

Lunch 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

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

** 2019 DeLoach Chardonnay*

Soup of the Day 12

Tapas Trio 16

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

**2019 Proemio Cabernet Sauvignon*

Smoked Salmon 20

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

**2018 Riesling Dolomite, Cave Springs*

Organic Salads

Beet Carpaccio with Arugula 16

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

**2019 Les Carabenes Pinot Noir*

Green Garden 13

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

**2019 DeLoach Chardonnay*

Caesar Salad 15

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

**2020 Loveblock Sauvignon Blanc*

Back to the Roots 14

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

**2017 L'Unico Chianti*

Choice of Organic Add-on Protein

Chicken Schnitzel 13

Smoked BC sockeye salmon 12

smoked and cured in house

*Butcher's Steak 5oz 15

*ask server for beef cut special

Organic Pizzas

Florida Margherita 20

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

**2020 Cave Springs Rosé Estate*

Pepperoni 22

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

**2018 Tawse Growers Blend Cabernet Franc*

Kids Cheese Pizza 15

tomato sauce, shredded mozzarella

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, red onion, sautéed spinach, 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 22

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

**2016 DeLoach Pinot Noir*

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 Spinach Ricotta Ravioli 20

pomodoro sauce, grated parmesan

**2017 L'Unico Chianti*

Spaghettoni Pomodoro 18

pomodoro sauce, garlic, oregano, basil **V**

**2019 Proemio Cabernet Sauvignon*

Handmade Gnocchi 24

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

**2019 DeLoach Chardonnay*

Spaghettoni Bolognese 22

beef ragù

**2017 L'Unico Chianti*

Gluten free penne is available please ask your server.

*Choice of Organic Add-on Protein

Chicken Schnitzel 13, BC Smoked Sockeye Salmon 12, Butcher's Steak 5oz 15