

Dinner Menu

All our recipes are crafted using organic, traceable ingredients. Our soups, sauces, stews, chutneys are made from raw whole food ingredients, incorporating herbs and spices, that are beneficial to your health. The meats and dairy we source are from animals raised free range in their natural environment, organic, free from antibiotics, hormones, and genetically modified organisms. **Vegan, Gluten Free, Dairy Free**

Organic Starters

**Recommended wine pairing*

Fresh bread 5.5

choice of fresh baked sourdough or sprouted grain bread with side of olive oil and balsamic vinegar reduction **V**

Mushroom Bisque 12

** 2019 DeLoach Chardonnay*

cremini mushrooms, coconut cream, truffle oil **V, GF**

Soup of the Day 12

Charcuterie and Cheese Board 26

**2018 Holland Marsh Baco Gamay Noir*

assortment of local organic cheeses, artisanal organic cured meats, black pepper pork pâté, sprouted grain bread, accompaniments

Tapas Trio 16

**2019 Proemio Cabernet Sauvignon*

house-made focaccia, hummus, kalamata olive tapenade, pesto Genovese substitute the pesto for a green olive tapenade to be considered vegan

Smoked Salmon 20

**2018 Riesling Dolomite, Cave Springs*

BC sockeye salmon smoked and cured in house, egg, red onion, dill seasoned aioli, sprouted grain bread

Organic Salads

Beet Carpaccio with Arugula 16

**2019 Les Carabenes Pinot Noir*

lemon zest, shredded horseradish, chives, pumpkin seed oil & apple cider vinaigrette **V, GF**

Green Garden 13

**2019 DeLoach Chardonnay*

arugula, romaine, watermelon radish, cucumber, tomato, shredded carrot, apple cider & Dijon vinaigrette **V, GF**

Caesar Salad 15

**2020 Loveblock Sauvignon Blanc*

romaine, roasted garlic, parmesan crisp, lemon zest, egg-free green Caesar dressing **GF**

Back to the Roots 14

**2017 L'Unico Chianti*

celery root, cabbage, carrot, caraway, pumpkin seed oil & apple cider vinaigrette **V, GF**

Choice of Organic Add-on Protein

Chicken Schnitzel 13, BC smoked sockeye salmon 12, Butcher's Steak 5oz 15

Organic Pizzas

Florida Margherita 20

house-made pesto, tomato, fresh mozzarella, fresh basil

**2020 Cave Springs Rosé Estate*

Pepperoni 22

tomato sauce, shredded mozzarella, pepperoni, mushrooms, chili flakes, balsamic reduction, fresh basil

**2018 Tawse Growers Blend Cabernet Franc*

Kids Cheese Pizza 15

tomato sauce, shredded mozzarella

Mediterranean 20

tomato sauce, shredded mozzarella, roasted red pepper, kalamata olive, sun dried tomato, oregano **2016 DeLoach Pinot Noir*

Vegan 20

tomato sauce, garlic, roasted red pepper, tomato, red onion, black olive, oregano, fresh basil, cashew cheese

**2016 DeLoach Pinot Noir*

Chicken Florentine 24

parmesan cream sauce, grilled chicken breast, sautéed spinach, red onion, chili flakes

**2018 Riesling Dolomite, Cave Spring*

Organic Main Courses

Elfriede's Famous Chicken Schnitzel 23

free-range chicken, celery puree, pickles, lemon turmeric sauce

**2018 Riesling Dolomite, Cave Springs*

Sliced Roast Beef w/ Au Jus 24

slow roasted, grass-fed and free-range beef in jus, potato parmesan rösti, focaccia, old fashioned mustard

**2017 Rocky Gully Shiraz*

The Frank Burger 22

grass-fed, free-range seasoned beef burger, caramelized onions, celery root puree, sprouted whole grain bun, ketchup, old fashioned mustard

**2019 Proemio Cabernet Sauvignon*

Chicken Curry 22

free-range chicken, aromatic spices, basmati rice, green peas, mango chutney sauce **GF, DF**

**2019 DeLoach Chardonnay*

Mushroom Risotto 24

cremini mushrooms, arborio rice, coconut cream, truffle oil **GF, V**

**2016 DeLoach Pinot Noir*

Chateau Beef Royale 35

grass-fed, free-range finely sliced beef, celery root puree, seasonal vegetables, demi glaze **GF**

**2017 Hawley Zinfandel*

Beef Chili 22

beef, tomato, kidney beans, cheese, sour cream, peppers, onion, served with focaccia

**2017 Rocky Gully Shiraz*

Vegan Chili 20

tomato, kidney beans, cremini mushrooms, peppers, onion, served with focaccia

**2017 Rocky Gully Shiraz*

Beef Goulash 22

onions, grass fed beef, Hungarian paprika served with focaccia

**2019 Proemio Cabernet Sauvignon*

Organic Pastas

Handmade Rigatoni Bolognese 22

beef ragù, house-made fresh rigatoni,

**2017 L'Unico Chianti*

Spaghettoni Pomodoro 18

tomodoro sauce, garlic, oregano, basil **V**

**2019 Proemio Cabernet Sauvignon*

Butternut Squash Ravioli 22

sun-dried tomatoes, parmesan cream sauce, toasted Styrian pumpkin seeds

**Gluten free penne is available upon request*

Handmade Gnocchi 24

parmesan cream sauce, sauteed mushrooms, sun-dried tomatoes, green peas, truffle oil

**2019 DeLoach Chardonnay*

Handmade Spinach Ricotta Ravioli 20

tomodoro sauce, grated parmesan

**2017 L'Unico Chianti*

*Choice of Organic Add-on Protein

Chicken Schnitzel 13, BC smoked sockeye salmon 12, Butcher's Steak 5oz 15