

breakfast plates

Classic Breakfast nf 18

Two Free Run Eggs Any Style, Crispy Garlic Potato,
Choice of Bacon or Spolumbo Chicken and Apple Sausages,
Choice of Artisanal Toast, In-house Preserve

Canadian Eggs Benny nf 19

English Muffin, Deepwater Greens, Smoked Ham,
Two Free Run Poached Eggs, Hollandaise, Fresh Fruit

Substitute English Muffin for a Waffle 2

Apple Cinnamon Bread Pudding

French Toast gf nf 18

Gluten Free Bread Pudding, Apple Cinnamon,
Crème Anglaise, Whipped Cream, Apple Chips

Chai Parfait ve df nf 17

Chai Oat Milk Pudding, Fresh Berries, Whipped
Coconut Cream, Toasted Oat Granola

“The SOLD OUT” Cinnamon Bun nf 22

House Cinnamon Rolls, Whipped Sweet Cream Cheese
(available only Saturday, pre order to make sure ya get ‘em)

brunch bowls

Lean Mean Vegan Machine ve gf df nf 19

Blistered Tomato, Spinach, Vegan Egg Omelet, Vegan
Cheese, Sriracha Lime Aioli, Crispy Garlic Potato

Down the Rabbit Hole 23

Shredded Braised Rabbit, Tater Tots, Cheese Curd,
Citrus Teriyaki Sauce, Crushed Hazelnuts,
Two Free Run Sunny Side Eggs, Parsley

Lox to Look Forward to gf nf 23

Smoked Salmon, Deepwater Greens, Chive and Dill,
Whipped Cream Cheese, Two Free Run Poached Eggs,
Crispy Garlic Potato

Cluckin’ Good Time nf 21

Rotisserie Chicken, Puff Waffle, Maple Syrup,
Deepwater Greens, Sweet Drop Red Peppers,
Two Free Run Poached Eggs, Hollandaise, Chives

Holy Cow gf df nf 23

Certified Angus Beef Hanger, Pico de Gallo,
Smashed Avocado, Two Free Run Poached Eggs,
Mojo, Crispy Garlic Potato

lunch plates

The Mountain Cobb *gf nf*..... 21

Rotisserie Chicken, Deepwater Greens, Heirloom Grape
Tomato, Pickled Red Onion, Sweety Drop Red Peppers,
Bacon Bits, Hard Boiled Egg, Whipped Goat Cheese,
Rocky Mountain Wildflower Vinaigrette

The Classic Patty Melt *nf*..... 22

House-made Chuck & Kobe Burgers, Sauteed
Onions, American Cheese, In-house Preserve,
Uprising Bakery Sourdough

Double It Up 8

CB&J (Cashew Butter and Grape Jelly) 5

Put an Egg On It!. 4

The Chastain *ve df nf* 18

Balsamic Braised Portobello, Marinated Wild Mushrooms,
Caramelized Onions, Vegan Cheese, Rice Paper Bacon,
Confit Garlic Aioli, Uprising Bakery Sourdough

spring chickens for 12 years & under

**Puff Waffle with Berries, Whipped Coconut
Cream & Maple Syrup *df nf* 11**

Bread Pudding French Toast *gf nf* 11

Gluten Free Bread Pudding, Cinnamon Apple,
Crème Anglaise, Whipped Cream, Apple Chips

Kids Classic *nf*..... 11

One Egg, Bacon or Sausage, Tater Tots, Toast

Granola & Berries Parfait *nf*..... 11

Fresh Berries, Yogurt, Custard, Toasted Oat Granola,
Whipped Coconut Cream

sides

One Free Run Egg 4

Two Free Run Egg..... 6

Smashed Potato or Tater Tots..... 5

Fresh Fruit..... 9

Half Avo..... 5

Bacon 5

Chicken & Apple Sausages 5

Toast 5

from the fields

Soup of the Day 12
 Uprising Bakery Artisan Sourdough Toast

Winter Salad **v gf** 18
 Roasted Beets and Sweet Potato, Arugula, Spiced Candied Pecans, Toasted Chickpeas, Crumbled Goat Cheese, Mandarin Oranges, Wildflower Tea Vinaigrette

Warm Fire Roasted Cabbage

Wedge Salad **v gf df nf** 17
 Crispy Kale, Charred Green Cabbage, Fire Roasted Carrots, Shaved Pickled Carrot and Apple Slaw, Sun-dried Cranberries, Red Currant Vinaigrette

Red Fox Fungi Lions Maine Mushroom **v gf df nf** ... 35
 Forno Roasted Lions Maine Mushroom, Beet Root Hummus, Celeriac Root Purée, Micro Greens

Forno Cast Iron Tomato **v gf nf** 16
 Roma Tomatoes, Pickled Cipollini Onion, Parmigiano Reggiano, Balsamic Reduction, Micro Greens

Wild Mushroom Loaf **v nf** 19
 Truffled Cream Sauce, Marinated Wild Mushrooms, Parmigiano Reggiano, Micro Greens

from the pasture

Rotisserie Chicken **gf df nf**
 Banff Roasting Coffee Brine, House Jus, Lemon
Full 40
Half 28

Scotch Egg **nf** 21
 Pork & Elk Sausage, Soft Poached Egg, Braised Cabbage Salad, Garlic Aioli, Beet Root Pickled Mustard Seed

Bison & Bannock **df nf** 21
 Misty Mountain IPA Braised Bison, Fried Bannock, Caramelized Onion, Haskap Preserve, Chili Strands, Green Onion

48-Hour Braised Short Rib **nf**..... 65
 Certified Angus Beef Short Rib, Bone Marrow, Blue Cheese Polenta, Demi, Crispy Onion, Carrot Straw

Belly n' Cakes **gf df nf** 40
 Pork Belly, Coconut Milk Johnny Cake, Stewed Cinnamon Apple, Green Onion, Peppered Haskap Preserve

Lamb Shank **df nf** 55
 Braised Lamb Shank, Duck Fat Mashed Potato, Shepherd's Pie, Micro Greens

Pan Seared Halibut **v nf ow** 69
 10 oz BC Halibut, Saffron Cream Sauce, Spinach, Sweet Drop Peppers, Seared Halibut, Seared Lemon, Chive, Chili Strands

add-ons

- Grains Risotto v nf..... 17**
Farro, Barley, Mushrooms, Heavy Cream, Shallots, Garlic Confit, Shaved Parmigiano Reggiano, Charred Lemon, Haskap Preserve
- Brussels Sprouts v gf df nf..... 17**
Fried Brussels, Truffle Sriracha Honey, Toasted Pumpkin Seeds, Wine Drunken Cranberries
- Bannock & 3 Sisters Butter nf..... 12**
Carrot and Chive, Confit Garlic, Honey Berry Butters
- Maple Garlic Parsnips & Carrot ve gf df nf..... 16**
Roasted Parsnips and Carrots, Garlic Confit, Dehydrated Maple Syrup, Chives
- Duck Fat Mashed Potatoes gf df nf..... 14**
Yukon Gold Potatoes, Onion, Duck Fat

forno

- Forno Feature..... market price**
Created weekly, ask your server
- Margherita v nf..... 23**
San Marzano Tomato Sauce, Fior di Latte, Gem Tomatoes, Fresh Basil
- Rotisserie Chicken nf..... 25**
Rotisserie Chicken, Crème Fraîche, Mozzarella, Pickled Corn and Red Onion, Chicken Skin, House Ranch, Green Onion
- Fig & Brie nf..... 26**
Red Wine Figs, Double Cream Brie, Crispy Prosciutto, Fior di Latte, Arugula, Truffle Oil, Honey, Balsamic Reduction
- Fungi v nf..... 25**
Foraged Mushrooms, Truffle Cream Sauce, Fior di Latte, Wild Mushrooms, Caramelized Onions, Parmigiano Reggiano, Basil Pesto
- Sweet & Salty Pig nf..... 25**
San Marzano Tomato Sauce, Sweet and Spicy Sausage, Sage Pineapple, Pickled Jalapeno, Fior di Latte, Sweet Chili Sauce, Chives

spring chickens for 12 years & under

Comes with Ice-cream Sandwich & Drink

- Crispy or Roasted Chicken Dinner gf df nf..... 12**
Chicken Thigh, Fried Baby Potatoes, Maple Parsnips
- Cheese & Pepperoni Pizza nf..... 12**
Marinara, Mozzarella, Pepperoni Buttons
- Spaghetti & House Tomato Sauce v nf..... 12**
Spaghetti, House Tomato Sauce, Parmesan

v Vegetarian ve Vegan gf Gluten-Free
df Dairy Free nf Nut-Free ow Ocean Wise

desserts

- Apple Hand Pies *nf* 13**
Smoked Gouda Cheese Wedge
- English Sticky Toffee Pudding 13**
Traditional English Sticky Toffee Pudding,
Candied Spice Walnuts, Butter Grand Marnier Dolce
- Chocolate Hazelnut Mousse *df nf*..... 13**
Chocolate Hazelnut, Toasted Crumble,
Whipped Coconut Cream, Chocolate Shavings

cocktails 2 oz

- Yuzu Sour 17**
Lemongrass Adventure Gin, Yuzu Sake, Basil, Lemon
- Split Lip Old Fashioned 16**
Bearface 7 yr, Banff Roasting Simple, Orange Bitters
- Mischievous Apple..... 16**
Rupert's, Crown Apple, Chai, Apple, Orange
- Heated Trail 16**
Vodcow, Trailblazer, White Chocolate, Chai, Milk
- Hot Mess 16**
Trailblazer Vodka, Galliano, Grand Marnier,
Pineapple, Red Wine Float
- Gingerbread Mule..... 16**
Trailblazer Vodka, Gingerbread, Ginger Beer, Lime
- Purple Rain 16**
Adventure Gin, St Germain, Butterfly Pea,
Fresh Lemon and Honey
- Kickboxer 16**
Adventure Gin, Cointreau, Lemongrass, Ginger,
Chili, Fresh Lime and Apple
- Half Pipe 16**
Amaretto, Frangelico, Espresso, Maple Cream
- Greenwood..... 16**
Hendricks, St Germain, Green Tea, Fresh Lemon and Basil
- Feature Cocktail MP**
Ask your Server about our Bartender's Daily Creation
- Wildlife Flight 20**
Featuring Wildlife Distillery
Pursuit Adventure Gin, Rundle Bar Gin,
Seasonal Wildlife Gin, Tonic

