

Spirits

Schramm Organic Potato Vodka	7
Ampersand Per Se Organic Vodka	8
Ampersand Organic Gin	8
Hendrick's Gin	8
Bulleit Bourbon	7
Alberta Premium Rye	5
Jameson Irish Whiskey	6
Glenmorangie	10
Laphroaig	11
Havana Club Rum 3 year	6
Havana Club Rum Anejo	7
The Kraken Spiced Rum	7
Marquis Brandy	6
Hornitos Plata Tequila	7
Hornitos Reposado Tequila	7
Cazadores Anejo Tequila	8
Wansas Silver Tequila	10
Los Siete Misterios Mezcal	10



Digestif + Liqueur

Campari	5
Aperol	5
Pimms	5
Cynar	7
Fernet Branca	7
Averna	7
Strega	8
Long Table Akvavit	8
Gonzalez Byass Nutty Solera Sherry	7

Fall

Libations

Elixirs

Wheatgrass Juice - 1oz 2oz	4 7
Kombucha Cure kombucha, turmeric, ginger & lemon juice, maple syrup, sparkling water	7
Blackberry Kombucha kombucha, blackberry-lemon juice, honey, sparkling water	7
Flu Fighter - 7oz lemon, ginger, honey, garlic, camu camu, cayenne	5
Shikanji lemon, camu camu, shilajit, honey, himalayan salt, sparkling water	5
Quetzal Cola cola nut, american ginseng, damiana, cinnamon, nutmeg, lavender, lemon, lime, orange, turbinado sugar	4
Chai Soda cinnamon, star anise, ginger, cardamom, cloves, anise seed, fennel seed, astragalus, black pepper, turbinado sugar	4
Ginger Beer house fermented with ginger, lemon & turbinado sugar	4

White Grape organic

Lock & Worth Sauvignon Blanc Oliver <i>citrus pith, melon, hay, lemon verbena. big but not heavy, fresh and long</i>	9/40
Kanazawa Nomu Naramata <i>viognier, semillon, and little bit of orange muscat - orange blossom, citrus rind, peach, apricot and grassy notes</i>	9/40
Tantalus Chardonnay Kelowna <i>french oaked with aromas of apricot and lemon and a vanilla top note. hints of grapefruit, lemon zest and creme brûlée</i>	10/45
Unsworth Sauvignette Mill Bay <i>dry with racy acidity. white pear and pineapple are interlaced with honeycomb</i>	40
Synchromesh Riesling Naramata <i>easy to love, citrusy and barely off dry. from one of our favourite wine makers</i>	40
Domaine Majas Blanc France <i>gobs of white peaches, flowers, and citrus. one bottle will not be enough, its going to be a long hot afternoon</i>	50
Venturi Schulze Millefiori Cowichan <i>siegerrebe and ortega. floral notes with a delicious bright acidity. pairs brilliantly with cool dishes and salads</i>	45
Venturi Schulze Maranello Cowichan <i>a beautiful racy pinot noir rosé. juicy wild strawberries and ripe apples followed by vibrant acidity on the finish</i>	45

Sparkle organic

Summerhill Viva V Sparkling Kelowna <i>fun and fruity. off dry with strong apricot flavours</i>	6/30
Anna Spinato Prosecco Brut Italy <i>rose petals, acacia, sweet aromas of creamed honey, fresh pears, apricot and yellow apples</i>	35 45
Summerhill Cipes Sparkling Kelowna <i>winner of gold medals yearly since 1992. apple, lime, pear, almonds and grapefruit</i>	

Red Grape

organic

Nichol Old Vines Syrah Naramata	9/40
<i>medium ruby, aromas of red & black fruits, black pepper & roasted herbs</i>	
Lock & Worth Merlot Oliver	9/40
<i>Bright, light ruby. sweet red plums, savoury herbs, fine tannins and refreshing acidity. medium bodied, supple and driven</i>	
Nagging Doubt Pinot Noir Okanagan	10/45
<i>notes of strawberry, red cherry, mushroom, spices and orange rind, velvety tannins and refreshing acidity</i>	
Synchromesh Cab Franc Naramata	40
<i>wild fermented, unrefined & unfiltered. raspberry, rhubarb, and tomato leaf with slight pine on the nose</i>	
Claus Preisinger Blaufrankisch Austria	60
<i>hand picked & naturally fermented. Intensive fresh red berry fruit, currant and black tea</i>	
Chateau le Puy Cotes de France France	90
<i>old school bordeaux from an exceptional vintage</i>	

Brews

Four Winds Saison - Delta	7
Four Winds Pale Ale - Delta	7
Estrella Daura Lager - Spain (gluten free)	7
Omission Pale Ale - Portland (gluten free)	7
Omission Lager - Portland (gluten free)	7

Bombers

Hoyne Pilsner - Victoria	11
Fat Tug IPA - Victoria	11
Hoyne Dark Matter - Victoria	12

Cider & Mead

Merridale House Dry 500 ml Cobble Hill	10
Smith's Organic Apple 550 ml England	12
Tugwell Creek Melomel Mead 5oz Sooke	10

Fresh Juices

Backyard	9
apple, pear, blackberry, lime	
Inner Glow	10
apple, carrot, orange, ginger, turmeric	
Liver Cleanse	9
orange, grapefruit, beet, ginger, lemon, cayenne	
Green Tips	9
apple, celery, kale, ginger, lime	
Earth Blood Tonic	9
carrot, beet, celery, kale, ginger	
Bitters	9
grapefruit, celery, kale, burdock root, ginger	
Rejuvenator	11.5
apple, carrot, beet, celery, ginger, lemon, 1oz wheatgrass	
Equinox	11.5
pear, orange, lime, 1oz wheatgrass,	

Smoothies

Harmony	8
strawberry, banana, spinach, ginger, maple syrup, iced green tea	
Purple Prana	9
blueberry, blackberry, acai, banana, almond mylk	
Vivaccino	9
coffee, cacao, banana, shilajit, maca, date, almond mylk	
Revival	10
blueberry, banana, spinach, spirulina, orange juice	
Jedi	10
cacao, sprouted brown rice protein, banana, date, maca, hemp hearts, almond mylk	
Creamy Green	10
apple, orange, banana, hemp hearts, lucuma, sprouted brown rice protein, maca, vitamineral green, vanilla, almond mylk	
Vital Green	10
avocado, spinach, apple-celery juice, vitamineral green, lemon, cayenne, salt	
Warrior	10
banana, date, almond butter, sprouted brown rice protein, maca, hemp hearts, almond mylk	
KIDS DRINK SPECIAL (12 and under only)	4.5
any drink in 250 ml. size	

Add-Ons

lemon, ginger, kale, garlic, cayenne,	1
camu camu	
spirulina, vitamineral green, cacao powder,	1.5
sprouted brown rice protein, maca, hemp hearts, chia seeds, bee pollen, acai, avocado	

Hot Tonics

Medicinal Chai Tea	3.5
herbal blend of warming spices, goji, pau d'arco, astragalus, reishi & chaga mushroom. with choice of almond mylk & honey	
Mama's Magic	5
ginger, lemon, cayenne, honey	
Love Hot Chocolate	6.5
steamed almond mylk with raw chocolate syrup	
Wellness Toddy	8
lemon, honey, ginger, turmeric, camu camu, echinacea, bee pollen	
Matcha Tea	4
owl grade matcha from jaga silk	
Matcha Latté	7
owl grade matcha from jaga silk with steamed almond mylk	
Turmeric Latté	7
fresh turmeric juice & honey with almond mylk	
Organic loose leaf tea from silk road	
Rooibos	3
West Coast Peppermint	
Yerba Mate	
Alchemist's Brew - hibiscus, spearmint, lemongrass, rosehip, cinnamon	
Chocolate Panda - peppermint, rooibos, chamomile, cacao, vanilla essence	
Beautiful - white & green tea, rooibos, calendula, lemon balm, peppermint, citrus peel, lemongrass, lavender	
Sencha - Green Tea	
Moonlight on the Grove - jasmine green tea	
Winter Warrior - ginger, green tea, lemongrass, citrus peel, rooibos & lemon essence	
Earl Grey - black tea, bergamot fruit essence	
Jewel of India - assam black tea	
Black Currant & Elderflower - black tea	

Coffee

seasonally selected, organically grown beans

locally roasted by bows & arrows.

Espresso	2.5
Americano	3
Cappuccino - house made almond mylk	5
Cafe Latté - house made almond mylk	6
Cardamom Latté	6.5
house made almond mylk	
Autumn Spice Latté	7.5
almond mylk, ginger, maple syrup, spices	
Arriba Mocha	7.5
house made almond mylk and raw chocolate syrup	

Superfood Cocktails

Kombucha Whiskey Sour	10
alberta premium rye, lemon juice, kombucha, turbinado sugar, angostura bitters	
Tequila Manjal	10
hornitos plata tequila, fresh turmeric juice, fresh lime juice, turbinado sugar	
Chaga Bourbon Sour	10
bulleit bourbon, chaga decoction, fresh lemon juice, vanilla, harmonic arts herbal bitters, fee brothers chocolate bitters	
Blackberry Bushfire	10
ampersand vodka, cassis, fresh blackberry juice, lemon, peach bitters, cayenne, maple syrup	
Rainy Day	10
ampersand gin, lime, fresh rosemary, kaffir lime bitters, quetzel cola syrup	
Majik Margarita	11
jalapeno infused hornitos plata tequila, cointreau, fresh lime juice, blue majik, turbinado sugar	
Autumn Goblet	10
buffalo trace bourbon, st germaine, fresh pear, ginger beer, lemon, cardamom, maple syrup	
Strawberry Rhubarb Pisco	10
strawberry infused pisco, house brewed kombucha, lemon, angostura & rhubarb bitters, turbinado sugar	
Maple Moose	11
alberta premium rye, sherry, aperol, plum & root beer bitters, shilajit, maple syrup	
Be Teased	10
hendricks gin, chilled earl grey tea, lemon, lavender hydrosol, honey	
Pumpkin Spiced Horchata	11
kraken rum, krupnik liqueur, pumpkin spice, coconut almond cream, chai syrup	
Mexican Hot Chocolate	11
siete misterios mezcal, havana club rum, cacao syrup, mexican spices, almond mylk	