

parfait ☯️ 🌱	12
granola + greek yogurt + fresh berries + fruit coulis + honey	
steel cut oats 🌱	14
organic steel cut oats + fresh berries + maple syrup	
avocado toast 🌱	19
fresh avocado + sourdough + red radish + soft boiled egg + brown butter hash	
coast breakfast	20
two eggs any way + choice of smoked bacon or chicken basil sausage + sourdough toast + grilled tomato + brown butter hash	
eggs benedict	22
choice of traditional or smoked salmon or tomato, avocado + pesto + hollandaise + brown butter hash	
chorizo hash	22
chorizo sausage + red onion + pepper + wild mushroom + spinach + poached eggs + hash brown + hollandaise	
shakshuka 🌱	19
smoky tomato sauce + sunny side up egg + feta cheese + grilled naan	
french toast 🌱	18
fresh berries + fruit compote + chantilly cream + brown butter hash	
buttermilk pancakes	16
choice of chocolate chip or blueberry or plain + choice of smoked bacon or chicken basil sausage	
feature omelette	20
your server will be happy to describe today's feature sourdough toast + grilled tomato + brown butter hash	

breakfast

beverages

espresso ☯️	4
caffè americano ☯️	5
cappuccino ☯️	6
caffè latte ☯️	6
macchiato ☯️	6
caffè mocha ☯️	6
flat white ☯️	6
cortado ☯️	6
smoothie	6
chocolate milk	4
milk	4

enhancements

one egg, any way	3
grilled tomato	3
brown butter hash	4
sourdough toast	4
sautéed wild mushroom	4
smoked bacon	6
chicken basil sausage	6

☯️ refreshingly local™

☯️ gluten free

☯️ dairy free

🌱 vegetarian

table

FOOD + DRINK



Please advise your server of any food allergies and intolerances. An automatic gratuity of 18% will be added to groups of 6 or more guests.
Please check out our local partners.

lunch + lounge

large plates* from the garden start + share

wings 🍷 🥚

choice of: hot / korean bbq / chili lime / salt and pepper + fresh vegetables + cilantro lime dip

bread by le fournil 🌱

artisan bread + house-made compound butter + marinated kalamata olives

mussels and chorizo

west coast mussels + ground chorizo + sherry + manchego cheese + roast garlic tomato sauce + grilled artisan baguette

harissa roasted carrots 🍷

carrots + honey + toasted pistachio + raisin + labneh + dill + harissa

beet salad 🌱 🍷

house smoked beets + citrus whipped goat cheese + fresh int + toasted pistachio + orange segments + orange cumin vinaigrette

green salad 🌱 🍷 🥚

artisan greens + cucumber + dried cranberries + dried apricot + candied pecans + grape tomatoes + raspberry lemon balsamic dressing

table burger

house ground certified angus beef + brioche bun + chipotle aioli + lettuce + pickle + tomato + onion + smoked cheddar + bacon

chicken club

grilled chicken breast + bacon + lettuce + tomato + mayo + naan bread

steak sandwich

grilled cab top sirloin + oven cured tomato + gruyere cheese + caramelized onion + cilantro lime chimichurri + baguette

21

baked camembert 🌱

yorkshire pudding + camembert cheese + cranberry conserva

9

brussels + bacon 🍷

fried brussel sprouts + roasted garlic dressing + double smoked bacon + kale + soft boiled egg + grana padano cheese

soup of the moment

your server will be happy to describe today's soup

20 / 26

16

table caesar salad

whole artisan romaine + lemon anchovy vinaigrette + crisp prosciutto + house-made croutons + grana padano cheese

16

mountain power bowl 🌱 🍷 🥚

ancient grain blend + kale + roasted vegetables + cabbage + radish + pumpkin seeds + tahini green goddess

14

24

korean bbq bison bao 🍷

house braised bison + korean bbq sauce + pickled carrot + onion + cucumber + japanese mayo

20

fish and chips

beer battered atlantic cod + tartar sauce + cabbage slaw

*All large plates accompanied with your choice of house-cut fries, chef's soup or green salad.

28

Upgrade to caesar salad or truffle fries

16

16

9 / 12

15

16

20

1 pc. 19 / 2 pc. 26

3

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🌱 vegetarian

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start + share

- charcuterie + cheese board

artisan cheese + house preserves + cured & cooked meats + house pickled vegetables

26 / 39
- oysters

freshly shucked oysters + house mignonette + horseradish + lemon

18 / 36
- bread by le fournil

artisan bread + house-made compound butter + marinated kalamata olives

9
- mussels and chorizo

west coast mussels + ground chorizo + sherry + manchego cheese + roast garlic tomato sauce + grilled artisan baguette

20 / 26

- pork belly and scallops

crispy maple glazed pork belly + seared scallops + compressed watermelon + parsnip puree + pea tendril salad + balsamic

26
- brussels + bacon

fried brussel sprouts + roasted garlic dressing + double smoked bacon + kale + soft boiled egg + grana padano cheese

16
- venison carpaccio

venison + coriander + pink peppercorn + coffee + pickled mushroom + artisanal greens + caper berry + smoked aioli + cured egg yolk + grana padano cheese

21

from the garden

- harissa roasted carrots

carrots + honey + toasted pistachio + raisin + labneh + dill + harissa

16
- beet salad

house smoked beets + citrus whipped goat cheese + fresh mint + toasted pistachio + orange segments + orange cumin vinaigrette

16

- green salad

artisanal greens + cucumber + dried cranberries + dried apricot + candied pecans + grape tomatoes + raspberry lemon balsamic dressing

14
- table caesar salad

whole artisan romaine + lemon anchovy vinaigrette + crisp prosciutto + house-made croutons + grana padano cheese

15

large plates

- beef tenderloin

seared 7oz alberta beef tenderloin + duck fat fingerling potatoes + heirloom vegetables + foie gras butter + peppercorn brandy jus

54
- pork tenderloin

rösti+ maple glazed pork belly + salsa verde + mustard vinaigrette + frisee + seasonal vegetables

34
- chicken breast

pan roasted + double smoked bacon fingerling + potato hash + braised hash + caramelized onion + green pea puree + wild mushroom tarragon sauce

32
- braised beef

braised boneless cab short rib + truffled celeriac puree + balsamic onion marmalade + port rosemary pan jus + heirloom vegetables

38
- ny strip loin

10oz CAB alberta beef striploin + truffle parmesan frites + pickled asparagus + red onion slaw + red wine demi + demi-glaze

44
- canmore pasta co. pappardelle

pappardelle pasta + pulled bison + wild mushrooms + green peas + shaved parmesan + red wine truffle cream

29

- duck two ways

crispy skin breast + duck confit beluga lentil hash + roast sweet potato + heirloom vegetables + star anise blackberry gastrique + pan jus

32
- cauliflower steak

curried grilled cauliflower + caramelized onion + sunflower seed + hummus + tomato ginger marmalade + balsamic glaze

24
- lamb shank

braised lamb shank “moroccan style” + cous cous + chick peas + fresh herbs + red pepper + cinnamon + heirloom vegetables + tfaya + toasted almonds + lamb jus

32
- sablefish

double smoked bacon + mussels + leeks + navy beans + herb salsa verde + pernod + crispy kale

34
- salmon

pan roasted + beluga lentils + quinoa + heirloom vegetables + beet + dill crema

34

refreshingly local™

gluten free

dairy free

vegetarian

table

FOOD + DRINK



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social hour

2 pm - 5 pm / 7 days a week

\$5 off all table cocktails

\$6 — premium highballs (1oz)

\$7 — draft (18oz)

\$8 — wines by the glass (6oz)

sunday: ½ off table burger

house ground certified angus beef + brioche bun + chipotle aioli + lettuce + pickle + tomato + onion + smoked cheddar + bacon

monday: ½ off chicken club

grilled chicken breast + bacon + lettuce + tomato + mayo + naan bread

tuesday: ½ off brussels + bacon

fried brussel sprouts + roasted garlic dressing + double smoked bacon + kale + soft boiled egg + grana padano cheese

wednesday: ½ off wings (1 lb)

choice of: hot / korean bbq / chili lime / salt and pepper + fresh vegetables + cilantro lime dip

thursday: \$16 moules (1 lb) + frites

1 lb beer braised mussels + canmore brewing co. ten peaks pale ale + shallot + leek + roasted garlic + heirloom tomato + fennel + fries

friday: ½ off 1 piece fish and chips

beer battered atlantic cod + tartar sauce + cabbage slaw

saturday: ½ off korean bbq bison bao

house braised bison + korean bbq sauce + pickled carrot + onion + cucumber + japanese mayo

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dinner features

4 pm - 9 pm

sunday:

roast at the coast – \$75 per couple

- choice of soup or salad
- citrus brined alberta pork loin + caramelized pearl onion & gala apple sauté + roast baby potatoes + seasonal vegetables + large yorkshire pudding
- choice of dessert

the canmore caesar (2oz) – \$12

monday:

table for 2 – \$99 per couple

- choice of soup or salad
- 14oz alberta beef chateaubriand + duck fat herb roasted potatoes + seasonal vegetables + fried brussel sprouts + bearnaise + red wine demi-glace
- choice of dessert

add a bottle of tom gore cabernet sauvignon for \$27½

tuesday:

family style chicken dinner – \$44

- house-brined whole roast chicken + creamy whipped potatoes + chef's selection of seasonal vegetables + house-made roast chicken gravy

\$3 off all refreshingly local bottles + tins

wednesday:

small charcuterie + cheese board – \$16

- artisan cheese + house preserves + cured & cooked meats + house pickled vegetables

½ off all bottles of wine

thursday:

moules + frites – \$16

- 1 lb beer braised mussels + canmore brewing co. ten peaks pale ale + shallot + leek + roasted garlic + heirloom tomato + fennel + fries

\$7 all refreshingly local draft (18oz)

table

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table

FOOD + DRINK



CHILDRENS MENU

(Kids 12 years and under)

Served daily 11am - 10pm

COMBINE 1 ITEM FROM EACH SECTION FOR \$12

Includes a glass of fountain pop, juice, milk or chocolate milk

Mains

Free Run Chicken Nuggets (served with plum sauce)

Spaghetti (with tomato sauce)

Cheeseburger (served with a side of ketchup)

Grilled Cheese

Sides

Veggies + Dip

Caesar Salad

Garden Salad

Fries

Sweets

Vanilla Ice Cream

Chocolate Ice Cream

Fruit Salad

Yogurt + Apple Slices