



Appetizers

Skillet Roasted Salt Spring Island Mussels

Wild boar sausage, grape tomatoes, rosemary, shallots, garlic, caper berries, white wine, lemon, and butter. Served with house made bannock **24**

Charcuterie Board

Daily meat and cheese selection with house pickles, wild blueberry mustard, mixed nuts and berries. With bannock crostini **26**

Bannock with Spruce Butter

House made sage bannock with whipped spruce tip butter **12**

Dry Rub Chicken Wings

Free run, whole wings prepared with our signature dry rub **18**

Mushrooms on Toast

Locally cultivated mushrooms, parmesan cream, pesto and spruce tip powder on toasted bannock **17**

Grilled Elk Satays

Sage chimichurri marinade, wild blueberry birch glaze, candied rosehip salt **18**

Soup of the Day Cup **8** Bowl **10**

Salads

Add Chicken 9 Steelhead trout 9 Add tofu 9

Hot Springs Salad

Mixed greens, grape tomatoes, cucumber, radishes, with a sunflower and lemon dressing

20 Large **10** Small

Kale Quinoa Salad

Baby kale and quinoa tossed with grape tomatoes, pumpkin seeds, hazelnuts, sun-dried blueberries and hemp hearts in a maple vinaigrette, topped with Okanagan goat cheese

21 Large **12** Small

Caesar Salad

House made caesar dressing, artisan lettuce, boar bacon, bannock croutons, Grana Padano and lemon

21 Large **12** Small

Arugula Beet Salad

Yellow beets, arugula, hemp hearts, pumpkin seeds, Okanagan goat cheese and sumac dressing

21 Large **12** Small

Cranberry Cobb Salad

Avocado, boar bacon, Little Qualicum blue claire, cherry tomato, toasted pecan, cranberries, soft boiled egg and cranberry dressing on artisan lettuce

21 add chicken 9



Burgers and Casuals

Burgers comes with a choice of a cup of soup, small hot springs salad or fries
Substitute Yam fries **3** Caesar salad **3** Kale salad **3** Half fries half hot springs salad **3**
Add bacon, cheddar, swiss or mushrooms **2**

Ktunaxa Grill Beef Burger

Premium beef patty, arugula, house cheddar sauce, tomato jam, sage mustard, pickles on a hemp heart brioche bun **24**

Ktunaxa Grill Chicken Burger

Seasoned chicken breast, Swiss cheese, mushrooms, arugula, wild boar bacon jam, cranberry relish on a hemp heart brioche bun **22**

Ktunaxa Grill Veggie Burger

House-made patty, sumac-carrot chutney, arugula, sage mustard and tomato jam on a hemp heart brioche bun **22**

The Reuben

Smoked brisket, Swiss cheese, sage mustard and house fermented blaukraut on Kaslo sourdough with choice of side **22**

Fish and Chips

Wild BC rockfish in a fresh dill beer batter with shoestring fries and our signature dip **24**

Albacore Tuna Rice Bowl

Nettle crusted tuna, jasmine rice, avocado, radish, cucumber, yellow beets, pumpkin seeds and citrus herb dressing **26 no choice of side**

Add-ons 8

Hot springs salad
Kale quinoa salad
Caesar salad
Arugula beet salad
Kaslo sourdough garlic toast
Local Mushroom Ragout

Yam fries
Shoestring Fries
Duck fat smashed potatoes
Wild rice pilaf
Roasted seasonal vegetables



Entrees

All entrees are served with your choice of wild rice pilaf or duck fat smashed potatoes

Flat Iron Steak

Grass fed beef from Macleod's Leap, sage reduction, juniper herb butter with seasonal vegetables and choice of side **46**

Cast Iron Pork Chop

Thick cut BC pork chop, Saskatoon berry hunter sauce with seasonal vegetables and choice of side **42**

Steelhead Trout

Crispy skin, smoked caper and spruce sauce verge with seasonal vegetables and choice of side **40**

Free Run Elk Escalope

Juniper and rosemary rub, grilled rare, Saskatoon berry relish, sage reduction with
seasonal vegetables and choice of side **46**

Fraser Valley Duck

Pan roasted breast with wild blueberry birch glaze, confit leg croquette with herb aioli, black garlic jus with
seasonal vegetables and choice of side **42**

Herb Crusted Walleye

Freshwater walleye fillet, herb crust, cedar dill beurre blanc with seasonal vegetables and choice of side **40**

Feature Dessert

Ask your server for today's daily creations.

Minimum gratuity of 20% for parties of 6 or more

Take Out Orders – Minimum gratuity of 12%

*"We source locally grown and raised, all natural products whenever possible.
We prepare them from scratch to bring you the very best product available"*

Executive Chef Cory Chapman



Children's Menu

For 12 years old and younger

All meals include an 8oz Beverage and Dessert **17**

Fish and Chips (1 Piece)

Choice of Fries, Soup or Salad

Grilled Cheese

Choice of Fries, Soup or Salad

Angus Burger

Choice of Fries, Soup or Salad

Chicken Strips

Choice of Fries, Soup or Salad

Pasta and Cheese Sauce

Beverages

Juices

Apple, Orange, Grapefruit, Cranberry, Pineapple

Soft Drinks

Pepsi, Diet Pepsi, Lemonade, Iced Tea, Ginger Ale, 7Up, Soda Water, Tonic, Dr. Pepper, Root Beer

Other

Milk, Chocolate Milk