



Starters

ENGLISH POUTINE

Hand cut fries smothered in homemade curry sauce and garnished with red onions, cilantro and toasted coconut. 9.50

CRISPY BROCCOLI

Fried florets drizzled with our teriyaki sauce. 8.95

SWEET POTATO FRIES

Topped with grated Grana Padano cheese, balsamic drizzle and chipotle aioli. 9.25

PORTOBELLO MUSHROOM

Battered mushroom slices with white balsamic aioli dip. 10.25

BATTERED SHRIMP

Hand battered shrimp served with homemade mango fennel chutney and garlic aioli. 11.25

CHIPS AND DIPS

Hand cut Kennebec potato fries with a trio of homemade dipping sauces, roast garlic aioli, BBO sauce and chipotle mayo. 8.95

SIDE SALAD

A smaller portion of one of our great salads below, Caesar, Valley or Korma. 6.50

Soups and Salads

HOMEMADE SOUP OF THE DAY

Cup 5.99, Bowl 9.50,

All dressings are homemade.

CAESAR

Fresh romaine, homemade croutons, Grana Padano cheese tossed in our creamy Caesar dressing. 12.50
Add grilled chicken 3.75 ~ a local hard-boiled egg 1.95 ~ grilled shrimp 4.99

VALLEY SALAD

Spring greens with lemon basil vinaigrette, fresh grated carrot, cranberries & sunflower seeds. 12.50
Add grilled chicken 3.75 ~ a local hard-boiled egg 1.95 ~ grilled shrimp 4.99

KORMA

Crisp romaine, raisins, red onions, grated carrots & shredded coconut with a coconut curry dressing. 12.50
Add grilled chicken 3.75 ~ a local hard-boiled egg 1.95 ~ grilled shrimp 4.99

SOUP AND SALAD COMBO

Homemade soup of the day with a side of any salad. 12.75
Add grilled chicken 3.75 ~ a local hard-boiled egg 1.95 ~ grilled shrimp 4.99

Pasta Dishes

Made from scratch sauces, with fettucine noodles served with roast garlic bread

SPAGHETTI AND MEATBALLS

Our handmade pork and beef meatballs simmered in our marinara sauce, served over spaghetti with fresh grated Grana Padano cheese. 17.75

LOCAL CHICKEN MARINARA *

Locally raised chicken, slow roasted and simmered in our rich homemade sauce. 16.95

CHICKEN CACCIATORE *

Grilled chicken breast tossed in our creamy herb tomato sauce with Grana Padano cheese. 16.95

SEAFOOD ALFREDO

Sautéed salmon, shrimp and cod tossed in our smoky dill Alfredo sauce. 17.50

BLACKENED CHICKEN *

Grilled chicken with our own blackened spices served over pasta with a creamy coconut curry sauce. 17.25

CHICKEN BASIL ALFREDO *

Grilled chicken in a creamy basil sauce topped with Grana Padano cheese. 17.25

*Vegetarian option available

Favourites

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. 15.50, Smaller portion 12.99

STEAK

Served with fried Kennebec potatoes, seasonal compound butter, fresh vegetables and gravy. 24.95

Add 2 large shrimp in a Cognac cream sauce 4.75

Add blue cheese crumbles and sautéed mushrooms 4.25

GRILLED TERIYAKI 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, fresh vegetables, coconut sticky rice and a beurre blanc sauce.

Cod 17.50, Salmon 19.25

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

Sandwiches and Burgers

With your choice of ~
Hand cut fries with our special seasoning,
Homemade soup of the day
Or one of our salads, Caesar, Valley or Korma
Sweet potato fries add 2.25



THE REAL BURGER

A 1/3 pounder with local organic beef & red onions on a toasted bun with tomato relish 13.95
Add cheese ~ 1.20, add mushrooms ~ 1.00, add bacon ~ 1.00

Add all 3 for 3.00

FIELDS OF GLORY BURGER

Our homemade vegetarian burger, with organic quinoa, brown rice and black beans on a grilled bun with tomato relish and red onions. 13.95

Add cheese ~ 1.20, add mushrooms ~ 1.00

HANDMADE MEATBALL BUN

Our handmade pork and beef meatballs served atop a bun with our homemade marinara sauce and topped with Grana Padano cheese. 13.50

CURRIED CHICKEN

Grilled chicken in our curry sauce served atop ciabatta bread with date chutney, red onions and coconut. 12.95

Bowls

COCONUT CURRY BOWL

Fresh vegetables in our homemade mild curry sauce, with basmati rice, topped with fresh cilantro, red onions and toasted coconut

With Grilled chicken~ 16.95, Grilled shrimp~ 17.99, Vegetarian~ 15.95

GNOCCHI BOWL

Homemade teriyaki sauce over potato gnocchi and fresh vegetables.

With Grilled chicken~ 16.95, Grilled shrimp~ 17.99, Vegetarian~ 15.95, Slow cooked Beef ~ 17.95

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 Grilled chicken~ 16.95, Grilled shrimp~ 17.99, Vegetarian~ 15.95

Spice It Up ~ please let your server know if you would like your Bowl Spicy

Drinks

House Brewed Slightly Sweetened Iced T. 3.99

Homemade Lemonade, seasonally flavored. 3.99

Locally roasted Sasquatch coffee. 2.75

Tea, Black, Green and Herbal. 2.60

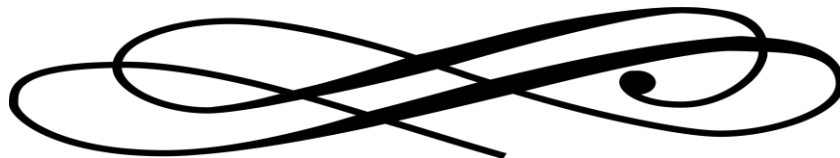
Pepsi, Diet Pepsi, Ginger Ale, 7-Up, Root Beer. 2.50

Juice and Milk. Small 1.99, Large 2.99



Wine and beer please turn over →

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 9 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 1.75 extra

We only use compostable to-go containers

All coffee grinds, vegetable peelings and plate scraps are fed to
very happy 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. – 5.95 1/2 L CARAFE – 14.95

LOCAL SKIMMERHORN BY THE GLASS ~ CRUSH WHITE, 8.00, DEVILS CHAIR RED, 8.00

Reds by the bottle

ROOT 1 CABERNET SAUVIGNON - CHILE 27.95

RAVENSWOOD ZINFANDEL – CALIFORNIA 35.75

FINCA LOS PRIMOS MALBEC – ARGENTINA 24.95

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, 1/2 LITER 7.25

ERDINGER HEFE WEISSE – GERMANY, 1/2 LITER 7.50

NELSON BREWING Co. ORGANIC IPA – NELSON, BC 5.75

NELSON BREWING Co. ORGANIC AFTER DARK BROWN ALE – NELSON, BC 5.75

COLUMBIA KOKANEE – CRESTON, BC, 5.00

INNIS & GUNN OAK AGED BEER – SCOTLAND, 6.99

LONETREE GINGER APPLE DRY CIDER, OKANAGAN, 5.75

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*, 9.25

A SELECTION OF COFFEE AND HOT CHOCOLATE LIQUOR DRINKS 5.50

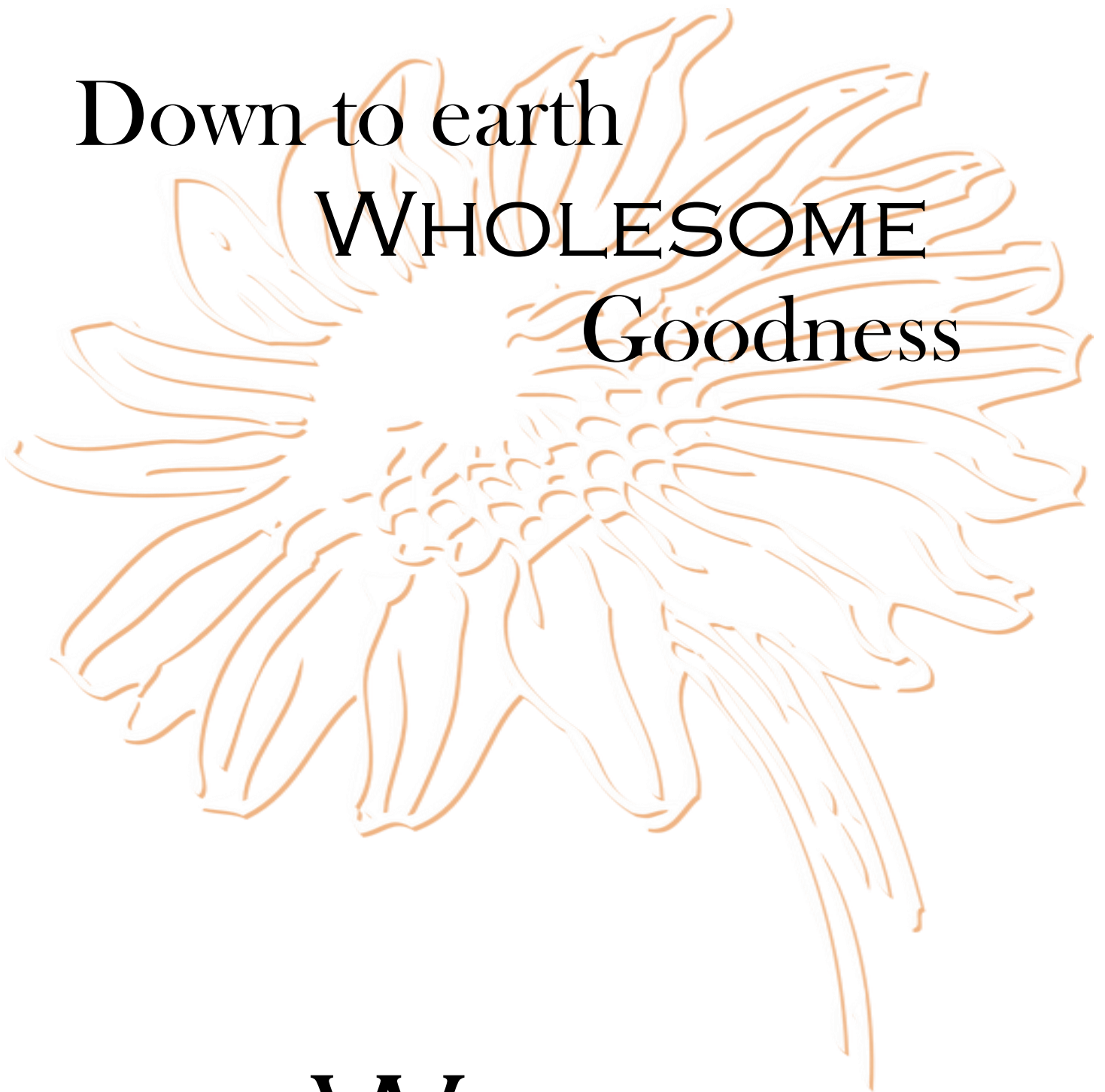
PRICES DO NOT INCLUDE TAX

REAL FOOD CAFE

Down to earth

WHOLESOME

Goodness



WELCOME