

LUNCH MENU

Shares + Starters

- Squid** 17 Buttermilk marinated Humboldt, lightly dusted, crushed chilis, San Marzano, roasted shallot aioli (GF)
- Asian Pork Belly Cracker** 14 Crispy fried, sweet + spicy sauce

Soup + Salad

- Market Soup** 8 House-made seasonally inspired soup + signature biscuit
- Caesar** 12 Power greens, crisp bacon, parmesan, grilled pita
- Buddha Bowl** 17 Charred corn + black bean quinoa, watermelon radish, roasted beets, spiced chickpeas, gem tomatoes, avocado, smokey peach vinaigrette (GF)
- Sesame Chicken Zucchini Noodle Bowl** 17 Dried goji berries, edamame, sesame soy dressing, fresh vegetables, cashews (GF)
- Local Smoked Trout Salad** 18 Kamloops Trout, torn lettuce, house pickled onions, radish, fresh dill, baby potatoes, green goddess dressing (GF)
- Grilled Steak Salad** 22 Charred corn, gem tomatoes, pickled onions, crisp greens, balsamic vinaigrette, crumbled feta (GF)
- Enhancements**
- Grilled chicken | 6 Sautéed prawns | 9
Lamb meatballs | 8 Blackened steelhead trout | 9

Burgers + Handhelds

Served with choice of greens salad, soup or Fries.

- Steakhouse Burger** 19 Double stacked Fresh Canadian beef, signature bacon jam, roasted shallot aioli, smoked cheddar, onion haystack, lettuce, tomatoes, brioche roll
- Skip the bread and have a lettuce bun | 1.50
Add bacon, sautéed mushrooms, fried egg | 2 ea.
- Rustic Chicken Club** 18 Fresh local chicken, local brie, grilled zucchini, shallot aioli, cranberry baguette.
- Roasted Cauliflower + Hummus Lettuce Wraps** 16 Harissa spiced hummus, cucumbers, house pickled carrots + onions, feta (GF, VEG)
- Remove the feta for a vegan option

Casual + Comfort

- Cauliflower + Chickpea Vindaloo** 18 House blend curry paste, spiced cauliflower, crispy chickpeas, gem tomatoes, charred corn, fresh spinach, edamame beans, red onions, coconut rice + warm papadum (GF, VEG)
Add grilled chicken | 6 sautéed prawns | 9 lamb meatballs | 8
- BC Ling Cod + Fries** 20 Long line caught, 2 piece panko breaded, house-made tartar, broccoli slaw, house fries.
- Or One piece option with all the sides | 15
- Blackened Chicken Spaghetti Squash Bowl** 19 Blackened chicken, peppers, onions, grape tomatoes, charred corn, black beans, tzatziki. (GF)
- Garlic Chili Oil Spaghetti** 17 Hand-made pasta, garlic chili infused oil, gem tomatoes, fresh herbs, white wine, parmesan.
Add grilled chicken | 6 sautéed prawns | 9 lamb meatballs | 8 blackened steelhead trout | 9