



## Starters

### **ENGLISH POUTINE**

Hand cut fries smothered in homemade curry sauce and garnished with red onions, cilantro and toasted coconut. 8.50

### **STEAMED MUSSELS**

1 lb. of mussels steamed in a tomato fennel broth with grilled dipping bread. 12.95

### **PORTOBELLO MUSHROOM**

A whole mushroom cut into slices, dipped in our light and crispy batter, deep fried and served with a white balsamic aioli dip. 9.50

### **CHIPS AND DIPS**

Hand cut Kennebec potato fries with a trio of homemade dipping sauces, roast garlic aioli, BBQ sauce and chipotle mayo. 6.95

### **SIDE SALAD**

A smaller portion of one of our great salads below with grilled bread. 5.95

## Soups and Salads

*Served with grilled bread*

### **HOMEMADE SOUP OF THE DAY**

Cup 5.50, Bowl 9.25,

*All dressings are homemade.*

### **CAESAR**

Fresh romaine, homemade croutons, parmesan cheese tossed in our creamy Caesar dressing. 11.99

Add roast chicken 3.50 ~ a local hard-boiled egg 1.75 ~ grilled shrimp 4.50

### **VALLEY SALAD**

Spring greens with local honey mustard dressing topped with tomatoes, fresh grated carrot, parmesan & sunflower seeds. 11.99

Add roast chicken 3.50 ~ a local hard-boiled egg 1.75 ~ grilled shrimp 4.50

### **KORMA**

Crisp romaine, raisins, red onions, grated carrots & shredded coconut with a homemade creamy coconut curry dressing. 11.99

Add roast chicken 3.50 ~ a local hard-boiled egg 1.75 ~ grilled shrimp 4.50

### **SOUP AND SALAD COMBO**

Homemade soup of the day with any salad and grilled bread. 11.50

Add roast chicken 3.50 ~ a local hard-boiled egg 1.75 ~ grilled shrimp 4.50

## Pasta Dishes

All served with Fettucine noodles and grilled bread

### **MARINARA**

#### **LOCAL CHICKEN**

Locally raised chicken, slow roasted and simmered in our homemade sauce. 16.99

#### **VEGETARIAN**

Mushrooms and onions sautéed in our rich tomato herb sauce. 14.95

### **ROAST CHICKEN CACCIATORE**

Roast chicken breast tossed in our creamy herb tomato sauce. 16.75

### **ALFREDO**

#### **CHICKEN**

Roast chicken breast in a creamy rosemary based sauce topped with parmesan 16.99

#### **SEAFOOD**

Sautéed wild salmon, shrimps and cod tossed in a smoky dill alfredo sauce. 16.99

### **SPAGHETTI MEATBALLS**

Our handmade meatballs simmered in our homemade marinara sauce, served over spaghetti with fresh grated parmesan cheese. 16.99

## **Traditional British Fish & Chips**

### **JUST LIKE BACK HOME**

Hand cut wild Alaskan cod is deep fried in our homemade batter and served with home cut fries, homemade coleslaw and homemade tartar sauce. 14.25

### **RIB-EYE**

Served with fried Kennebec potatoes, fresh vegetables, caramelized onions and gravy. 23.95

Add 2 large shrimp in a Cognac cream sauce 3.99

Add blue cheese crumbles and sautéed mushrooms 3.50

### **MANGO SWEET & SOUR COD OR TERIYAKI COD**

Filet of wild cod, grilled with either one of our knockout homemade sauces

Served with seasonal vegetables and rice over a beurre blanc sauce. 17.25

### **BBQ STEELHEAD**

A steelhead filet glazed & grilled with our homemade BBO sauce and topped with fennel marinated red onions served with fried potatoes over a beurre blanc sauce. 17.50

### **BBQ CRISPY CHICKEN**

Hand cut chicken slices deep fried in our homemade crispy batter and served with homemade fries, coleslaw and tangy BBQ sauce. 16.50

### **SATAY**

Our homemade mildly spiced peanut sauce sautéed with a selection of fresh vegetables, served over rice with grilled flat bread

With roast chicken~ 15.95, Grilled shrimp~ 16.95, Vegetarian~ 14.95

### **COCONUT CURRY**

Roast chicken or shrimp tossed in our homemade mild curry sauce and topped with fresh cilantro, red onions and toasted coconut

With roast chicken~ 16.95, Grilled shrimp~ 17.95, Vegetarian~ 14.95

### **TIKKA MASALA**

Voted the UK's favourite dish – chick peas and onions simmered with Indian spices, yoghurt and cream.

Served with rice, grilled flat bread and date chutney.

With roast chicken~ 16.95, Grilled shrimp~ 17.95, Vegetarian~ 14.95

Spice It Up ~ please let your server know if you would like your Dish HOT

## Sandwiches and Burgers

With your choice of hand cut fries with our special seasoning,  
Homemade soup of the day  
Or one of our salads  
Sweet potato fries add 1.99

### **THE REAL BURGER**

1/3 pound of local organic beef, with caramelized onions, spring greens and sliced tomato on a soft grilled bun with roast garlic aioli spread. 12.50  
Add cheese ~ 1.20, add mushrooms ~ 1.00, add bacon ~ 1.00  
\*Add all 3 for 2.99\*

### **FIELDS OF GLORY BURGER**

Our handmade vegetarian burger with organic quinoa, brown rice and black beans on a grilled soft bun with roast garlic aioli spread topped with spring greens, tomatoes and caramelized onions. 11.99  
Add cheese ~ 1.20, add mushrooms ~ 1.00

### **COD BURGER**

Your choice ~ *grilled or battered* Alaskan cod served on a warm soft bun with spring greens, onions and tartar sauce. 12.25

### **HAM AND CHEDDAR MELT**

Thinly sliced grilled smoked ham topped with melted cheddar and sweet homemade zucchini chutney with lettuce, onions and tomato on a grilled bun. 11.75

## Drinks

Fair-trade organic coffee, 2.50

Tea - Tetley, Herbal Selection 2.20

Pepsi, Diet Pepsi,  
Ginger Ale, 7-Up  
All 2.25 per can

\* House brewed sweet ice tea,\*  
3.75

\* Homemade seasonal lemonade  
3.75

Juice  
Cranberry, Orange and Apple  
small 1.99, large ~ 2.99  
Milk ~ small 1.75, large ~ 2.99

## Desserts

Always Homemade using local free range eggs

### **STICKY TOFFEE PUDDING**

A British Favorite,  
Warm toffee sauce over a sticky date cake

### **CARROT CAKE**

Served warm and drizzled with our toffee sauce,

Not your usual carrot cake

### **CHOCOLATE TRUFFLE**

Rich chocolate torte  
A chocolate indulgence  
(*Gluten Free*)

### **LEMON LAVENDER CHEESECAKE**

A refreshing slice of lemon cheesecake with local lavender

All 5.50

Add a generous scoop of ice-cream for 1.50

WE ARE TRULY HONOURED TO SERVE THE FOOD WE LOVE IN THE TOWN WE LOVE. OUR LOYAL CUSTOMERS AND DEDICATED TEAM DESERVE A HUGE THANK YOU FOR HELPING US REACH OUR 7 YEAR ANNIVERSARY. WE COULDN'T HAVE DONE IT WITHOUT YOUR SUPPORT!



Join us for lunch Monday to Friday 11 until 2

Great specials everyday  
Gift Certificates available

Catering for your office lunch meeting or dinner event  
Call ahead and we can have your lunch order ready to pick up

We make almost everything from scratch so please ask if you have any dietary concerns

All of our sauces, chutneys, salad dressings and gravy are homemade

Pure Himalayan rock salt in all the shakers

**Gluten Free** - happy to substitute gluten free bread,  
and will gladly alter any dish if possible

**Vegetarians** - we use only butter in all pastry and chicken stock  
is used only with meat dishes

*Proudly using Creston Valley produce because we care about the food you eat.*

**GO LOCAL** Exchange your chicken on any of our dishes to locally raised  
for 1.50 extra

We only use compostable to-go containers

All coffee grinds, vegetable peelings and plate scraps are fed to  
very happy local chickens and pigs

PLEASE TRY OUR EXCELLENT LOCAL WINES,  
WE CAN SEAL YOUR BOTTLE TO TAKE WITH YOU IF YOU DON'T FINISH

### By the glass and half liter

HOUSE WINE COPPER MOON – SHIRAZ AND PINOT GRIGIO

GLASS 5 OZ. – 5.50     1/2 L CARAFE – 12.99

LOCAL SKIMMERHORN BY THE GLASS ~ CRUSH WHITE, 6.99, DEVILS CHAIR, 7.25

### Reds by the bottle

ROOT 1 CABERNET SAUVIGNON - CHILE 27.99

RAVENSWOOD ZINFANDEL – CALIFORNIA 35.75

FINCA LOS PRIMOS MALBEC - MENDOZA, ARGENTINA 23.95

SKIMMERHORN DEVILS CHAIR – CRESTON, BC 28.95

WYNNWOOD PINOT NOIR – CRESTON, BC 36.00

BAILLIE GROHMAN MERLOT – CRESTON, BC 36.99

### Whites by the bottle

WYNNWOOD PINOT GRIS – CRESTON, BC 32.95

BAILLIE GROHMAN GEWÜRZTRAMINER - CRESTON, BC 36.25

SKIMMERHORN AUTUMN TRYST – CRESTON, BC 27.95

WYNNWOOD SAUVIGNON BLANC – CRESTON, BC 32.95

SKIMMERHORN KOOTENAY CRUSH WHITE – CRESTON, BC 27.95

### Sparkling

JACOBS CREEK SPARKLING CHARDONNAY PINOT NOIR – AUSTRALIA 28.95

### Beer & Cider

OLD SPECKLED HEN STRONG ALE – ENGLAND, 1/2 LITER 6.99

ERDINGER HEFE WEISSE – GERMANY, 1/2 LITER 7.25

NELSON BREWING CO. ORGANIC PADDYWHACK IPA – NELSON, BC 5.25

NELSON BREWING CO. ORGANIC AFTER DARK BROWN ALE – NELSON, BC 5.25

COLUMBIA KOKANEE – CRESTON, BC, 4.99

INNIS & GUNN OAK AGED BEER – SCOTLAND, 6.75

LONETREE GINGER APPLE DRY CIDER, OKANAGAN, 5.25

**SHANDY** – A BRITISH THIRST QUENCHER, A CAN OF OLD SPECKLED HEN  
AND A CAN OF 7 UP, MIX THEM TOGETHER AND ENJOY. *GREAT FOR 2 TO  
SHARE, 8.50*

A SELECTION OF COFFEE AND HOT CHOCOLATE LIQUOR DRINKS WITH FRESH WHIPPED CREAM 5.50

PRICES DO NOT INCLUDE TAX



Down to earth

WHOLESOME  
Goodness

WELCOME