

Gluten Free

Salads & Starters

Steamed Mussels

PEI Mussels | Sambal Cream Sauce
Ask for Tortillas Instead of Baguette \$17½

Chicken Wings (1 lb)

Hot, BBQ, Thai Sweet Chili or Dry Cajun \$13½
Add Carrot & Celery Sticks \$3
Add Blue Cheese or Ranch Dip \$1¼

Chili Lime Brussels Sprouts

Roasted & Fried | Sambal Olek | Himalayan Salt
Sumac Red Onion Salad | Lime \$13

Nachos

Tomatoes | Onions | Olives | Jalapeños
Refried Beans | Three Cheese Blend | Sour Cream
Salsa | Home-Cooked Tortillas \$18
Add Guacamole \$3½ Extra Nacho Cheese \$3
Add Chicken or Ground Beef \$3½

Homemade Borscht

Local Vegetarian Love
Ask for it Without Bread sm. \$6 lg. \$8½

Halloumi Greek Salad

Green Peppers | Grape Tomatoes | Fennel
Cucumber | Crumbled Feta | Red Onions
Kalamatas | Seared Halloumi
Dijon Red Wine Vinaigrette \$15

New York Strip Salad

8 oz Certified Angus Beef | Mix Greens
Beets | Carrots | Seeds | Grape Tomatoes
Tahini Vinaigrette \$19½

Beet Salad

Rosemary Infused Roasted Beets | Spring Mix
Goat Cheese | Candied Pecans | Walnut Oil
Balsamic Reduction \$15

Grilled Salmon Salad

Wild BC Salmon | Baby Greens | Dried
Cranberries | Goat Cheese | Pumpkin Seeds
Blueberry Rosemary Vinaigrette \$16½

Although we do not have a gluten-free kitchen, we will make every attempt to meet your needs for a gluten-restricted diet. The items listed on the menu are appropriate for a gluten-restricted diet, as is, or can be ordered with minor changes as mentioned in the description. We take measures to prevent cross contamination, however, it still may occur. Please note that we do not use separate fryer oil for gluten-free items.

Pastas & Bowls

Ahi Tuna Poke Bowl

Red & White Quinoa | Julienned Carrots
Marinated Ahi Tuna | Mango | Spring Onions
Avocado | Pickled Ginger | Edamame Beans
Ask to hold the Wonton Crisps \$19½

Seafood Fettuccine

Wild BC Salmon | Halibut | Tiger Prawns
PEI Mussels | Crimini Mushrooms | Sambal Cream
Ask for Corn Penne \$26
Add Starter Caesar (no Croutons) or House Salad \$4

Yellow Curry Stir-Fry

Snow Peas | Broccoli | Cauliflower | Cabbage
Carrots | Peppers | Ginger Cilantro | Roasted
Cashews | Vermicelli Rice Noodles \$17½
Add Tofu or Quinoa \$2½
Add Beef or Chicken \$3½

Barrister's Bowl

Wild BC Salmon or Marinated Tofu | Red & White
Quinoa | Julienned Carrots | Cabbage | Peppers
Daikon Sprouts | Sesame Seeds
Ginger Soy Dressing \$18

Specialty Plates

These items begin at 5pm and include a House Salad

Spicy Korean Salmon

BC Salmon | Gochujan Chili | Honey | Sesame
Furkake Seasoning | Wild Mushroom Pilaf
Lemon Zest Broccolini \$29

Lamb Medallions

Herb Roasted | Balsamic Plum Reduction
Thyme-Roasted Red Potatoes
Lemon Zest Broccolini \$29

New York Strip

Certified Angus Beef | Lemon Zest Broccolini
Thyme-Roasted Red Potatoes
8oz \$32 12oz \$39
Recommended with Tiger Prawns \$8

Steak & Prawns

Certified Angus Beef Striploin | Garlic Tiger
Prawns | Lemon Zest Broccolini
Thyme-Roasted Red Potatoes \$39

Filet Mignon

BC Free Range AAA Tenderloin | Morel Butter
Lemon Zest Broccolini | Thyme-Roasted
Red Potatoes 6oz \$41 8oz \$47

Gluten-Free New Grist Beer \$6¾

Gluten Free Pizza

The Ultimate

Mushroom | Ham | Onions | Shrimp
Green Pepper | Capicolli | Pineapple

1 Piesm \$20¼

2 Piesm \$37½

The Tuscan

Artichokes | Sundried Tomatoes
Roasted Garlic | Spinach | Onions

1 Piesm \$20¼

2 Piesm \$37½

Kootenay Herbivore

Mushrooms | Onions | Kalamatas
Green Pepper | Tomato | Pesto Base

1 Piesm \$19¼

2 Piesm \$35½

Mediterranean Special

Chorizo Sausage | Green Pepper
Olives | Tomato | Onions | Feta

1 Piesm \$20¼

2 Piesm \$37½

Chicken Fiesta

Chicken Breast | Pineapple
Green Pepper | Onions | BBQ Sauce

1 Piesm \$19¼

2 Piesm \$35½

The Angry Bee

Spicy Capicolli | Roasted Red Peppers
Chili Oil | Organic Honey | Fresh Basil

1 Piesm \$20¼

2 Piesm \$37½

The Forest Floor

Shimenji Mushrooms | Pine Nuts
Pesto Base | Truffle Oil | Buffalo Mozza

1 Piesm \$20¼

2 Piesm \$37½

Popeye The Greek

Spinach | Feta

1 Piesm \$19¼

2 Piesm \$35½

Heritage Classic

Mushroom | Green Pepper
Pepperoni

1 Piesm \$19¼

2 Piesm \$35½

'55 Vette with BC Plates

A Serious Meat Lover's Pizza
Capicolli | Chorizo | Pepperoni | Ham

1 Piesm \$20¼

2 Piesm \$37½

The Big Kahuna

Ham | Pineapple

1 Piesm \$19¼

2 Piesm \$35½

Big Pepperoni

Pepperoni | More Pepperoni

1 Piesm \$19¼

2 Piesm \$35½

The House Special

Ground Beef | Onions

Feta | Pepperoni

1 Piesm \$20¼

2 Piesm \$37½

Three Cheese

Mozzarella | Edam | Parmesan

1 Piesm \$16¾

2 Piesm \$28½

Extras

Dipping Sauce

Marinara | Caesar | Hume Hot Sauce
\$1¼ each

Veggie Toppings

Small \$1½ each

Meat & Cheese Toppings

Small \$2 each

Desserts

Cashew Cream Custard

Burnt Miso | Almond Milk | Dark Chocolate
Candied Pecans | Himalayan Salt \$8

Crème Brûlée

Vanilla Bean-Infused Creamy Custard
Caramelized Brown Sugar \$8

Chocolate Mousse

Classic Rich Chocolate
Fresh Whipped Cream \$8

Ice Cream

Vanilla or Spumoni \$4½