

Spirits

Unruly Vodka	8/13
Unruly Gin	8/13
Sheringham Seaside Gin	9/14
Sheringham Kazuki Gin	9/14
Buffalo Trace Bourbon	8/13
Glenmorangie 10 Year	10/15
Laphroaig 10 Year	11/16
Havana Club Rum 7 year	6/10
Wayward Spirits Honey Rum	10/15
Goslings Black Seal Rum	7/10
Vecchia Brandy	8/13
Aalborg Taffel Aquavit	10/15
Espolon Blanco Tequila	9/14
Espolon Reposado	10/15
Alipús Santa Ana del Rio Mezcal	13/18
De Vine Ancient Grains	12/17
Shelter Point Single Malt	11/16



Digestif + Liqueur

Cynar	7/10
Fernet Branca	8/13
Branca Menta	8/13
Amaro Averna	8/13
Amaro Lucano	6/10
Unsworth Port	9

*Spring
Drink*

Elixirs

Kombucha Cure kombucha turmeric ginger lemon juice maple syrup sparkling water	8
Bon Jun jun lemon ginger strawberry honey sparkling water	8
Wellness Shot - 8 oz lemon ginger turmeric root honey camu camu cayenne black pepper	7
Shikanji lemon camu camu shilajit honey himalayan salt sparkling water	7.5
Cola cola nut american ginseng damiana cinnamon nutmeg lavender lemon lime orange turbinado sugar	6.5
Root Beer sarsaparilla cinnamon star anise cloves coriander orange peel dandelion licorice turbinado sugar	6.5
Iced Cafe Latté house hemp oat-milk	7.5
Iced Matcha Latté jaga silk matcha house hemp-oat milk	8
Iced Wellness Toddy lemon ginger turmeric root honey echinacea sparkling water	8

White

Quartz & Yarrow Chardonnay Similkameen Valley golden delicious apple lemon zest hint of chamomile sustainable	13/ 55
Averill Creek Joue White Blend Vancouver Island fresh citrus aromatic white flowers hint of mineral & saline	13/ 55
Bartier Bros Semillon Okanagan honeydew melon mixed stone fruits bright minerality light & clean	13/ 55
Daydreamer Riesling Naramata green apple juicy pear lime & lemon ripe tropical fruits	50

Skins & Sparks

Anthony Buchanan Trois Orange Okanagan bruised apricot honey & apples charred nectarines dipped in cream	15/ 65
Bella P B & C Sparkling Naramata buttered toast granny smith apples dewy lilacs	13/ 55
Renardat-Fâche Méthode Ancestrale Gamay Sparkling France fresh garden strawberries friendly acidity sweet rhubarb mousse-fine bubbles honey	55
Kutatás Méthode Traditionnelle Chardonnay Sparkling Salt Spring Island commanding oak fresh brioche lemon pith bustling bubbles assertive & unique	85

Natural Wine

Red

Synchromesh | Tertre Rouge 13/
Okanagan 55
raspberry and blackberry | violet and cherries
whisper of sarsaparilla

Desert Hills | Gamay Noir 12/
Oliver 50
plum trees | mashed blackberry | maple water

Bartier Bros | Syrah 13/
Okanagan 55
cinnamon ash | rich fruit | white pepper

La Stella | Fortissimo 60
Okanagan
stewed dark fruits | earthy oak & tobacco
juicy plum & blueberry | tuscan blend

Rosé

Averill Creek | Joue Rosé 13/
Vancouver Island 55
bright fruit | dried-flower
intense & powerful

Unsworth | Pinot Noir Rosé 50
Vancouver Island
rhubarb & cranberry | pink grapefruit
savoury herbs & flowers

Cider



Draught Beer

Rotating - Ask your Server

Fresh Juice

Green Gingerale 11.5
apple | celery | kale | ginger | citrus

En Root 12
apple | carrot | citrus | ginger
turmeric | lemon

Same Sun 12
pineapple | cucumber | apple | mint
lemon | ginger

Sister's Garden 11.5
apple | fennel | cucumber | lemon
strawberry

Smoothies

Protein Threat 11
peanut butter | banana | date | maca
brown rice protein | cinnamon
almond milk

Cacao Cacao 10.5
banana | cacao | maca | lucuma
vanilla | date | almond milk

Trailblazer 11
strawberry | banana | fig
vanilla | almond milk

Arpeggi 11.5
fig | espresso | banana | shilajit | maca
date | vanilla | almond milk

Patagona 11
pineapple | banana | orange | vanilla
turmeric | salt | lucuma | camu camu
almond milk

Green Machine 11
apple | orange | banana | hemp hearts
lucuma | sprouted brown rice protein
maca | vitamineral green | almond milk

Kids Smoothie (12 and under) 6
any smoothie - 250mL

Hot Tonics

Medicinal Chai Tea	5.5
house blend of warming spices goji pau d'arco reishi & chaga mushroom astragalus	
Mama's Magic	5
ginger lemon honey cayenne	
Wellness Toddy	8
lemon turmeric ginger camu camu honey black pepper echinacea	
Matcha Tea	6.5
owl grade matcha from jaga silk	
Matcha Latté	8.5
jaga silk matcha hemp-oat milk	
Turmeric Latté	8.5
fresh turmeric juice honey black pepper hemp-oat milk	
Silk Road Organic Tea	4.5
West Coast Peppermint- Herbal Jasmine - Green Earl Grey - Black Chocolate Panda - Red Love Blend - Herbal/Green	

Coffee

roasted by 2% Jazz

Espresso	4
Americano	4
Dirty Chai	8
Latté	7.5
Cardamom Latté	8

Cocktails

The Brightness in Us - 20z	14
havana club 3 yr rum lemongrass beaufort vermouth jasmine tea turbinado citric acid	
Leech Seed - 2.50z	16
governador pisco cucumber creme de violette citric acid spice honey prosecco	
Grab Your Bonnets and Run! - 20z	15
ampersand gin house-made tonic woods chiaro amaro rotating herb cucumber rotating fruit blend	
One Funky Flamingo - 2.50z	17
beniamino grappa campari havana 3 yr rum turbinado lemon fermented pineapple juice	
Frequency Illusion - 20z	17
sombra mezcal grapefruit oleo espolon tequila blanco lavender creme de violette lemon foamer	
This is a White - 20z	16
sheringham seaside gin verjus white wine st. germain shilajit house-made lemon cordial lucuma	
Three Trapped Tigers - 20z	14
lot 40 rye whisky miso sake syrup ms. betters mt. fuji peach bitters	
Concerning Plants - 20z	15
ampersand gin beaufort vermouth chartreuse cynar nettle tea syrup angostura house-made pepper bitters	
Fire Coming Out of the Monkeys Head - 2.250z	18
de vine honey shine becherovka marrow amaro firewater bitters cinnamon & mushroom bitters lime juice root beer syrup	
Kombucha Whisky Sour - 1.50z	14
canadian whisky house-made kombucha ginger-hibiscus turbinado lemon angostura bitters foamer	