

EXTRAS +1
Grated Parmesan . Balsamic Reduction . Chili Honey

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