

# MENU

## TO START

**SOUP OF THE CUP \$6  
MOMENT BOWL \$9**

Comes with fresh baguette (GF)

**BAKED CRAB DIP \$18**

Baked crab dip with citrus creme fraiche, soft herbs & grilled bread (GF K)

**SMOKED CHICKEN \$16**

House smoked free range chicken with celeriac remoulade, endive salad, walnuts, smoked tomatoes & roasted garlic aioli (K)

**CHICKPEA & BEET HUMMUS \$14**

Chickpea & beet hummus with chili nut oil dipping, veg & cracker dressed leaves (K)

**PEI MUSSELS \$22**

Provencale butter, garlic, white wine, shallots, tomato & soft herbs

OR

Thai with lemon grass, ginger, garlic chili & coconut milk

Per 1lb with dipping bread (K)

**WING BY THE POUND \$16**

Flavor choices: Buffalo with blue cheese dip, maple & roasted garlic, smoked salt & pepper, sesame Asian, roses hot sauce with pickles.

**Cauliflower wings available (\$14)**

**CAESAR SALAD \$15**

Kale, cashew Caesar dressing, parmesan chips, focaccia croutons and in-house smoked bacon (K)

**SUMMER SALAD \$15**

Mixed organic greens with cucumber, tomato, apple, sunflower seeds, walnuts & pomegranate with maple dressing (K)

**CARAMELIZED PORK BELLY \$15**

Caramelized pork belly with black sausage crumble apple puree, mixed leaves & pork crackling (K)

## FOR THE KIDS

**LINGUINE & BOLOGNAISE \$10**

**MAC & CHEESE \$8**

**CHICKEN FINGERS & FRIES \$10**

**BURGER & FRIES \$10**

**FISH & CHIPS \$12**

All items that include a (K) beside them on the regular menu can be made for kids under the age of 12! Half portion and half price.

## DESSERT

**LEMON TART \$10**

Glazed lemon tart with strawberry ice cream, caramel & blackcurrant sauce

**CRUSHED MERINGUE \$10**

Eton mess crushed meringue, season fruits, vanilla whipped cream & chocolate

**TRUFFLE CAKE \$10**

Chocolate truffle cake with chocolate ice cream (GF)

**MINI DONUT HOLES \$10**

Mini donut holes with old fashioned sugar, strawberry & chocolate dipping sauce

---

## MAIN COURSES

---

### COMFORT FOOD

**BUDDHA BOWL**            **\$26**

Roasted sweet potato, chickpeas, red cabbage, tomato, avocado, peppers, cucumber, dressed sprouts served with sesame seeds, hot sauce & peanut sauce (K)

**SMOKED BRISKET**       **\$20**

In-house smoked brisket, BBQ sauce, tomato, house pickles, lettuce & slaw on an Arrowhead beer bun. Served with fries, soup or salad

**BEET & BEAN BURGER**            **\$18**

Beet & black bean burger with tomato, avocado, sweet & sour peppers, lettuce & roasted garlic mayo. Served with fries, soup or salad (GF)

**ALE BRAISED SHORT RIBS**            **\$30**

Fernie Red Ale braised short ribs with herb gnocchi, mushrooms, leeks & marinated veg

**BOUILLABAISSE**            **\$28**

A rich seafood dish with salmon, cod, mussels & chorizo served with fennel, tomato, grilled mini potatoes, baguette & smoked pepper aioli (K)

**BACON CHEDDAR BURGER**            **\$20**

6 oz ground chuck beef burger with our smoked cheddar, tomato, red onion, double smoked bacon, lettuce & roasted garlic aioli. Served with fries, soup or salad

**GARAM MASALA CHICKEN BURGER**            **\$20**

Free range chicken breast brined in buttermilk, tossed in seasoning served with tomato garam masala, chipotle mayo, red onion & lettuce on an Arrowhead beer bun. Served with fries, soup or salad

**BEER BATTERED FISH & CHIPS**            **\$18**

**FISH & CHIPS**            **\$21**

Handmade beer battered fish served with tartare sauce, pea fritter lemon & slaw. 1 or 2 pieces made to order.

**PAN-FRIED SALMON**            **\$30**

Crispy pan-fried salmon, leeks, French lentils, wild rice, tarragon, baby spinach & buttermilk dressing

**BUTTERNUT PASTA**            **\$26**

Butternut filled pasta with olives, tomato, eggplant, zucchini pine nut & sage butter sauce (K)

### FROM THE GRILL

**10OZ RIB EYE**            **\$38**

AAA 21 day dry aged 10oz rib eye steak with herb mash peppercorn butter truffle, jus & marinated veg

**NEW YORK**            **\$36**

AAA 21 day dry aged double cut New York steak with herb mash, brandy, mushroom sauce & marinated veg

**6OZ TENDERLOIN**       **\$36**

6oz beef tenderloin wrapped in bacon with bourguignon garnish (mushroom shallot bacon mini potatoes)

**K - CAN BE MADE AS A KID'S PORTION. HALF PRICE**

**GF - CAN BE MADE GLUTEN FREE. \$2 CHARGE**

ORDER TAKE OUT:  
250-341-4002

WE ARE NOT TAKING RESERVATIONS AT THIS TIME.



**ELEMENTS**