

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

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

## Organic Pizzas

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

## Organic Pastas

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

## Organic Salads

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

<b>Pepperoni</b>	<b>24</b>
Tomato sauce, shredded mozzarella, pepperoni, red onion, mushrooms, chili flakes, balsamic reduction, basil	
<b>Vegan</b>	<b>22</b>
Tomato sauce, confit garlic, roasted peppers, cherry tomato, red onion, kalamata olives, oregan, basil, cashew cheese	

<b>Handmade Gnocchi</b>	<b>26</b>
parmesan cream sauce, sautéed mushrooms and green peas, sun-dried tomatoes, chives, truffle oil, shaved parmesan	
<b>Handmade Spinach Ricotta Ravioli</b>	<b>22</b>
pomodoro sauce, grated parmesan	



## Organic Main Courses

<b>Mushroom Risotto</b> GF, V	24
sautéed mushrooms, arborio rice, green peas, coconut cream, truffle oil	
<b>Thai Vegetable Curry</b> V, GF, DF	22
chickpeas, sweet potato, celery root and spinach in an aromatic mildly spiced red curry coconut sauce, basmati rice, cilantro oil and green onion	
<b>Portobello Mushroom Steak</b> GF, V	22
Grilled Portobello mushrooms, spicy red Thai marinade, edamame coconut puree, roasted red peppers, toasted cashews, limes	
<b>Vegetable Delight</b> GF, V	21
Warm protein rich bean sauce, seasonal vegetables, root slaw	
<b>Crispy Polenta</b> V, GF, DF	20
pan seared organic corn meal, coconut rosé sauce, basil, parsley, chili, cashew vegan cheese	
<b>Pan Seared Wild BC Sockeye Salmon</b> GF	28
dill, caper sauce, celery root puree, pickles and seasonal vegetables	
<b>Elfriede's Famous Chicken Schnitzel</b>	23
free-range chicken, celery puree, pickles, seasonal vegetables, lemon turmeric sauce	
<b>Chicken Curry</b> GF, DF	24
free-range chicken, aromatic spices, basmati rice, green peas, mango chutney	
<b>Chicken Fricassée</b> GF, DF	24
organic chicken in a mild red pepper coconut sauce, basmati rice, EVOO, green onion	
<b>Chicken Scallopini</b>	25
chicken jus, sautéed mushrooms, house made spaetzle and seasonal vegetables	
<b>Sliced Roast Beef w/ Au Jus</b>	26
slow roasted, grass-fed, and free-range beef in jus, potato parmesan rösti, focaccia, dijon mustard	
<b>The Frank Burger</b>	24
grass-fed, free-range beef burger, caramelized onions, celery root puree, pickles sprouted whole grain bun, ketchup, dijon mustard	
<b>Beef Goulash</b>	25
onions, grass fed beef, Basmati rice, Hungarian paprika served with focaccia	
<b>Chateau Beef Royale</b> GF	38
free-range beef, sliced and topped with demi glaze, celery root puree, pickles seasonal vegetables, sautéed mushrooms	

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

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