

menu



NON ALCOHOLIC DRINKS

- strawberry iced tea mocktail 7.95
- berry lavender lemonade mocktail 7.95
- hot spiced apple cider 7.95
- house made lemonade or iced tea 4.95
- local craft sodas 4.95
 - Not Too Sweet Root Beer . Not Too Sweet Spicy Ginger Ale . Dare Devil Orange Cream Soda
- juices 6.50
 - Organic Apple Cider . Organic Orange Pineapple . Cranberry . Pink Grapefruit
- pop 4.50
 - Pepsi . Diet Pepsi . Ginger Ale . 7 UP . Soda

COFFEE & TEA

- Hot Sub oat milk +0.75
- fair trade organic coffee
 - Filtered 4.25 . Double Espresso 4.50 . Americano 4.75 Cappuccino 4.95 . Latte 5.25 . Iced Latte 5.25
- london fog 5.25 iced london fog 5.25
- silk road organic teas 4.50
 - Earl Grey . English Breakfast . Express Chai . Jade Spring Green . Angel Water Mint

ROTATING LOCAL CRAFT TAPS

- SLEEVE (16 oz) 8.95 PINT (20 oz) 11.95
- local lager . local ale . rotating tap

CANNED BEERS

- gluten free beer (12 oz) 8.95
- local non-alcoholic beer (12 oz) 7.95

APPETIZERS

- warm hickory smoked olives 9
- warm flatbread w/ hummus 9 *Vegan, Request Gluten Friendly*
- dough balls 9
 - Choose ONE dip: Garlic Butter or Balsamic Olive Oil
- roasted cauliflower bites & ranch dip 12.95 *Vegan, GF*
- tomato bruschetta 11.95 *Request Vegan and Gluten Friendly*
- ocean wise™ garlic prawns 14.95 *Gluten Friendly*
 - with cucumber slices with a lemon dill sauce and micro-greens
- cheesy flatbread w/ dip 14.50 *Request Vegan / Gluten Friendly*
 - Choose ONE Base: Cheesy Pesto . Cheesy Garlic .
 - Choose ONE Dip: Roasted Garlic . Hummus . Balsamic Olive Oil . Spicy Marinara . Vegan Chili Aioli . Vegan Ranch
- rocky charcuterie plate 20.95 *Gluten Friendly*
 - Cured Meats . Cheeses . Olives . Pepperoncini . Mustard
 - Add Flatbread & Balsamic Olive Oil +5 *Request Gluten Friendly*
- harvest veggie plate 19.95 *Vegan and Gluten Friendly*
 - Caramelized Onions . Roasted Zucchini & Cauliflower . Mushroom Mix . Olives . Marinated Tomatoes . Hummus . Pepperoncini . Pickles
 - Add Flatbread & Balsamic Olive Oil +5 *Request Gluten Friendly*

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

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) 14
 - Aperol . Sparkling Wine . Soda . Orange slice.
- berry mojito (2 oz) 14
 - Rum . Lime . Simple Syrup . Fresh Mint . Mixed Berry Coulis . Soda
- moscow mule (2 oz) 14
 - Long Table Vodka . Lime Juice . Not Too Sweet Ginger Beer . Bitters . Lime Wedge
- shaken lime margarita (2 oz) 14
 - Hornitos Plata Tequila . Cointreau . Simple Syrup . Lime Juice .
- iced sangría 12 (16 oz)
 - Choose from our house made white or red.
- rocky caesar (2 oz) 14
 - Vodka . Clamato . Worcestershire . Tabasco . Pickled Beans . Celerv Salt

SOUP & SALADS *Served with flatbread. Request Gluten Friendly*

- oli’s bone broth 7
- house made soups 8 | 11
 - Chicken Noodle . Feature . Tomato Basil *Vegan*
- fresh herb salad 10.50 | 17.50 *Vegan*
 - Tseil-Waututh Nation Hydroponic Mixed Greens . Tomatoes . Cucumbers . Oranges . Locally Grown Sprouts . Fresh Herb Dressing . Micro-greens
- fig & goat cheese salad 11.50 | 18.95 *Request Vegan*
 - Tseil-Waututh Nation Hydroponic Mixed Greens . Red Onions . Tomatoes . Cucumbers . Goat Cheese . Locally Grown Sprouts . Fig Dressing . Micro-greens
- caesar salad 11.50 | 18.95 *Request Vegan*
 - Tseil-Waututh Nation Hydroponic Romain Lettuce . Roasted Chick Peas . Parmesan Cheese . Vegan Caesar Dressing
- nourish bowl 21.95 *Request Vegan*
 - Quinoa . Tseil-Waututh Nation Hydroponic 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 +4 . Wild Smoked Salmon +7 . Sautéed Garlic Prawns +7

TRADITIONAL FLATBREAD PIZZAS

8 inches | 10 inches | 13 inches

Gluten Friendly +3 Gluten Friendly +4

margarita 15.75 | 21.50 | 30.75
Home Made Tomato Sauce . Parmesan . Fior Di Latte .
Balsamic Reduction . Basil

beef pepperoni 15.75 | 21.50 | 30.75
Home made Tomato Sauce . Fior di Latte . Pepperoni . Herbs

classic 16.25 | 22.95 | 34
Home Made Tomato Sauce . Mozza . Cherry Tomatoes .
Asiago Cheese . Goat Cheese . Parmesan . Herbs

parma 17.25 | 22.95 | 34.50
Home Made Tomato Sauce . Mozza . Cured Ham . Mango .
Mushrooms . Arugula . Parmesan

sun-dried tomato 17.25 | 22.95 | 34.50 Request Vegan
Home Made Tomato Sauce . Mozza . Sun-dried Tomatoes .
Mushrooms . Artichokes . Goat Cheese . Herbs

naturally meaty 17.25 | 23.25 | 34.95
Home Made Tomato Sauce . Mozza . Spicy Organic Ground
Beef . Kale . Italian Sausage . Onions . Tomatoes . Asiago
Cheese

farmers market 17.95 | 24.95 | 37.50 Request Vegan
Home Made Tomato Sauce . Mozza . Fresh Seasonal
Vegetables . Pesto . Goat Cheese

genoa salami 17.95 | 24.95 | 37.50
Home Made Tomato Sauce . Fior Di Latte . Genoa Salami .
Olives. Caramelized Onions . Basil

all canadian 17.95 | 24.95 | 37.50
Home Made Tomato Sauce . Mozza . Beef Pepperoni .
Bacon . Red Bell Peppers . Green Onions . Cheddar

pesto chicken 17.95 | 24.95 | 37.50
Home Made Tomato Sauce . Mozza . Lemon & Pesto
Chicken . Roasted Red Peppers . Onions . Pesto . Parmesan

ARTISAN FLATBREAD PIZZAS

Handcrafted to 10 inches. Gluten Friendly +4

forager 23.25 Request Vegan
Garlic Cream . BC Mixed Mushrooms . Caramelized Onions .
Butternut Squash . Fior Di Latte . Truffle Oil . Arugula

fire roasted 23.25 Request Vegan
Pesto . Parmesan . Zucchini . BC Mixed Mushrooms . Fior Di
Latte . Red Bell Peppers . Basil . Balsamic Reduction

apple rosemary bacon 23.95
Garlic Cream . Parmesan . Kale . Rosemary Baked Apple .
Double Smoked Bacon . Red Onion . Chillli Aioli Drizzle

honey calabrese 23.25
Spicy Tomato Sauce . Fior Di Latte . Spicy Calabrese .
Red Bell Peppers . Onions . Honey Drizzle

fig & brie with prosciutto 24.75
Fig Jam . Mushrooms . Caramelized Onions . Brie . Arugula .
Prosciutto

hot hawaiian 24.75
Pesto Sauce . Mozzarella . Pineapple . Chorizo .
Red Onions . Jalapeños . Honey

west coast 24.75
Garlic Cream Sauce . Mozza . Onions . Ocean Wise Smoked
Salmon . Capers . Lemon Dill Cream Sauce . Green Onions

roasted pear & brie 24.75 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!
8 inches 13 | 10 inches 17 | 13 inches 23

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
Feta . Goat Cheese . Vegan Mozza . Vegan Smoked Gouda

vegetarian toppings: +1 | 2 | 3
Artichokes . Cherry Tomatoes . Butternut squash .
Caramelized Onions . Jalapeños . Kale . Mango . Mixed
Mushrooms . Crimini Mushrooms . Olives . Pineapple . Red
Bell Peppers . Roasted Peppers . Sun-dried Tomatoes .
Roasted Cauliflower . Roma Tomatoes . Zucchini

meat toppings: +2 | 4 | 6
Genoa Salami . Hot Calabrese Salami . Pesto Chicken . Italian
Sausage . Cured Ham . Spicy Organic Ground Beef . Bacon .
Chorizo Sausage . Prosciutto Ham . Beef Pepperoni

finishing touch: +.75 | 1 | 2
Arugula . Basil . Mixed Herbs . Pesto . Parmesan . Asiago

DIPS 2.5 | 4.5

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 25.5 Request Vegetarian or Vegan
Check our blackboards for the Chef’s creation.
Add Local Featured Meat + 6

mushroom linguine 26.25 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 26.25
Organic Penne . Double Smoked Maple Bacon . Leeks . Three
Cheese Cream . Caramelized Onions

bolognese 25.5
Organic Linguine . Slow Cooked Organic B.C. Beef .
Home Made 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 Request Gluten Friendly
Served w/ house made ice cream.

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
Sorbet . Vanilla . Chocolate . Vegan Coconut Vanilla

affogato 9.95
House Made Vanilla Ice Cream . Double Espresso .
Shaved Callebaut Chocolate

We add a 2.4% surcharge for credit card payments.



kids menu

12 years & under



DRINKS

house made lemonade 3.5

juice 3.5

Cranberry | Apple | Orange | Pineapple | Grapefruit

shirley temple 3.5

local milk 3.5

local organic chocolate milk 4.65

THREE COURSE KIDS MENU 17.75

to start

Drink OR Veggie Monster Bowl

mains

Mozza 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 4.75

Carrots, Cucumbers, Cherry Tomatoes & Olives

side of avocado 3.5

house chicken noodle soup 7

MAINS

mozza pizza 11.95 *Gluten Friendly Crust +3*

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

Add Two Toppings of Your Choice.

simple pasta with mozzarella 11.50

Request vegan | Request Gluten Friendly +2

pasta w tomato sauce & mozza 11.95

Request vegan | Request Gluten Friendly +2

creamy macaroni & cheese 11.95

Request vegan | Request Gluten Friendly +2

free range chicken with carrot sticks 9.25

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 13.95 OR Three Course 19.75

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



DESSERT

warm chocolate brownie 6.95

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 3.5

juice 3.5

Cranberry | Apple | Orange | Pineapple | Grapefruit

shirley temple 3.5

local milk 3.5

local organic chocolate milk 4.65

BRUNCH

belgian waffle 8.95

Belgian Waffle with House Made Berry Compote & Fresh Whip Cream

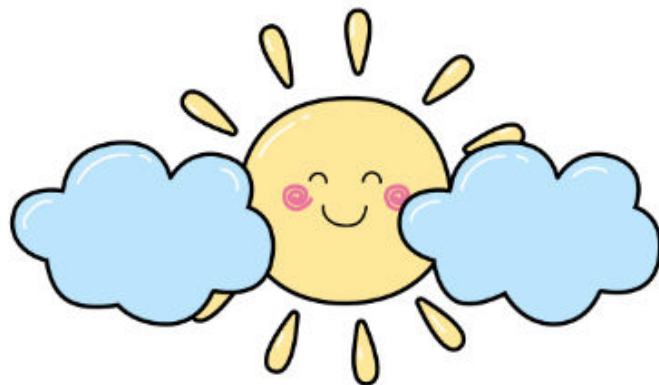
scrambler 10.95

Two Local Organic Free Range Eggs Scrambled, Cheddar & Roasted Potatoes

SIDES

toasted house made bun 3.50

Served with butter. Ask for organic jam.



brunch menu



OMELETTES *Gluten Friendly*

Created with two organic eggs, a splash of whole cream & served with mixed greens & roasted potatoes

double smoked bacon omelette 19.95

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

avocado omelette 19.95 *Vegetarian*

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

three cheese omelette 18.95 *Vegetarian*

Canadian Cheddar . Mozza . Parmesan

ROCKY BENNIES

eggs benedict 21.95

Two Organic Poached Eggs Served on a House Made English Muffin . Gluten Friendly Hollandaise . Mixed Greens . Roasted Potatoes . Micro-greens

Served with your choice of:

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

WAFFLES

sweet belgian waffles 13.95 *Vegetarian*

Two Sweet Waffles . Berry Compote . Whipped Cream

BRUNCH 10" FLATBREAD PIZZAS

Gluten Friendly +4

pacific pizza 23.95

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

market breakfast pizza 22.95 *Vegetarian*

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

chorizo sausage benny pizza 23.95

Spicy Tomato Sauce . Local Chorizo Sausage . Red Bell Peppers . Red Onions . Sun-dried Tomatoes . Fior di Latte . Two Organic Poached Eggs . Gluten Friendly Hollandaise . Green Onions . Micro-greens

SIDES

warm breakfast buns 3.95

Served with butter. Request organic jam or honey.

double smoked bacon (4 slices) 7

roasted potatoes 5

SOMETHING DIFFERENT

chorizo hash 21.95 *Gluten Friendly*

Chorizo Sausage . Red Bell Peppers . Onions . Spinach . Yukon Potatoes . Two Organic Poached Eggs . Gluten Friendly Hollandaise . Green Onions . Micro-greens

vegan hash 20.95 *Vegan and Gluten Friendly*

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

scrambler 19.95 *Vegetarian*

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

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

avocado toast & roasted potatoes 17.50 *Vegan*

House Made English Muffin . Garlic Olive Oil . Tomatoes . Avocado . Sprouts . Toasted Hemp Hearts . Balsamic Reduction . Mixed Greens . Roasted Potatoes . Micro-greens

DRINKS

hot

fair trade organic coffee *Sub oat milk* +0.75

Filtered 4.25 . Double Espresso 4.50 . Americano 4.75 . Cappuccino 4.95 . Latte 5.25

boozy coffee (1 oz) 8.50

Served with Baileys & Whipped Cream

silk road organic teas 4.5

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

london fog 5.25 *Sub oat milk* +0.75

organic hot chocolate 5.50

cold

iced latte 5.25

iced london fog 5.25 *Sub oat milk* +0.75

mimosa (6 oz) 12

rocky caesar (2 oz) 14

happy hour



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

CRAFT BEER . WINE . COCKTAILS

local craft beer (16 oz) 6

house red & white bc vqa wine (6 oz) 7

house made red or white sangria (12 oz) 7

moscow mule (2 oz) 9.95

aperol spritz (2 oz) 9.95

HAPPY BITES

dough balls 8 *Request Vegan*

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

warm hickory smoked olives 8

warm flatbread with house made hummus 8 *Vegan, Request Gluten Friendly*

tomato bruschetta 9.95 *Request Vegan and Gluten Friendly*

roasted cauliflower bites w/ house made ranch dip 10.95 *Vegan | GF*

ocean wise™ garlic prawns 12.95 *Gluten Friendly*

Served on cucumber slices with a dairy free lemon dill cream and micro-greens

8 inch rocky margarita flatbread pizza 13.75 *Gluten Friendly +3*

Tomato Sauce . Parmesan . 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 | Caesar Salad

SOUP:

Chef's Soup | Tomato Basil Soup *Vegan*

CHOOSE ONE MAIN

TRADITIONAL FLATBREAD PIZZAS – 10" *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 . Linguine 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*

Seasonal Sorbet *Dairy Free & Gluten Friendly Option*