



food

ethical and local
globally inspired
Canadian dishes

sharing plates / appetizers

- SALOON OLIVES VG** 12
Castelvetro olives / rosemary / juniper berries / orange / garlic
- PICKLED CORN & CHIPS VG** 12
corn / jalapenos / red onion / cilantro / scallions / red chili / bell peppers / corn chips
- SCOTCH EGG** 10
Spolumbo ground sausage / free-range egg / panko breaded / lemon-dijon aioli
- DEEP FRIED CHEESE** 14
aged manchego / panko breaded / sweet & spicy tomato jam / black truffle oil / peashoots
- HOISIN DUCK WINGS** 16
Brome Lake confit duck wings / hoisin glaze / cilantro / toasted sesame seeds / fresh lime
- CUCUMBER GAZPACHO VG GF** 12
cucumber / coconut milk / toasted pine nuts / habanero crystal rim / Evolution coconut olive oil
- TOMATO & GOAT CHEESE BRUSCHETTA CUPS** 18
phyllo pastry cup / Broxburn Farms tomatoes / Noble Meadows goat cheese / pickled beets / Valbella meats rohess speck bacon / basil crystals / Evolution smoked wood olive oil
- VIETNAMESE PORK LETTUCE WRAPS GF** 19
Bear and Flower Farms pork tenderloin / lemon grass galangal marinade / mint / cilantro / basil / pickled red cabbage / carrots / spiced peanuts / nuac cham dip
- TUNA CRUDO GF** 20
Oceanwise Ahi tuna / quickled cucumber / crispy capers / wasabi cream / toasted sesame seeds / nori chips / soy mirin dressing
- PICKLED ORGANIC SALMON** 22
Tofino Creative organic salmon / garlic butter / shallots / mustard gravlax sauce / fresh dill / smashed potatoes
- VEGGIE BAO BUNS** 14
marinated shiitake mushrooms / gochujang vegan "mayo" / cilantro / romaine / quickled cucumber / tempura batter / steamed bun
+ Bear and Flower pork 6
- POACHED PEAR AND APPLE SALAD** 19
riesling poached asian pears / green apple / arugula / butterleaf / candied pecans / smoked gorgonzola cheese
- GRILLED CAESAR SALAD** 16
grilled romaine / house caesar dressing / house herb croutons / grilled lemon / shaved asiago and parmasan

DRUNKEN CALAMARI

20

Oceanwise squid / vodka sambal marinade / tobiko aioli / cilantro / fresh lemon

mains



MEAT AND CHEESE [FOR 2-4 PEOPLE]

42

Chefs choice of 3 artisanal cheeses / 3 Valbella meats / roasted garlic / house pickles / pickled onion / house olives / house jam / house mustard / crackers

FISH N CHIPS

22

Oceanwise halibut cheeks / mushy peas / curry tartare sauce / grilled lemon / french fries

HIPPIE CHICKEN

22

Hemp heart crusted Heritage Farms Chicken / floating leaf 6 grain prairie blend / moroccan spiced yogurt / micro greens

100Z ALBERTA RIBEYE **GF**

29

Grilled AAA alberta beef / chimmichurri verde / micro greens / fried potatoes

VEGGIE BURGER

22

Floating leaf 6 grain blend, carrots, beet, chickpea pattie / lemon garlic aioli / romaine / pickled red onions and jalapeno

WAYGU BURGER

26

Brant Lake waygu ground beef / ground chuck / brioche bun / pickled red onions / Broxburn cherry tomatoes / english cheddar / butter leaf / house sauce / french fries

FRESH PEI MUSSELS

24

Prince Edward Island Oceanwise mussels / red thai curry / coconut milk / fresh cilantro / fresh baguette

dessert



Changes daily



craft cocktails

premium and unique spirits
fresh ingredients

craft cocktails (2-3oz)



FRUITY AND FRESH

THE NEW MOON 14

Grapefruit gin / honey liqueur / grapefruit juice / fresh lime juice / caramelized honey syrup / muddled cucumber

BLUEBERRY HILL 15

Cognac / Madagascar vanilla liqueur / blueberry jam / fresh lemon juice / muddled sage leaf

CHERRY BOMB 14

Cherry gin / sweet vermouth / cherry herring / fresh lemon juice / psychauds bitters / citric acid

MISTY MOUNTAIN HOP 13

Gin / prickly pear vodka / simple syrup / fresh lemon juice / basil / absinthe rinse

JUICY AND FLORAL

THE BUFFALO SOUR 14

Bourbon / fresh lemon juice / honey sage juniper syrup / egg white*

HIGH VIOLET 14

Butterfly Pea gin / grapefruit juice / fresh lime juice / honey vanilla syrup / lavender bitters

WILD ROSE NEGRONI 14

rose gin / campari / sweet vermouth / rose water rinse

TEAPOT VODKA 14

Earl grey tea infused vodka / fresh lemon juice / honey vanilla syrup / lavender and teapot bitters

MAPLE BACON DARK HORSE CAESAR (10Z) 11

Bacon fat washed and hickory smoked high proof rye / Parkway clamato / worcestershire / tabasco / fresh lime juice/ maple syrup / bacon bits and Parkway caesar rim

MOLES 14

With alcoholic ginger beer and fresh lime juice

MOSCOW
vodka w/ peach cinnamon shrub

MEXICAN
tequila w/ pineapple jalapeno shrub

DEAD MANS
Absinthe and orgeat**

GIN & TONICS 9

WILDLIFE BOTANICAL AND WILDLIFE TONIC

WILD ALPS MORRIS DRY AND TARRAGON CUCUMBER TONIC

OPIDDAN OLD TOM AND ELDERFLOWER TONIC

ST GEORGE TERROIR AND MEDITERRANEAN TONIC

SIPSMITH LONDON DRY AND INDIAN TONIC

*contains raw egg / **contains almonds / ***vegan

craft cocktails (2-3oz)



TASTY AND TROPICAL

CHOKE HOLD 14

Rum / cynar / st. germaine / orgeat** / fresh lime juice

LA PECHE 14

Spiced rum / ginger liqueur / peach juice / cinnamon peach shrub / ginger syrup / fresh lemon juice / coconut cream

PISCO PUNCH 14

Pisco / rum / pineapple jalapeno shrub / fresh lemon juice / simple syrup / egg white*

MEZCAL AND MANGO 15

Mezcal / mango, yellow pepper, paprika puree / rosemary syrup / fresh lemon juice / firewater bitters

THAI ONE ON 14

Thai chili and Kafir lime infused vodka / lemongrass and ginger syrups / fresh lime juice / aquafaba***

PINK PEPPERCORN DAQUIRI 15

mezcal / rum / elderflower liqueur / acidified apple syrup / fresh lime juice / hellfire bitters / pink peppercorn rim

SALOON MARGARITA

13

Tequila / Cointreau / pineapple jalapeno shrub / simple syrup / fresh lime juice

MOON WALKS

BOULEVARDIER 14

whisky / sweet vermouth / campari

OLD FASHIONED 14

Bourbon / demerara syrup / orange and black walnut bitters

MIDNIGHT COWBOY 15

Rum / bourbon / benedictine / sweet vermouth / cinnamon smoked glass

EASTERN MEDICINE 16

Japanese whisky / ginger syrup / caramelized honey syrup / lapsing souchoung tea / yuzu juice

THE RAVE MARTINI 16

Coffee bean infused bourbon / fernet branca / vanilla liqueur / espresso / demerara syrup / chocolate bitters / coffee and a smoke bitters

*contains raw egg / **contains almonds / ***vegan



beer

all craft, all Canadian

Canadian craft beer

HIGH COUNTRY KOLSCH 6

Mt Beagbie Brewing, Revelstoke, British Columbia

A mildly hopped, unique and delicate flavour.
4.5% / 355ml

PROPELLER PILSENER 8

Propeller Brewing, Halifax, Nova Scotia

A classic Bohemia-style lager with hop aroma, a light malt sweetness and refreshing bitter finish. 4.8% / 473ML

ROSE D'HIBISCUS 7

Dieu Du Ciel, Montreal, Quebec

Belgian Hibiscus wheat beer with a floral and lightly acidic character. A perfumed aroma invokes fresh pink grapefruit and the pleasing texture persists nicely.
5.9% / 355ML

THE LAST STRAWBERRY WIT 8

Fuggles & Warlock, Richmond, British Columbia

A delicate Belgian wheat beer brewed with fresh picked BC strawberries. 4.9% / 473ML

BURNSIDE BLOOD ORANGE ALE 6

Medicine Hat Brewing, Medicine Hat, Alberta

Blonde ale as the base and the addition of copious amounts of real blood orange puree.
4.5% / 355ML

METES & BOUNDS EXTRA PALE ALE 8

Annex Ale Project, Calgary, Alberta

Peach and apricot hop essence are backed by warm caramel and biscuit malts.
6% / 471ML

BEET SOUR 8

Town Square Brewing, Edmonton, Alberta

This sour was created using pureed beets in the kettle. It is earthy, tart, fruity and loaded with citrus flavor. 5% / 473ML

SHOW PONY PALE ALE 7

Last Best Brewing, Calgary, Alberta

Vibrant notes of passion fruit, sweet citrus on the nose and floral hops that give the beer a slightly dry, bitter finish. 5% / 355ML

STUMP SPLITTER- AMBER ALE 7

Six Corners Brew Works, Lethbridge, Alberta

A burly ale that features rich, malty backbone and a surprising, yet subtle kick of hops.
5.9% / 355ML

GEORGETOWN BROWN ALE 8

Canmore Brewing Co, Canmore, Alberta

With the addition of caramel and chocolate malts this brown ale will entice. Crisp and sweet. 6% / 473ML

PECHE MORTEL - IMPERIAL COFFEE STOUT 8

Dieu Du Ciel, Montreal, Quebec

A deep, dark stout with espresso coffee infused during the brewing process. The finish is long and persistent. 9.5% / 355ML

LAST BEST IPA 7

Last Best Brewing, Calgary, Alberta

Showcasing the tropical and citrusy aromas of Mosaic hops, this unfiltered IPA delivers a lot of personality, character and flavour.
5.5% / 355ML

T2G-1PA 8

The Dandy Brewing, Calgary, Alberta

A bold and rich IPA that has a present bitterness balanced with a juicy citrus aroma.
7.5% / 473ML

ciders & meads



CHERRY APPLE CIDER

7

Wards Hard Cider, Okanagan, British Columbia

Montmorency cherries forward with an apple finish and soft notes of almonds and hazelnuts.

5.5% / 355ML

MR PINK

10

Fallentimber Meadery, Water Valley, Alberta

Combining handsome honey, fresh apples and raspberries. The combination provides a dry, crisp, naturally gluten-free beverage.

6% / 500ML

MEADJITO

10

Fallentimber Meadery, Water Valley, Alberta

A perfect balance of citrus, sweetness and mint. Using Ryan's honey this is super crisp, clean and naturally gluten-free.

5.5% / 500ML

RED SANGRIA CIDER

8

Pommies Cider, Caledon, Ontario

A refreshing blend of ontario cider and wine, spiked with citrus and berries. Fruit forward, semi-sweet.

6.3% / 473ML

“Anybody with a good record collection
will always be in love.”

{ ANONYMOUS }



wine

curated for variety,
quality and uniqueness
at fair prices

BUBBLES

150ML / BOTTLE

NV CREMANT *Lugny Cremant De Bourgogne, France* 11 / 50

Chardonnay and Pinot Noir grapes contribute apple and redcurrant flavours, and eighteen months of bottle ageing develops toasty weight and impressive complexity

NV CREMANT ROSE *Lugny Cremant De Bourgogne, France* 11 / 50

A blend of Chardonnay, Pinot Noir, and Gamay. The wine is bright and fresh with delicate mousse and lovely aromas of red berries.

WHITES

150ML / BOTTLE

2017 MOSCATO *Stella Bella, Skuttlebutt, Ontario, Canada* 10 / 45

Inviting aromas of rosewater, candied citrus and talcum powder. The palate has a vibrant spritz with flavours of melon, lychee, sweet mandarin, honeysuckle and musk sticks. Balanced by the fresh cleansing acidity, which provides freshness and length.

2017 ALBARINO *Kentia, Spain* 11 / 50

Fresh, crisp and fragrant with a virtual shopping cart of flavours and aromas: melon, pear, peach, tropical fruit, subtle herbaceous element combine magnificently to produce this enticing silky white with pleasing minerality and refreshing acidity.

2017 GRUNER VELTLINER *Weingut, Gruber Roschitz, Austria* 11 / 50

This wine has a crystal clear taste. The spicy and vivid Gruner Veltliner awakens the spirits. Gentle hints of apple in the nose with aromatic peppery notes.

2017 TEMPRANILLO BLANCO *Vivanco, Viura, Rioja, Spain* 10 / 45

The nose is expressive and intense with aromas of citrus, green apple and white peach. Delicate floral and grassy notes follow. A fresh wine abounding with tropical fruit and citrus flavours and a good, balanced acidity.

2015 CHENIN BLANC *The Bernard Old Vine Collection, Bellingham, South Africa* 12 / 55

Whole bunch pressed. Richer and polished, with ample pear and white peach, a light honeysuckle cream perfume, and a swirl of savoury spices, hay, and stone texturing a round creamy palate. Concentrated, confident, and wood-evident, with chenin's hallmark cue of acidity.

wine



WHITES

BOTTLE

2016 SAUVIGNON BLANC *Winemakers Selection, Whitecliff, New Zealand* 45

Lifted aromas of citrus flower, passion fruit, nectarine and a hint of red capsicum. The palate has a mineral intensity with herbal classical snow pea notes and beautifully tensioned acidity.

2016 ROUSSANNE *Lake Breeze, BC, Canada* 55

A rich and complex wine both on the nose and the palate. Aromas of honeyed pear and peaches are accompanied by notes of vanilla and exotic spice. The palate is creamy and full-bodied with great length

2016 CHABLIS *Maison Louis Jadot, Bourgogne, France* 65

Alluring aromas of lemon curd, apple, pear and saltwater. The palate is racy and bright with fresh lemon, crunchy apple and an impressive saline mineral streak.

ROSE

150ML / BOTTLE

2017 GRENACHE/ CINSULT/ SYRAH 11 / 50

L'etre Magique, Maison De Grand Esprit, Cotes De Provence, France

55% Grenache, 30% Cinsault, 15% Syrah - Fresh berries, hints of wild flower and grapefruit complete this beautiful bouquet. Raspberry, strawberry and citrus fruit flavors with a silky, mouthwatering finish.

2017 CABERNET FRANC/ RIESLING/ PINOT NOIR/ GAMAY / 45

Cave Spring Cellars, Niagara, Ontario

Our Rosé is vinified from grapes grown along the benchlands of the Niagara Escarpment. Before pressing, the partially crushed berries are left on their skins just long enough to produce a rosé-tinged must. Fermented dry, this wine offers refreshing berry fruit and lively acidity, making it ideal for casual fare any time of the year.

REDS

150ML / BOTTLE

2017 PINOT NOIR *Ballard Lane, Central Coast, California, USA* 11 / 50

Opens with aromas of strawberries, clove and baking spices. The palate is fleshy with peppered strawberries, maraschino cherries and toasted oak. This wine has earthy tones and hints of vanilla.

2014 CABERNET FRANC *Stag's Hollow, Okanagan Falls, British Columbia* 13 / 60

Smoke and spice, ripe cherries and black fruit on the nose. Medium plus bodied with ample rich blackberry, cloves and perfumed flowers scents. The tannins are fine on the finish and the acidity is bright. Best when paired with rich Fall dishes.

2013 TEMPRANILLO *Vivanco Crianza, Rioja, Spain* 10 / 45

Opens with a mild barnyard and red raspberry bouquet. On the palate, this wine is medium bodied, slightly acidic and a little juicy. The flavor profile is a red plum and mild red berry blend with notes of cedar. The finish is dry and flavors drift away nicely.

NERO D'AVOLA *Donnafugatta Sedara, Sicily, Italy* 11 / 50

A fragrant bouquet with aromas of cherry and plum enlivened by a spicy note of black pepper. The taste reveals a smooth, pleasing texture, juicy sour cherry and tart red berry, a touch of earthiness, soft tannins, good balance and a dry, long finish. Medium body.

2016 SYRAH *Amv X Whole Bunch, Angove McLaren Vale, Australia* 60

A medium bodied McLaren Vale Shiraz full of elegant cherry-ripe and delicious bright berry flavours integrated with spice and smooth silky tannins

2015 NEBBIOLO *Erbaluna, Langhe, Piedmont, Italy* 60

Subdued, earthy, full of rose and violet. Palate is broad, medium bodied, with tight dry tannins and a well integrated fresh acidity.

2015 TOURIGA NACIONAL / TOURIGA FRANCA / TINTA RORIZ 45

Animus Tinto, Vincente Faria, Douro, Portugal

Complex aromas and flavours of warm black fruit, strawberry, plum and vanilla with notes of spice and leather. Palate is dry, full body and rich with ripe tannins and a long finish.



sunday brunch

10 AM - 2 PM

sunday brunch (10AM - 2PM)

CHICKEN & WAFFLES 19
EGGS BENNY
Bacon buttermilk waffles / deep-fried Heritage Farms (BC)* chicken breast / free-range poached eggs / chicken gravy hollandaise sauce / side tater tots

CRAB CAKE EGGS BENNY 18
Rock crab / potato / panko / chicken gravy hollandaise / Chefs Micro Greens* / side tater tots

CROQUE MADAME 18
Valbella* smoked turkey / bechamel sauce / oka cheese / texas toast / fried egg / pea shoots / side greens

FRUIT CREPES V 16
Fresh, seasonal fruits and berries / vanilla whip cream / maple syrup / icing sugar / fresh mint / side greens

EGGS IN PURGATORY GF OPTIONAL 16
2 free-range shirred eggs / house made marinara sauce / onions / chili flakes / fresh parsley / parmesan / side toast

HAM, CAM AND JAM 17
FRENCH TOAST
Valbella* Old Fashioned ham / camembert cheese / fig jam / Chefs Micro Greens* / side greens

SMOKED SALMON BLINI 15
Smoked salmon / preserved lemon / whipped marscapone / fresh dill / blinis

BREAKFAST TORTILLAS VGF 17
Two fried eggs / sautéed peppers / sautéed onions / avocado / salsa / sour cream / cilantro / corn tortillas / side tater tots

YOGURT AND GRANOLA V 13
All-natural Alberta yogurt with homemade granola / honey / fresh berries / side toast

DRINKS

MIMOSA 9
THE HEMMINGWAY 14
SHRUB & BUBB 12
SALOON CAESAR 10
SHAFT 12
IRISH COFFEE 12

NON-ALCOHOLIC

JUICE 4.75
HOMEMADE ICED TEA 5.25
HOMEMADE LEMONADE 5.25
AMERICANO 4.25
LATTE 5.5
CAPPUCCINO 5.25
HOT CHOCOLATE 5.25



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BEAR AND THE FLOWER FARM IRRICANA, ALBERTA

Upholding the highest standards in the pork industry. Free-range Alberta pork raised without the use of hormones, antibiotics, GMOs, or animal by-products.

bearandtheflower.com

CHEFS MICRO GREENS CANMORE, ALBERTA

Organic, non-gmo greens grown right in Canmore Alberta - [fb @chefsmicrogreens](https://www.facebook.com/chefsmicrogreens)

BROME LAKE DUCKS BROME LAKE, QUEBEC

Since 1912, they are the oldest company in North America specializing in the production of Peking duck. From the farm to the table, every stage of production, with respect for the birds and the environment.

canarddelabrome.com

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heritagefarmschicken.ca

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Gourmet sauces and condiments from Canmore Alberta.

bowvalleybbq.com

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oceanwise.ca

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Canmore Alberta's specialty coffee roaster.

ravecoffee.ca

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Canmore Alberta's source for fresh and delicious pasta.

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EVOLUTION CANMORE, ALBERTA

Offering the freshest olive oils from around the world and an amazing variety of delicious aged balsamic vinegars from Modena, Italy.

evolution.ca

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superior quality field and greenhouse fruits and vegetables.

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