

Spirits

Ampersand Per Se Organic Vodka	8
Ampersand Organic Gin	8
Hendrick's Gin	8
Wild Turkey Bourbon	7
Buffalo Trace Bourbon	8
Rittenhouse 100 Rye	8
Jameson Irish Whiskey	6
Glenmorangie	10
Laphroaig	11
Havana Club Rum 3 year	6
Wayward Spirits Honey Rum	7
The Kraken Spiced Rum	7
Marquis Brandy	6
Hornitos Plata Tequila	7
Hornitos Reposado Tequila	7
Espolon Blanco Tequila	10
Sombra Mezcal	10
B&B Benedictine Cognac	7



Digestif + Liqueur

Campari	5
Aperol	5
Pimms	5
Cynar	7
Fernet Branca	7
Amaro Averna	7
Long Table Akvavit	8
Gonzalez Byass Nutty Solera Sherry	7
Disaronno	7
Luxardo Maraschino	7
Chartreuse	8
Lillet Blanc	6
Strega	7
Green Chartreuse	8
Yellow Chartreuse	8
Amaro Montenegro	6

Winter Libations

Elixirs

Wheatgrass Juice - 10Z 5
20Z 8

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

Kiwi Kombucha 7
kombucha, kiwi, lime 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

Rathjen Cellars Bunker Red Blend 10/45

Vancouver Island - medium ruby, smooth, aromas of red & black fruits, a savoury blend that reflects the locale of Vancouver Island

Summerhill Marechal Foch 10/45

Okanagan - ripe, fruity nose with a smoky undercurrent - black cherry, chocolate and spice. Aged in Oak for 7 months

Synchromesh Cab Franc 10/45

Naramata - wild fermented, unfiltered & 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

Beer & Cider

On Tap

Rotating Favourite Local Brews 16 oz

-ask your server for today's selections

Bombers

Hoyne Pilsner 650ml 11

Fat Tug IPA 650ml 11

Hoyne Dark Matter 650ml 12

Gluten Free

Estrella Daura Lager 330ml 7

Mead

Tugwell Creek Metheglin 5oz. 10

Fresh Juices

Kiwi Island 10

apple, pear, local kiwi, spinach, ginger, lime

C Green 10

orange, grapefruit, kale, spinach, lemon

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

Green Chi 9

pear, banana, spinach, matcha, vanilla, almond milk

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 milk

Jedi 11

cacao, sprouted brown rice protein, banana, date, maca, hemp hearts, almond milk

Creamy Green 11

apple, orange, banana, hemp hearts, lucuma, sprouted brown rice protein, maca, vitamineral green, vanilla, almond milk

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 milk

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

Hot Tonics

Medicinal Chai Tea	5
house blend of warming spices, goji, pau d'arco, astragalus, reishi & chaga mushroom with choice of almond milk & honey	
Mama's Magic	6
ginger, lemon, cayenne, honey	
Love Hot Chocolate	7-5
steamed almond milk with raw chocolate syrup	
Wellness Toddy	8
lemon, honey, ginger, turmeric, camu camu, echinacea, bee pollen, black pepper	
Matcha Tea	5
owl grade matcha from jaga silk with choice of almond milk & honey	
Matcha Latté	8
owl grade matcha from jaga silk with steamed almond milk	
Turmeric Latté	7-5
fresh turmeric juice, honey, black pepper, steamed almond milk	
Silk Road Organic Tea	3-5
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	

Coffee

locally roasted by Discovery Coffee

Espresso	3
Americano	3-5
Cappuccino	5-5
Cafe Latté	6.5
Cardamom Latté	7
Arriba Mocha	8

Superfood Cocktails

V.I. Sour	13
rittenhouse 100 proof rye, house kombucha, turbinado syrup, lemon, rathjen cellars noir foch	
North Pacific Sunrise	13
pisco, earl grey infused lillet blanc, cointreau, cassia bark syrup, lemon, orange, angostura bitters	
Montenegroni	12
mezcal, amaro montenegro, sweet vermouth, cardamom & pepper bitters, grapefruit twist	
Reverse Psychology	12
cointreau, vsop brandy, amaro averna, maple, vanilla rooibos tea, lemon	
Chaga Bourbon Sour	12
wild turkey bourbon, chaga mushroom decoction, maple, lemon, chocolate bitters, herbal tincture	
Peat's Sake	14
laphroaig single malt scotch, oloroso sherry, cynar, orange bitters, rosemary smoked glass, lemon twist	
Vegetation	12
pear infused vodka, green chartreuse, strega, kiwi, lemon, black pepper, grapefruit bitters, celery leaf	
Tuxedo Shaft	13
espresso, cognac, benedictine, bourbon, amaro averna, chocolate-coffee bitters, orange twist, dark chocolate shaving	
Alpine Bloom	12
ampersand gin, yellow chartreuse, hibiscus syrup, lemon, spiced cranberry bitters	
Sandstorm	11
wayward spirits rum, honey, ginger beer, lime, turmeric	
Something to Celebrate	11
empress 1908 gin, elderflower liqueur, prosecco, lemon twist	
Cherry Amaretto Hot Chocolate	12
jameson irish whiskey, amaretto, luxardo maraschino, steamed almond hot chocolate	
Herbal Hot Toddy	11
buffalo trace bourbon, amaro averna, cassia bark syrup, lemon, thyme	

Alcohol content ranges from 1.5oz - 3oz