

LUNCH MENU

Shares + Starters

- Squid** Buttermilk marinated Humboldt, lightly dusted, pickled jalapenos, red pepper coulis, roasted shallot aioli, garlic yogurt sauce. (GF)
- Warm Olive & Tomato** House made lemon ricotta, marinated olives, sundried tomatoes, gem tomatoes, fresh herbs, capers, warm baguette. (VEG)

Soup + Salad

- Chef Inspired Soup & Biscuit** Seasonally inspired soup + freshly baked house-made buttermilk biscuit.
- Roasted Butternut Squash** Local squash, coconut milk, roasted seeds, warm baguette.
- Caesar** Crisp romaine hearts, house-made dressing, grilled halloumi, parmesan-bread crumb crunch, radish, egg crumble.
- Protein Salad Bowl** Crisp Romaine, gem tomatoes, hard-boiled egg, marinated beef tenderloin, fresh avocado, green onions, Dijon vinaigrette. (GF)
- Panzanella Salad** Organic baby greens, local gem tomatoes, edamame bean, roasted wild mushrooms, watermelon radish, roasted corn + bean, cucumber, French vinaigrette & fresh herbs with warm multigrain baguette (VEG, GF *without baguette)

Enhancements

Sautéed Prawns	Grilled or Blackened Chicken	Grilled Halloumi
Braised Meatballs	Blackened Kamloops Trout	
Hardboiled Egg	Vegan Meatballs *Nut Allergen	

Burgers + Handhelds

Served with choice of organic greens, soup or fries.

- House Burger** Fresh ground brisket and chuck, cheddar, thick cut onion rings, lettuce, tomatoes, roasted shallot aioli, fresh locally baked roll from Brynn's Bakery.
Substitute with a gluten free bun or a lettuce bun |
Add grilled pork belly |
Add bacon, roasted mushrooms, or fried egg |
- Blackened Trout Burger** Local Ted's Trout, house-blend blacking spice, crunchy slaw, house dills, homemade tartar, fresh locally baked roll from Brynn's Bakery.
- Vegan "Meatball" Tacos** House-made vegan meatballs with smashed avocado, roasted gem tomatoes, house pickled vegetables. (V, GF *Nut Allergen—contains almond flour)
- Braised Beef Sandwich** Warm Portuguese roll, shallot aioli, all day braised beef cheeks, jack cheese, caramelized onions & wild mushrooms, braising liquid.
- Smoked Turkey Orchard Sandwich** House roasted turkey, warm Tuscan flatbread, creamy spiced cheese sauce, fresh Okanagan apples, caramelized onions, bacon jam, shallot aioli, baby greens.

Casual + Comfort

- Baked Spaetzle Mac n' 4 Cheese** Homemade spaetzle, aged cheddar, jack, parmesan, herbed cream cheese, sautéed onions, parmesan-bread crumb, fresh greens
Add grilled or blackened chicken | **sautéed prawns** | **braised meatballs** | **grilled pork belly** |
- BC Ling Cod + Fries** Long line caught two piece panko breaded cod, house-made tartar, broccoli slaw, house fries.
One piece option with all the sides |
Substitute fries with thick cut onion rings |
- Vegan Bibimbap** Coconut jasmine, wild mushrooms, broccolini, sautéed zucchini, fresh spinach, edamame, watermelon radish, pickled carrots & red onions, fresh limes, sesame. (GF, V)
Add grilled or blackened chicken | **braised meatballs** | **sautéed prawns** | **grilled pork belly** | **sunny side egg** | **vegan meatballs *Nut Allergen** |