



## Starters

### **ENGLISH POUTINE**

Hand cut fries smothered in homemade curry sauce and garnished with red onions, cilantro and toasted coconut. 9.25

### **ARTICHOKE DIP**

Homemade creamy artichoke dip with fresh cooked warm tortilla chips. 8.99

### **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. 9.99

### **CHIPS AND DIPS**

Hand cut Kennebec potato fries with a trio of homemade dipping sauces, roast garlic aioli, BBQ sauce and chipotle mayo. 7.25

### **SIDE SALAD**

A smaller portion of one of our great salads below. 6.50

## Soups and Salads

*Let us know if you would like bread*

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

Cup 5.99, Bowl 9.50,

*All dressings are homemade.*

### **CAESAR**

Fresh romaine, homemade croutons, parmesan cheese tossed in our creamy Caesar dressing. 12.25

Add roast chicken 3.75 ~ a local hard-boiled egg 1.75 ~ grilled shrimp 4.99

### **VALLEY SALAD**

Spring greens with local honey mustard dressing topped with tomatoes, fresh grated carrot, savoury sprinkle & sunflower seeds. 12.25

Add roast chicken 3.75 ~ a local hard-boiled egg 1.75 ~ grilled shrimp 4.99

### **KORMA**

Crisp romaine, raisins, red onions, grated carrots & shredded coconut with a homemade coconut curry dressing. 12.25

Add roast chicken 3.75 ~ a local hard-boiled egg 1.75 ~ grilled shrimp 4.99

### **SOUP AND SALAD COMBO**

Homemade soup of the day with any salad and grilled bread. 12.25

Add roast chicken 3.75 ~ a local hard-boiled egg 1.75 ~ grilled shrimp 4.99

## Pasta Dishes

*All made from scratch sauces, served over fettuccini pasta with garlic bread*

### **SPAGHETTI AND MEATBALLS**

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

### **LOCAL CHICKEN MARINARA**

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

### **VEGETARIAN MARINARA**

Mushrooms and spinach sautéed in our rich tomato herb sauce. 15.99

### **ROAST CHICKEN CACCIATORE**

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

### **SEAFOOD ALFREDO**

Sautéed salmon, shrimp and cod tossed in our smoky dill Alfredo sauce. 16.99

### **BLACKENED CHICKEN**

Grilled chicken with our own blackened spices served over pasta with a creamy coconut curry sauce. 16.99

### **CHICKEN ALFREDO**

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

## **Traditional British Fish & Chips**

### **JUST LIKE BACK HOME**

Deep fried cod coated in our homemade batter and served with home cut fries, homemade coleslaw and homemade tartar sauce. 14.99

### **RIB-EYE**

Served with fried Kennebec potatoes, fresh vegetables, caramelized onions and gravy. 23.95  
Add 2 large shrimp in a Cognac cream sauce 4.50  
Add blue cheese crumbles and sautéed mushrooms 3.50

### **MANGO SWEET & SOUR COD**

Filet of wild cod, grilled with our knockout homemade sauce  
Served with seasonal vegetables and rice over a beurre blanc sauce. 17.25

### **VIETNAMESE CARAMEL COD OR SALMON**

Your choice cod or salmon with a sweet hot glaze with coconut sticky rice over a beurre blanc sauce.  
Cod 17.50 Salmon 18.50

### **BBQ CRISPY CHICKEN**

Hand cut chicken slices deep fried in our homemade crispy batter and served with homemade fries, coleslaw and tangy BBQ sauce. 16.99

### **CRISPY TERIYAKI CHICKEN**

Hand cut chicken slices deep fried in our homemade crispy batter served with sticky rice, coleslaw and teriyaki sauce. 16.99

### **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~ 17.99, Vegetarian~ 15.95

### **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~ 17.99, Vegetarian~ 15.95

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 2.25

### **THE REAL BURGER**

A 1/3 pounder with local organic beef & caramelized onions.  
Served on a toasted bun with tomato relish & roast garlic aioli spread. 13.50  
Add cheese ~ 1.20, add mushrooms ~ 1.00, add bacon ~ 1.00  
\*Add all 3 for 2.99\*

### **FIELDS OF GLORY BURGER**

Our homemade vegetarian burger with organic quinoa, brown rice and black beans  
Served on a grilled bun with tomato relish, roast garlic aioli spread  
and caramelized onions. 12.99  
Add cheese ~ 1.20, add mushrooms ~ 1.00

### **HANDMADE MEATBALL BUN**

Our handmade meatballs served atop a bun with our homemade marinara sauce  
and topped with cheese. 12.50

### **HAM AND CHEDDAR MELT**

Thinly sliced grilled smoked ham topped with melted cheddar and sweet homemade  
tomato relish with lettuce and onions on a grilled bun. 12.25

## Drinks

Fair-trade organic coffee, 2.60

Tea - Tetley, Herbal Selection 2.25

Pepsi, Diet Pepsi,  
Ginger Ale, 7-Up  
All 2.50 per can

\* House brewed sweet ice tea,\*  
3.99

\* Homemade seasonal lemonade  
3.99

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.

### **CARAMEL CHEESECAKE**

Sprinkled with black sea salt.

### **CHOCOLATE TRUFFLE**

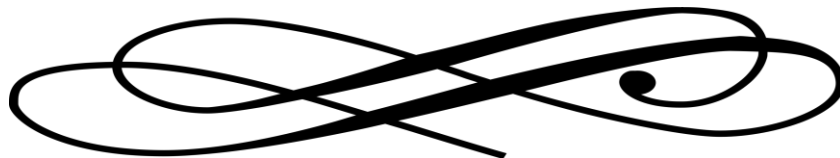
Rich chocolate torte  
A chocolate indulgence.  
(Gluten Free)

### **LEMON LAVENDER CHEESECAKE**

A refreshing slice of lemon cheesecake with  
local lavender.

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 8 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. – 5.75     ½ L CARAFE – 13.99

LOCAL SKIMMERHORN BY THE GLASS ~ CRUSH WHITE, 7.50, DEVILS CHAIR RED, 7.50

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 35.99

Whites by the bottle

WYNNWOOD PINOT GRIS – CRESTON, BC 32.95

RED BIRD PINOT GRIS – CRESTON, BC 36.95

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 29.95

Sparkling

JACOBS CREEK SPARKLING CHARDONNAY PINOT NOIR – AUSTRALIA 28.95

Beer & Cider

OLD SPECKLED HEN STRONG ALE – ENGLAND, ½ LITER 6.99

ERDINGER HEFE WEISSE – GERMANY, ½ LITER 7.50

NELSON BREWING Co. ORGANIC IPA – NELSON, BC 5.50

NELSON BREWING Co. ORGANIC AFTER DARK BROWN ALE – NELSON, BC 5.50

COLUMBIA KOKANEE – CRESTON, BC, 4.99

INNIS & GUNN OAK AGED BEER – SCOTLAND, 6.99

LONETREE GINGER APPLE DRY CIDER, OKANAGAN, 5.50

**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*, 8.99

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