



All our recipes are crafted using organic, traceable ingredients. Our soups, sauces, stews, chutneys are made from raw whole food ingredients, incorporating herbs and spices, that are beneficial to your health. The meats and dairy we source are from animals raised free range in their natural environment, organic, free from antibiotics, hormones, and genetically modified organisms. **Vegan, Gluten Free, Dairy Free**

Organic Starters

Charcuterie and Cheese Board	26
assortment of organic cheeses, artisanal organic cured meats, sprouted grain bread, accompaniments	
Fresh Baked Bread	5.5
EVOO and balsamic vinegar V <i>substitute honey rosemary brown butter \$2</i>	
Mushroom Bisque V, GF	12
mushrooms, coconut cream, truffle oil	
Soup of the Day	12
Tapas Trio	16
house-made focaccia, hummus, kalamata olive tapenade, pesto Genovese <i>substitute for vegan, please ask server</i>	
Smoked Salmon	20
BC sockeye salmon smoked in house, egg, red onion, lemon zest, capers, seasoned aioli, rye bread	

Organic Pizzas

Florida Margherita	23
house-made pesto, tomato, fresh mozzarella, basil	
Chicken Florentine	25
parmesan cream sauce, grilled chicken breast, sautéed spinach, sautéed mushrooms, red onion, chili flakes, basil	
Original Margherita	21
Tomato sauce, fresh mozzarella, fresh basil	

Organic Pastas

Handmade Rigatoni Bolognese	22
beef ragù, parmesan, house-made fresh rigatoni <i>*Sub gluten free penne \$2.50</i>	
Spaghettini Pomodoro V	18
pomodoro sauce, garlic, parsley, basil <i>* Sub gluten free penne \$2.50</i>	

Organic Salads

Beet Carpaccio with Arugula V, GF	16
lemon zest, shredded horseradish, chives, pumpkin seed oil & apple cider vinaigrette	
Green Garden GF	13
mixed greens, watermelon radish, cucumber, tomato, shredded carrot, toasted pumpkin seeds, dijon vinaigrette	
Kale Caesar Salad GF	15
kale, roasted garlic, parmesan, lemon zest, topped with parmesan crisp grainy mustard Caesar dressing	
Back to the Roots V, GF	14
celery root, cabbage, carrot, caraway, cherry tomatoes, pumpkin seed oil & apple cider vinaigrette	
Choice of Add on Protein	
Chicken Schnitzel	13
Grilled Chicken Breast	12
BC Smoked Sockeye Salmon	12
Butcher's Steak 5oz with herb butter	15
BC Sockeye Salmon Fillet	16

Pepperoni	24
Tomato sauce, shredded mozzarella, pepperoni, red onion, mushrooms, chili flakes, balsamic reduction, basil	
Vegan	21
Tomato sauce, confit garlic, roasted peppers, cherry tomato, red onion, kalamata olives, oregan, basil, cashew cheese	

Handmade Gnocchi	26
parmesan cream sauce, sautéed mushrooms and green peas, sun-dried tomatoes, chives, truffle oil, shaved parmesan	
Handmade Spinach Ricotta Ravioli	20
pomodoro sauce, grated parmesan	

***For parties of 8 or more, a pre-tax gratuity of 21% will be applied**



Organic Main Courses

Mushroom Risotto GF, V	24
sautéed mushrooms, arborio rice, green peas, coconut cream, truffle oil	
Thai Vegetable Curry V	22
chickpeas, sweet potato, celery root and spinach in an aromatic mildly spiced red curry coconut sauce, basmati rice, cilantro oil and green onion	
Crispy Polenta V, GF, DF	20
pan seared organic corn meal, coconut rosé sauce, basil, parsley, chili, cashew vegan cheese	
Pan Seared Wild BC Sockeye Salmon GF	26
dill, caper sauce, celery root puree, pickles and seasonal vegetables	
Elfriede's Famous Chicken Schnitzel	23
free-range chicken, celery puree, pickles, seasonal vegetables, lemon turmeric sauce	
Chicken Curry GF, DF	24
free-range chicken, aromatic spices, basmati rice, green peas, mango chutney	
Chicken Fricassée GF, DF	24
organic chicken in a mild red pepper coconut sauce, basmati rice, EVOO, green onion	
Chicken Scallopini	25
chicken jus, sautéed mushrooms, house made spaetzle and seasonal vegetables	
Sliced Roast Beef w/ Au Jus	26
slow roasted, grass-fed, and free-range beef in jus, potato parmesan rösti, focaccia, dijon mustard	
The Frank Burger	22
grass-fed, free-range beef burger, caramelized onions, celery root puree, pickles sprouted whole grain bun, ketchup, dijon mustard	
Beef Goulash	25
onions, grass fed beef, Basmati rice, Hungarian paprika served with focaccia	
Chateau Beef Royale GF	38
free-range beef, sliced and topped with demi glaze, celery root puree, pickles seasonal vegetables, sautéed mushrooms	

GF – Gluten Free, DF – Dairy Free, V - Vegan