

Spirits

Ampersand Per Se Organic Vodka	8
Ampersand Organic Gin	8
Hendrick's Gin	8
Wild Turkey 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
Sombra Mezcal	10



Digestif + Liqueur

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

Autumn Libations

Elixirs

Wheatgrass Juice - 1oz 5
2oz 8

Kombucha Cure 7
kombucha, turmeric, ginger & lemon juice, maple syrup, sparkling water

Blackberry Kombucha 7
kombucha, blackberry & lemon juice, maple syrup, sparkling water

Flu Fighter - 7oz 5
lemon, ginger, honey, garlic, camu camu, cayenne

Shikanji 6
lemon, camu camu, shilajit, honey, himalayan salt, sparkling water

Quetzal Cola 5
cola nut, american ginseng, damiana, cinnamon, nutmeg, lavender, lemon, lime, orange, turbinado sugar

Chai Soda 5
cinnamon, star anise, ginger, cardamom, cloves, anise seed, fennel seed, astragalus, black pepper, turbinado sugar

Ginger Beer 5
house fermented with ginger, lemon & turbinado sugar

White Grape organic

Lock & Worth Sauvignon Blanc 10/45
Oliver - citrus pith, melon, hay, lemon verbena. big but not heavy, fresh and long

Kanazawa Nomu 10/45
Naramata - viognier, semillon, and a little bit of orange muscat. orange blossom, citrus rind, peach, apricot and grassy notes

Emandare Seigerrebe Blend 10/45
Cowichan - seigerrebe and gewurztraminer. enjoy bursting aromas of fresh wild flowers, with clean citrus flavours and green apple

Venturi Schulze Millefiori 10/45
Cowichan - siegerrebe and ortega. floral notes with a bright acidity. pairs brilliantly with cool dishes and salads

Sparkle organic

Summerhill Viva V Sparkling 8/35
Kelowna - fun and fruity. off dry with strong apricot flavours

Anna Spinato Prosecco Brut 9/40
Italy - rose petals, acacia, sweet aromas of creamed honey, fresh pears, apricot and yellow apples

Red Grape

organic

Nichol Old Vines Syrah 10/45
Naramata - medium ruby, aromas of red & black fruits, black pepper and roasted herbs

Summerhill Marechal Foch 10/45
Okanagan - ripe, fruity nose with a smoky undercurrent black cherry, chocolate and spice.. Aged in French and American Oak for 7 months

Synchromesh Cab Franc 10/45
Naramata - wild fermented, unrefined & unfiltered. raspberry, rhubarb, and tomato leaf with slight pine on the nose

Anthony Buchanan Pinot Noir 13/50
Okanagan - combination tank and barrel fermentation produces a multilayered wine with fruit, texture and freshness

Draught Beer & Cider

3 rotating taps 16 oz

Bombers

Hoyne Pilsner 650ml 11
Fat Tug IPA 650ml 11
Hoyne Dark Matter 650ml 12

Crafted to Remove Gluten

Estrella Daura Lager 330ml 7

Cider & Mead

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

Fresh Juices

Love Bug 10
 Orange, pear, blackberry, ginger

Chlorabella 10
 apple, pear, celery, kale, spinach, lime

Inner Glow 10
 apple, carrot, orange, ginger, turmeric, lemon

Liver Cleanse 10
 orange, grapefruit, beet, ginger, lemon, cayenne

Green Gingerale 10
 apple, celery, kale, ginger, lemon

Earth Blood Tonic 10
 carrot, beet, celery, kale, ginger

Rejuvenator 12
 apple, carrot, beet, celery, ginger, lemon, 1oz wheatgrass

Northern Lights 12
 pear, grapefruit, celery, ginger, lime, 1oz wheatgrass

Smoothies

Vibrant 9
 blackberry, strawberry, spinach, banana, orange juice, ginger, vitamineral green, hemp hearts

Golden 9
 pear, banana, coconut, turmeric, ginger, maca, cinnamon, almond milk

Wave Catcher 9
 Blueberry, strawberry, banana, almond milk

Vivaccino 10
 coffee, cacao, banana, shilajit, maca, date, almond mylk

Jedi 11
 cacao, sprouted brown rice protein, banana, date, maca, hemp hearts, almond mylk

Creamy Green 11
 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 11
 banana, date, almond butter, sprouted brown rice protein, maca, hemp hearts, almond mylk

KIDS DRINK SPECIAL (12 and under only) 5
 any drink in 250 ml. size

Add-Ons

lemon, ginger, kale, garlic, cayenne, 1.5
 camu camu
 spirulina, vitamineral green, cacao powder, sprouted brown rice protein, maca, hemp hearts, chia seeds, bee pollen, acai, avocado 2

Hot Tonics

Medicinal Chai Tea herbal blend of warming spices, goji, pau d'arco, astragalus, reishi & chaga mushroom with choice of almond mylk & honey	4.5
Mama's Magic ginger, lemon, cayenne, honey	6
Love Hot Chocolate steamed almond mylk with raw chocolate syrup	7.5
Wellness Toddy lemon, honey, ginger, turmeric, camu camu, echinacea, bee pollen, black pepper	8
Matcha Tea owl grade matcha from jaga silk with choice of almond mylk & honey	5
Matcha Latté owl grade matcha from jaga silk with steamed almond mylk	8
Turmeric Latté fresh turmeric juice, honey, black pepper, steamed almond mylk	7.5
Organic loose leaf tea - Silk Road Rooibos West Coast Peppermint Yerba Mate Alchemist's Brew Chocolate Panda Beautiful Sencha Jasmine Oasis Winter Warrior Earl Grey Jewel of India Black Currant & Elderflower	3.5

Coffee

locally roasted by Discovery Coffee

Espresso	3
Americano	3.5
Cappuccino	5.5
Cafe Latté	6.5
Cardamom Latté	7
Autumn Spice Latté ginger, maple syrup, spices	8
Arriba Mocha raw chocolate syrup	8

Superfood Cocktails

Sombrio ampersand gin, tugwell honeymead, st. germain, beautiful tea, maple, blue majik algae, wingtail kelp	13
Chaga Bourbon Sour wild turkey bourbon, chaga decoction, fresh lemon, vanilla, maple, herbal bitters, chocolate bitters	13
Dr. Peppers Orders 2.0 wild turkey bourbon, gin, rum, house cola syrup, chaga decoction, ginger beer, lemon, root beer and lime leaf bitters	14
Pear Matcha Martini pear-infused vodka, elderflower liqueur, lime, matcha, maple-cranberry syrup	13
Huckleberry Finn jamesons whiskey, turbinado sugar, cedar hydrosol, huckleberries, angostura bitters	12
Commodore buffalo trace bourbon, cynar, sweet vermouth, dry vermouth, peach bitters, angostura bitters, cognac rinse, orange zest	12
Bloody Baron espolon blanco tequila, mezcal, campari, blue agave, lemon, grapefruit, black pepper, basil	14
Ladies and Gentlemen! cognac, benedictine, bourbon, avarna amaro, espresso, chocolate- coffee bitters, orange twist, dark chocolate dusting	13
B-Side ampersand vodka, sherry, house chai syrup, ginger beer, lemon, bee pollen	11
Starry-Eyed Peach beet-infused aquavit, tugwell honeymead, strega, peach and star-anise shrub, peach bitters	13
Rainy Afternoon ampersand gin, green chartreuse, house cola syrup, lime, rosemary, blackberry, kaffir lime bitters	11
Heart of Gold kraken dark rum, krupnik, turmeric, maple, vanilla, pumpkin spice, steamed almond milk	12

Alcohol content ranges from 1.5oz - 3oz