

Spirits

Schramm Organic Potato Vodka	7
Ampersand Per Se Organic Vodka	8
Ampersand Organic Gin	8
Hendrick's Gin	8
Bulleit Bourbon	7
Buffalo Trace Bourbon	8
Alberta Premium Rye	5
Jameson Irish Whiskey	6
Glenmorangie	10
Laphroaig	11
Havana Club Rum 3 year	6
Havana Club Rum 7 year	7
The Kraken Spiced Rum	7
Marquis Brandy	6
Hornitos Plata Tequila	7
Hornitos Reposado Tequila	7
Jose Cuervo Gold Tequila	8
Espolon Blanco Tequila	10
Wansas Silver Tequila	10
Sombra 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
Disaronno	7
Luxardo	7
Chartreuse	8

Winter

Libations

Elixirs

Wheatgrass Juice - 1oz 2oz	4 7
Kombucha Cure kombucha, turmeric, ginger & lemon juice, maple syrup, sparkling water	7
Booch-ade kombucha, lime & lemon juice, maple syrup 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 10/45 <i>citrus pith, melon, hay, lemon verbena. big but not heavy, fresh and long</i>
Kanazawa Nomu Naramata 10/45 <i>viognier, semillon, and little bit of orange muscat - orange blossom, citrus rind, peach, apricot and grassy notes</i>
Tantalus Chardonnay Kelowna 10/45 <i>french oaked with aromas of apricot and lemon and a vanilla top note. hints of grapefruit, lemon zest and creme brûlée</i>
Unsworth Sauvignette Mill Bay 45 <i>dry with racy acidity. white pear and pineapple are interlaced with honeycomb</i>
Synchromesh Riesling Naramata 45 <i>easy to love, citrusy and barely off dry. from one of our favourite wine makers</i>
Venturi Schulze Millefiori Cowichan 45 <i>siegerrebe and ortega. floral notes with a delicious bright acidity. pairs brilliantly with cool dishes and salads</i>
Venturi Schulze Maranello Cowichan 45 <i>a beautiful racy pinot noir rosé. juicy wild strawberries and ripe apples followed by vibrant acidity on the finish</i>

Sparkle organic

Summerhill Viva V Sparkling Kelowna 7/35 <i>fun and fruity. off dry with strong apricot flavours</i>
Anna Spinato Prosecco Brut Italy 40 <i>rose petals, acacia, sweet aromas of creamed honey, fresh pears, apricot and yellow apples</i>
Summerhill Cipes Sparkling Kelowna 45 <i>winner of gold medals yearly since 1992. apple, lime, pear, almonds and grapefruit</i>

Red Grape

organic

Nichol Old Vines Syrah Naramata	10/45
<i>medium ruby, aromas of red & black fruits, black pepper & roasted herbs</i>	
Emandare Marechal-Cab Foch Cowichan	10/45
<i>robust flavours of blackberry, black current, black cherry and dark plum with velvety cocoa and earthy peppered undertones</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	45
<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>	

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
Sam Smith's Apricot Ale - England	12

Cider & Mead

Merridale House Dry 500 ml Cobble Hill	11
Smith's Organic Apple 550 ml England	12
Tugwell Creek Metheglin 5oz Sooke	10

Fresh Juices

Angelina	9
<i>orange, grapefruit, ginger</i>	
Winter Tonic	10
<i>apple, pear, carrot, ginger, turmeric, lemon</i>	
Liver Cleanse	9
<i>orange, grapefruit, beet, ginger, lemon, cayenne</i>	
Green Gingerale	9
<i>apple, celery, kale, ginger, lemon</i>	
Earth Blood Tonic	9
<i>carrot, beet, celery, kale, ginger</i>	
Tree Frog	9
<i>apple, pear, kale, spinach, lime</i>	
Rejuvenator	11.5
<i>apple, carrot, beet, celery, ginger, lemon, 1oz wheatgrass</i>	
Earthling	11.5
<i>apple, carrot, lime, 1oz wheatgrass</i>	

Smoothies

Wave Catcher	8
<i>blueberry, strawberry, banana, almond mylk</i>	
Sunshine	9
<i>strawberry, banana, camu camu, orange juice, lemon, liquid vitamin D</i>	
Golden	9
<i>apple, banana, turmeric, ginger, maca, cinnamon, almond mylk</i>	
Vivaccino	10
<i>coffee, cacao, banana, shilajit, maca, date, almond mylk</i>	
Jedi	10
<i>cacao, sprouted brown rice protein, banana, date, maca, hemp hearts, almond mylk</i>	
Creamy Green	10
<i>apple, orange, banana, hemp hearts, lucuma, sprouted brown rice protein, maca, vitamineral green, vanilla, almond mylk</i>	
Vital Green	10
<i>avocado, spinach, apple-celery juice, vitamineral green, lemon, cayenne, salt</i>	
Warrior	10
<i>banana, date, almond butter, sprouted brown rice protein, maca, hemp hearts, almond mylk</i>	
KIDS DRINK SPECIAL (12 and under only)	4.5
<i>any drink in 250 ml. size</i>	

Add-Ons

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

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	3
Rooibos	
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	
Arriba Mocha	7.5
house made almond mylk and raw chocolate syrup	

Superfood Cocktails

Kombucha Whiskey Sour	11
alberta premium rye, lemon juice, kombucha, turbinado sugar, angostura bitters	
Tequila Manjal	11
hornitos plata tequila, fresh turmeric juice, fresh lime juice, turbinado sugar	
Chaga Bourbon Sour	11
bulleit bourbon, chaga decoction, fresh lemon juice, vanilla, harmonic arts herbal bitters, fee brothers chocolate bitters	
Sage Advice	12
sombra mezcal, luxardo, chartreuse, lime, muddled sage	
To Kill A Mandarin	11
espolon blanco tequila, cynar, sherry, aperos, peach bitters, mandarin orange	
Winter Goblet	11
buffalo trace bourbon, st. germaine, apple butter, ginger beer, lemon, cardamom, maple syrup	
Buttered Rum Apple Cider	11
havana 7 yr rum, merridale winter apple cider, spiced apple cider	
Strawberry Rhubarb Pisco	11
strawberry infused pisco, house brewed kombucha, lemon, angostura & rhubarb bitters, turbinado sugar	
Dr. Pepper's Orders	12
amaretto, havana 7 yr rum, ampersand gin, chaga, ginger beer, lemon, moondog bitters, rootbeer bitters, quetzal cola syrup	
Reverse Psychology	11
amaro averna, cointreau, marquis brandy, rooibos tea, lemon, maple syrup	
Mexican Hot Chocolate	11
siete misterios mezcal, havana 7 yr rum, cacao syrup, mexican spices, almond mylk	
Love Shaft	11
havana 7 yr rum, ampersand vodka, jamesons, espresso, coconut-almond cream, turbinado sugar	