

Salads & Starters

Homemade Borscht

Doukhobor Style Vegetarian Soup Cabbage | Beets | Potato | Carrots | Dill Ask to hold bread Cup \$10 Bowl \$12

Steamed Mussels

PEI Mussels | Sambal Cream Sauce Ask for Tortillas Instead of Baquette \$21

Szechuan Lettuce Wraps

Marinated Chicken | *Wonton Crisps | Onion Peanuts | Sweet Soy Lime | Wasabi Mango \$191/2 *Ask to hold the Wonton Crisps Try Vegetarian with Crispy Tofu Vegan with Tofu and no Wasabi Mango V

Chicken Wings

Hot, BBQ, Thai Sweet Chili or Dry Cajun \$18 Add Carrot & Celery Sticks \$3 Add Blue Cheese or Ranch Dip \$2

Chili Lime Brussels Sprouts

Roasted & Fried | Sambal Olek Himalayan Salt | Lime \$171/2

Beet Salad

Rosemary Infused Roasted Beets | Spring Mix Goat Cheese | Candied Pecans | Walnut Oil Balsamic Reduction \$19

Classic Nachos

Tomatoes | Onions | Olives | Jalapeños Refried Beans | Three Cheese Blend | Sour Cream Salsa | Home-Cooked Tortillas \$25 Add Guacamole \$31/2 Extra Nacho Cheese \$3 Add Chicken or Ground Beef \$4

Spicy Ahi Bites

Ahi Tuna Salad | Crispy Sushi Rice Cakes Avocado | Jalapeño | Sweet Chili Seaweed Caviar \$20

Halloumi Greek Salad

Seared Halloumi Cheese | Feta | Fennel Green Peppers | Grape Tomatoes Cucumber | Red Onions | Kalamatas Dijon Red Wine Vinaigrette \$18

New York Steak Salad

AAA Butcher Block Striploin | Mixed Greens Beets | Carrots | Seeds | Grape Tomatoes Tahini Vinaigrette 8oz \$25

Grilled Salmon Salad

Wild BC Salmon | Baby Greens | Dried Cranberries | Goat Cheese | Pumpkin Seeds Blueberry Rosemary Vinaigrette \$20

the description. We take measures to prevent cross contamination, however, it still may occur. Please note that we do not use separate fryer oil for gluten-free items.

Although we do not have a gluten-free kitchen, we will make every attempt to meet your needs for a gluten-restricted diet. The

items listed on the menu are

appropriate for a gluten-restricted

diet, as is, or can be ordered with

minor changes as mentioned in

Pastas & Bowls

Ahi Tuna Poke Bowl 🤪

Marinated Ahi Tuna | Quinoa | Carrot Ribbons Mango | Green Onions | Avocado | *Wonton Crisps Pickled Ginger | Edamame Beans *Ask to hold the Wonton Crisps \$24 Try it Vegan with Crispy Tofu V

Seafood Fettuccine

Wild BC Salmon | Halibut | Tiger Prawns PEI Mussels | Crimini Mushrooms | Sambal Cream Ask for Corn Penne \$30 Add Starter Caesar (no Croutons) or House Salad \$6

Barrister's Bowl 🞾 🗸

Wild BC Salmon or Crispy Tofu | Cabbage Carrots | Peppers | Daikon Sprouts | Sesame Seeds

Quinoa | Ginger Soy Dressing \$20

Filet Mignon

8oz \$36 12oz \$44

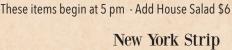
BC Free Range AAA Tenderloin | Morel Butter Lemon Zest Broccolini | Thyme-Roasted Red Potatoes 6oz \$46

Steak & Prawns

AAA Butcher Block eef Striploin Garlic Prawns | Lemon Zest Broccolini Thyme-Roasted Red Potatoes \$46

Whistler Brewing Company Forager Beer \$7½

Vegetarian V Vegan Oceanwise



Specialty Plates

Chorizo | Roasted Potatoes | Asparagus AAA Butcher Block Beef Striploin Wild Mushrooms | Onions | Chimichurri \$35 Lemon Zest Broccolini Thyme-Roasted Red Potatoes

Cauliflower Steak V

Jose's Halibut

Charred & Oven-Roasted | Crispy Rice Cake Za'atar Spice | Toasted Almonds | Fresh Parsley Harissa Sauce | Chimichurri Drizzle Lemon Zest Broccolini \$26

Lamb Medallions

Herb Roasted | Balsamic Plum Reduction Thyme-Roasted Red Potatoes Lemon Zest Broccolini \$35

2024 Gluten Free.indd 1





Gluten-Free Crusts Avail in 10" Small Only

The Tuscan

Artichokes | Sundried Tomatoes Roasted Garlic | Spinach | Onions sm \$22

Kootenay Herbivore

Mushrooms | Onions | Kalamatas Green Pepper | Tomato | Pesto Base

Mediterranean Special

Chorizo Sausage | Green Pepper Olives | Tomato | Onions | Feta sm \$22

Chicken Fiesta

Chicken Breast | Pineapple Green Pepper | Onions | BBQ Sauce sm \$21

The Forest Floor

Shimenji Mushrooms | Pine Nuts Pesto Base | Truffle Oil sm \$22 Popeye The Greek

Spinach | Feta sm \$21

Heritage Classic

Mushroom | Green Pepper Pepperoni sm \$21

The Big Kahuna

Ham | Pineapple sm \$21

Big Pepperoni

Yup...Pepperoni! sm \$21

The House Special

Ground Beef | Onions Feta | Pepperoni sm \$21

Three Cheese

Mozzarella | Edam | Parmesan

Extras -

Dipping Sauce

Marinara | Caesar | Hume Hot Sauce \$2 each

Veggie Toppings

Small \$2 each

Meat & Cheese Toppings

Small \$3 each

V Sub Vegan Mozza \$3

*The Angry Bee, the Ultimate and the '55 Vette have been taken off this menu as our Capicolli is not gluten-free.
You may substitute it for another ingredient.

Desserts

Cashew Cream Custard V

Burnt Miso | Almond Milk | Dark Chocolate Candied Pecans | Himalayan Salt \$10

Crème Brûlée

Vanilla Bean-Infused Creamy Custard Caramelized Brown Sugar \$10 **Chocolate Mousse**

Classic Rich Chocolate
Fresh Whipped Cream \$10

Ice Cream Vanilla \$6

