

MENU



APPETIZERS



Organic Warm Dough Balls 9.00

Request Vegan

House Made Dough Balls Served with:
Garlic Butter or Balsamic Olive Oil

Cheesy Flatbread and Dips 13.95

Request Vegan / Request Gluten Smart +4

Stone baked garlic cheesy flatbread served
with three house made dips: Salsa . Roasted
Garlic . Hummus. Great for sharing

Chips and Dips 9.25



Request Vegan

Local organic corn chips with three house made
dips: Salsa . Roasted Garlic . Hummus .
Garnished with Olives and Green Onion

Local Hickory Smoked Warm Olives 9.00



Roasted Cauliflower & Dip 12.95



Oven roasted seasoned cauliflower
florets with house made ranch dip

Crispy Brussel Sprouts & Bacon 13.95



Roasted brussel sprouts with smoked bacon,
chorizo, crunchy chickpeas & house made
ranch dip

Garlic Prawns 14.95



Served on cucumber slices with a
house made lemon dill sauce

SOUPS & SALADS

Served with Stone Baked Flatbread




Our salad greens are locally grown at a
Tseil-Waututh Nation Hydroponic Farm

House Made Soups 8.25 / 11.00

Chicken Noodle Soup

Feature Soup

Tomato Basil Soup 

Fresh Herb Salad 11.75 / 18.95



Mixed Greens . Carrots . Beets .

Oranges . House Made Fresh Herb Dressing

Fig & Goat Cheese Salad 11.75 / 18.95

Mixed Greens . Red Onions . Tomatoes .

Cucumbers . Goat Cheese . Locally

Grown Sprouts . House Made Fig Dressing

Caesar Salad *Request Vegan* 11.75 / 18.95

Romaine Lettuce . Roasted Chickpeas .

Parmesan Cheese . House Made

Caesar Dressing

Nourish Bowl *Request Vegan* 23.00

Quinoa . Mixed Greens . Beets . Cucumbers .

Red Onions . Roasted Chickpeas . Olives .

Carrot . Goat Cheese . Cherry Tomato .

House Made Lemon Maple Dijon Dressing

Salad Additions:

Free Range Chicken +6

Avocado +4

Wild Smoked Salmon +7

Sautéed Garlic Prawns +7

PASTAS

Gluten Smart Pasta +2

Served with Stone Baked Flatbread



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

Chef's Feature Pasta 26.25

Request Vegan or Vegetarian

Check our blackboards for Chef's creation.

Add Local Featured Meat + 6

Three Cheese Maple Bacon 26.25

Penne . Double Smoked Bacon .

Three Cheese Cream Sauce . Leeks .

Caramelized Red Onions

Mushroom Linguine 26.25

Request Vegan or Vegetarian

Linguine . Creamy Sauce . Red Onions .

Spinach . Butternut Squash . Local Mushrooms

Mix . Parmesan . Truffle Oil . Lemon Wedge

Bolognese 26.25

Linguine . Slow Cooked Organic B.C. Beef .

Tomato Sauce . Parmesan . Basil

Pasta Additions:

Free Range Local Chicken +6 .

Sautéed Garlic Prawns +7 . Chorizo +6 .

Double Smoked Bacon +6



TRADITIONAL FLATBREAD PIZZAS

8 Inch 10 Inch 13 Inch

Gluten Smart +3 Gluten Smart +4

Our flatbread dough is created with local organic flours & fermented for four days

VEGGIE



Margherita 15 / 20 / 28

Tomato Sauce . Parmesan . Fior Di Latte .
Balsamic Reduction . Fresh Local Basil

Four Cheese Classic 16.25 / 22.95 / 33.95

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

Farmers Market 17.60 / 24.85 / 36.95

Request Vegan

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

Sun-dried & Artichoke 17.60 / 24.85 / 36.95

Request Vegan

Tomato Sauce . Mozza . Sun-dried Tomatoes .
Mushrooms . Artichokes . Goat Cheese . Herbs

MEATY



Mountain Pepperoni 16.25 / 22.95 / 33.95

Tomato Sauce . Mozza . Local Pepperoni .
Fior Di Latte . Fresh Mixed Herbs

All Canadian 17.60 / 24.85 / 36.95

Tomato Sauce . Mozza . Pepperoni . Cheddar .
Smoked Bacon . Red Peppers . Green Onions

Pesto Chicken 17.60 / 24.85 / 36.95

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

Cured Ham & Pineapple 17.60 / 24.85 / 36.95

Tomato Sauce . Mozza . Local Cured Ham .
Pineapple . Pineapple Glazed Arugula . Parmesan

Naturally Meaty 17.60 / 24.85 / 36.95

Tomato Sauce . Mozza . Spicy Organic Ground
Beef . Kale . Fennel Sausage . Red Onions .
Roma Tomatoes . Asiago Cheese

Genoa Salami & Chorizo 17.60 / 24.85 / 36.95

Tomato Sauce . Mozza . Genoa Salami . Chorizo .
Olives . Caramelized Red Onions . Fior Di Latte .
Basil

CREATE YOUR OWN

Choose Your Sauce:

Tomato Sauce . Spicy Tomato Sauce . Pesto .
Garlic Oil . Garlic Cream Sauce . Fig Jam

Choose Your Cheese:

Mozza . Parmesan . Fior Di Latte . Feta .
Goat Cheese . Cheddar Cheese . Brie Cheese .
Vegan Mozza . Vegan Smoked Gouda

Veggie Harvest Toppings + 1 / 2 / 3

Artichokes . Butternut Squash . Caramelized
Onions . Cherry Tomatoes . Crimini Mushrooms .
Jalapeños . Kale . Olives . Pineapple . Red Bell .
Peppers . Red Onions . Roasted Peppers . Roma
Tomatoes . Sun-dried Tomatoes . Spinach .
Zucchini

ARTISAN FLATBREAD PIZZAS

Handcrafted to 10 inches with specialty toppings

Gluten Smart +4

Our flatbreads are topped with a house made sauce,
Canadian cheeses & artisan toppings

VEGGIE



Funghi Forager *Request Vegan* 24.85

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

Fire Roasted Veggie 24.85

Request Vegan

House Made Pesto . Parmesan . Zucchini . Local
Mushroom Mix . Fior Di Latte . Red
Bell Peppers . Basil . Balsamic Reduction

Add a House Made Dip: 2.50 / 4.50

Roasted Garlic	Vegan Ranch
Hummus	Spicy Marinara
Vegan Chili Aioli	Balsamic Olive Oil

MEATY



Apple Rosemary Bacon 24.85

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

Fig & Brie with Prosciutto 24.85

House Made Fig Jam . Crimini Mushrooms .
Caramelized Red Onions . Brie . Lemon Arugula .
Local Prosciutto

Spicy Honey Calabrese 24.85

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

West Coast Salmon 24.85

Garlic Cream Sauce . Mozza . Red Onions .
Wild Sockeye Smoked Salmon . Capers .
Dill Cream Sauce . Green Onions

All of our flatbreads are handcrafted &
stone baked in our artisan oven.



8 inches: 13 10 inches: 17 13 inches: 23

Gluten Smart +3 Gluten Smart +4

Meaty Toppings + 2 / 4 / 6

Bacon . Chorizo Sausage . Cured Ham . Genoa
Salami . Hot Calabrese Salami . Fennel Sausage .
Lemon Chicken . Local Prosciutto Ham .
Pepperoni . Pesto Chicken . Salami .
Spicy Organic Ground Beef

Finishing Touches + .75 / 1 / 2

Arugula . Basil . Mixed Herbs . Pesto .
Parmesan . Asiago . Green Onions .
Balsamic Reduction

We add a \$2.40 surcharge for credit card payments
and 20% gratuity for tables of 8 people or more.

DRINK MENU



NON-ALCHOLIC

Strawberry Iced Tea	7.95
Berry Lavender Lemonade	7.95
House Made Lemonade or Iced Tea	4.95
Local Craft Sodas	4.95
Not Too Sweet Root Beer . Sweet Spicy Ginger Beer . Dare Devil Orange Cream Soda	
Juices	5.25
Cranberry . Organic Apple Cider . Orange . Pineapple . Cranberry . Pink Grapefruit	
Pop	4.50
Pepsi . Diet Pepsi . Ginger Ale . 7 UP . Soda	

COFFEE & TEA

Sub Oat Milk **+.75**

Fair Trade Organic Coffee

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

Silk Road Organic Teas

 4.50

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

London Fog

 4.50

Hot or Iced

Chai Latte

 4.50

Hot or Iced

LOCAL BEERS

Craft Beers on Tap

Sleeve 14.5 | 400 ml **8.95** **Glass** 17.5 oz | 500 ml **10.95**

Local Lager . Local Ale . Rotating Tap

Local Canned Beers

Check our blackboards for rotating local canned beers.

Local Canned Non-Alcoholic Beers

Rotating Non-Alcoholic Beer 12.5 oz | 355 ml **7.95**

Rotating Gluten Free Beer 12.5 oz | 355 ml **8.95**

BC VQA WINES

Glass 6.25 oz / Glass 9.35 oz / Bottle 26.4 oz

WHITES

Crisp Chardonnay	10.25 15.00 39.00
Good Natured	
Pinot Gris	11.25 16.00 43.00
Gehring Brothers	
Sauvignon Blanc	11.50 16.75 44.00
Petrichor	
Rosé Quails Gate	12.25 17.75 47.00

REDS

Merlot Gamay Blend	10.25 15.00 39.00
Good Natured	
Cabernet Merlot Calliope	11.50 16.75 45.00
Syrah Sandhill	13.00 19.25 49.50
Pinot Noir Kettle Valley	13.00 19.95 51.00

COCKTAILS

Long Table Gin & Tonic 2 oz	14.00
Long Table Gin . Sparkmouth Dry Tonic . Lime Slices . Lime Rim . Lime Wedge	
Long Table Vodka Cranberry 2 oz	14.00
Long Table Vodka . Earl Grey Syrup . Cranberry Juice	
Aperol Spritz 3.5 oz	14.00
Aperol . Sparkling Wine . Soda . Orange slice	
Berry Mojito 2 oz	14.00
Rum . Lime . Fresh Mint . Mixed Berry Puree . Soda	
Moscow Mule 2 oz	14.00
Long Table Vodka . Lime Juice . Not Too Sweet Ginger Beer . Bitters	
Shaken Lime Margarita 2 oz	14.00
Hornitos Plata Tequila . Cointreau . Simple Syrup . Lime Juice . Lime Wedge	
Iced Red Sangría 14.5 oz	14.00
Peach Schnapps . Red Wine . Strawberry . Lime . Pineapple	
Rocky Caesar 2 oz	14.00
Long Table Vodka . Clamato . Worcestershire . Tabasco . House Made Pickled Beans . Celery Salt Rim	

DESSERTS + HAPPY HOUR



HOUSE-MADE DESSERTS

Warm Double Chocolate Brownie 10.95

Request Gluten Smart

Served w/ house made ice cream

Baked Cheese Cake  10.95

Gluten Smart Toasted Coconut Base served with Berry Jam & Whipped Cream

Apple Crumble   10.95

Served with house made vegan coconut ice cream

House Made Ice Cream  8.95

Sorbet . Vanilla . Chocolate .
Vegan Coconut Vanilla

Affogato  9.95

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

WEEKLY SPECIALS

Tuesdays - All day happy hour

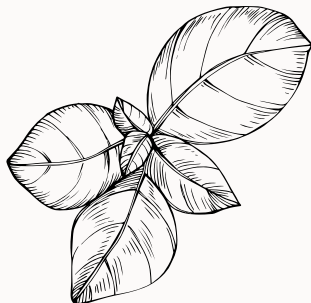
Wednesdays - 50% off VQA wines

Thursdays - \$35 Three Course Menu

Fridays - \$7 House Made Sangría

Saturdays and Sundays - \$7 Mimosas and Caesars until 3 pm

Sundays - Kids pizza making 4.30 - 6.45 pm



HAPPY HOUR DRINKS

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

Local Craft Beer 14.5 oz 5.00

House Red & White Wine 6 oz 7.00

House Made Red Sangria 6 oz 7.00

Moscow Mule 2 oz 9.95

Aperol Spritz 2 oz 9.95

HAPPY HOUR BITES

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

Organic Warm Dough Balls 7.00

Request Vegan

House Made Dough Balls Served with: Garlic Butter or Balsamic Olive Oil

Local Hickory Smoked 7.00

Warm Olives 

Chips and Dips  8.95

Request Vegan

Organic Corn Chips served with three house made dips: Salsa . Roasted Garlic . Hummus . Topped with Olives and Green Onion

Roasted Cauliflower & Dip   10.95

Oven roasted seasoned cauliflower florets with house made ranch dip

Cheesy Flatbread and Dips  11.95

Request Vegan / Request Gluten Smart +4

Stone baked garlic cheesy flatbread served with three house made dips: Salsa . Roasted Garlic . Hummus

Margherita (8 Inches) 12.95

Tomato Sauce . Fior Di Latte . Parmesan . Balsamic Reduction . Fresh Local Basil

Add chorizo sausage: +1

KIDS MENU



12 Years and Under. Proud to be a nut-free restaurant



DRINKS

House Made Lemonade 3.25

Juice 3.25

Cranberry . Apple . Orange .
Pineapple

Shirley Temple 3.25

Orange Juice . Pineapple Juice .
Sprite . Topped with Cranberry Juice

Local Milk 3.25

Local Chocolate Milk 4.25

THREE COURSE 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

SUNDAY PIZZA MAKING

We can pizza make with up to four children
per reservation. 4.30 - 6.45 pm

Pizza Making 13.95

Kids get to roll out their dough
and add their favorite toppings.

**Three Course with Pizza
Making** 19.75

STARTERS

Crunchy Veggie Bowl 7.00

Carrots . Tomatoes . Cucumbers .
Olives with a Ranch Dip

Side of Avocado 3.50

**House Made Chicken
Noodle Soup** 8.25

MAINS

Mozza Pizza 11.95

Gluten Smart Crust + 3

Tomato Sauce . Mozza .
Add Two Toppings of your Choice

Macaroni with Mozza 11.50

Gluten Smart + 2

Macaroni with Tomato 11.95

Sauce and Mozza

Gluten Smart + 2

Creamy Mac and Cheese 11.95

Gluten Smart + 2

Macaroni with Bolognese 13.95

Sauce and Mozzarella

Gluten Smart + 2

**Free Range Chicken with
Carrot Sticks** 11.95



DESSERTS

**Warm Chocolate Brownie
with Ice Cream** 6.00

Served with your Choice of:

Vanilla . Chocolate . Coconut Vanilla

Home Made Ice Cream 4.50

Vanilla . Chocolate . Coconut Vanilla

BRUNCH FLATBREAD PIZZAS



Served until 3 pm daily

Handcrafted to 10 in with free range organic eggs.

Gluten Smart +4

VEGGIE



Market Breakfast

24.85

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

Rocky Florentine

24.85

Garlic Cream Sauce . Mozza . Spinach .
Marinated Cherry Tomatoes . Two Organic Sunny Side Up
Eggs . Pesto Drizzle . Microgreens

MEATY



Chorizo Sausage Benny

24.85

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

Pacific Wild Salmon

24.85

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

Sunny Side Up

24.85

Garlic Cream Sauce . Yukon Smoked Paprika Potatoes .
Parmesan . Local Double Smoked Bacon .
Spicy Calabrese Salami . Two Organic Sunny Side Up
Eggs . Green Onions . Chilli Aioli Drizzle

\$35 THREE COURSE

Served on Thursdays 4 pm - close




CHOOSE ONE STARTER



Salads

Served with warm flatbread

Fresh Herb Salad 
Fig & Goat Cheese Salad
Caesar Salad

House Made Soups

Served with warm flatbread

Feature Soup
Tomato Basil Soup 

Organic Warm Dough Balls

Roasted Cauliflower & Dip

CHOOSE ONE MAIN



Traditional Flatbread Pizzas

Gluten Smart + \$3

Choose any 8 inch traditional pizza from our menu

Hand Crafted Pastas

Gluten Smart + \$2

Choose any pasta from our menu.

CHOOSE ONE DESSERT



Warm Double Chocolate Brownie with House-Made Vanilla Ice Cream *Request Gluten Smart*

Baked Cheesecake with Toasted Coconut Base 

Apple Crumble w/ Coconut Ice Cream  

House Made Ice Cream

Vanilla . Chocolate . Vegan Coconut . Seasonal Sorbet