

Gluten Free

Salads & Starters

Homemade Borscht

Local Vegetarian Love
Ask to hold bread sm. \$7 lg. \$9

Steamed Mussels

PEI Mussels | Sambal Cream Sauce
Ask for Tortillas Instead of Baguette \$18

Chicken Wings (1 lb)

Hot, BBQ, Thai Sweet Chili or Dry Cajun \$14
Add Carrot & Celery Sticks \$3
Add Blue Cheese or Ranch Dip \$1¼

Chili Lime Brussels Sprouts

Roasted & Fried | Sambal Olek | Himalayan Salt
Balsamic Greens | Lime \$14

Classic Nachos

Tomatoes | Onions | Olives | Jalapeños
Refried Beans | Three Cheese Blend | Sour Cream
Salsa | Home-Cooked Tortillas \$19
Add Guacamole \$3½ Extra Nacho Cheese \$3
Add Chicken or Ground Beef \$4

Confit Tomatoes

Garlic Confit Heirloom Tomatoes
Whipped Feta | Fresh Dill
Ask for tortillas instead of bread \$14

Halloumi Greek Salad

Seared Halloumi Cheese | Feta | Fennel
Green Peppers | Grape Tomatoes
Cucumber | Red Onions | Kalamatas
Dijon Red Wine Vinaigrette \$16

New York Strip Salad

8 oz Certified Angus Beef | Mixed Greens
Beets | Carrots | Seeds | Grape Tomatoes
Tahini Vinaigrette \$21

Beet & Cauliflower

Beets | Curry Roasted Cauliflower | Baby Greens
Crispy Chickpeas | Za'tar Spice | Grilled Avocado
Squash Chips | Creamy Tahini Lemon Dressing
\$16

Grilled Salmon Salad

Wild BC Salmon | Baby Greens | Dried
Cranberries | Goat Cheese | Pumpkin Seeds
Blueberry Rosemary Vinaigrette \$18

Steelhead Salad

Steelhead Trout | Roasted Fennel Bulbs | Baby
Greens | Grapefruit | Curry Roasted Cauliflower
Wasabi Crema | Dijon Red Wine Vinaigrette \$17

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 \$22

Seafood Fettuccine

Wild BC Salmon | Halibut | Tiger Prawns
PEI Mussels | Crimini Mushrooms | Sambal Cream
Ask for Corn Penne \$28
Add Starter Caesar (no Croutons) or House Salad \$5

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 starter House Salad

Crusted Steelhead Trout

Oven-Roasted | Goji Berry & Almond Crust
Thyme-Roasted Red Potatoes
Lemon Zest Broccoli \$31

Cauliflower Steak

Charred & Oven-Roasted | Olive Oil & Za'tar Spice
Toasted Almonds | Fresh Parsley | Harissa Sauce
Chimichurri Drizzle | Lemon Zest Broccoli
Thyme-Roasted Red Potatoes \$24

Lamb Medallions

Herb Roasted | Balsamic Plum Reduction
Thyme-Roasted Red Potatoes
Lemon Zest Broccoli \$31

New York Strip

Certified Angus Beef | Lemon Zest Broccoli
Thyme-Roasted Red Potatoes
8oz \$33 12oz \$40
Recommended with Tiger Prawns

Filet Mignon

BC Free Range AAA Tenderloin | Morel Butter
Lemon Zest Broccoli | Thyme-Roasted
Red Potatoes 6oz \$42

Steak & Prawns

Certified Angus Beef Striploin
Garlic Tiger Prawns | Lemon Zest Broccoli
Thyme-Roasted Red Potatoes \$40

Gluten-Free New Grist Beer \$7

Gluten Free Pizza

The Ultimate

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

1 Piesm \$21

2 Pie.....sm \$39

The Tuscan

Artichokes | Sundried Tomatoes
Roasted Garlic | Spinach | Onions

1 Piesm \$21

2 Pie.....sm \$39

Kootenay Herbivore

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

1 Piesm \$20

2 Pie.....sm \$38

Mediterranean Special

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

1 Piesm \$21

2 Pie.....sm \$39

Chicken Fiesta

Chicken Breast | Pineapple
Green Pepper | Onions | BBQ Sauce

1 Piesm \$20

2 Pie.....sm \$38

The Angry Bee

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

1 Piesm \$21

2 Pie.....sm \$39

The Forest Floor

Shimenji Mushrooms | Pine Nuts
Pesto Base | Truffle Oil

1 Piesm \$21

2 Pie.....sm \$39

Popeye The Greek

Spinach | Feta

1 Piesm \$20

2 Pie.....sm \$38

Heritage Classic

Mushroom | Green Pepper
Pepperoni

1 Piesm \$20

2 Pie.....sm \$38

'55 Vette with BC Plates

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

1 Piesm \$21

2 Pie.....sm \$39

The Big Kahuna

Ham | Pineapple

1 Piesm \$20

2 Pie.....sm \$38

Big Pepperoni

Pepperoni | More Pepperoni

1 Piesm \$20

2 Pie.....sm \$38

The House Special

Ground Beef | Onions

Feta | Pepperoni

1 Piesm \$21

2 Pie.....sm \$39

Three Cheese

Mozzarella | Edam | Parmesan

1 Piesm \$18

2 Pie.....sm \$33

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 \$9

Chocolate Mousse

Classic Rich Chocolate
Fresh Whipped Cream \$8

Ice Cream

Vanilla or Spumoni \$5