



THE WOODS

LUNCH

START + SHARE

SMOKED GORGONZOLA STUFFED BACON WRAPPED DATES

Local birch syrup + roasted almonds

Five pieces **9**
Ten pieces **17**

TANDOORI CHICKEN WINGS

South Indian curry yogurt + scallions

13

BC ALBACORE TUNA POKE

Peach salsa, avocado, grapefruit ginger dressing, soya-kaffir lime emulsion, sesame, crispy wontons

17

CLASSIC POUTINE

House gravy + squeaky BC cheese curds

12

Make it alpine-style with sweet potato fries, duck confit + rosemary verde

14

TOGARASHI SPICED CALAMARI

Marinated cucumber, scallions + ponzu-fried garlic mayo

16

CHILI PEPPER SPICED CRISPY CAULIFLOWER

Fried curds, jicama, fresh coriander, adobo crema

14

FRESH MARKET VEGETABLE FLATBREAD

Green garbanzo hummus, tomato, corn, squash, kale, shaved parmesan, olive oil & lemon

Add: charred chicken **3** Add: garlic prawns **4**

15

SOUPS + SALADS

SEASONALLY INSPIRED SOUP

Crafted in house daily + warm rustic baguette, ask about today's creation

9

FIRE ROASTED TOMATO SOUP

Parmesan cream, basil oil + warm rustic baguette

8

PEACE COUNTRY LAMB STEW

Winter root vegetables, potato, aromatics, natural braising reduction, warm rustic baguette

12

CAESAR SALAD

Gem lettuce, roasted pancetta, focaccia croutons, shaved parmesan, roasted garlic dressing

Add: grilled all natural chicken breast **8**

12



THE WOODS

LUNCH

SOUPS + SALADS

CULTIVATED GREENS

13

Cucumbers, carrots, radish, beets, tomatoes, pickled onions, corn, green chickpeas, Okanagan feta, olive oil white balsamic vinaigrette

Add: Pan roasted wild ocean run Keta salmon 8

WINTER FARRO GRAIN SALAD

19

Grilled all natural chicken, bitter greens, kale, fresh apple, sundried blueberry, acorn squash, toasted hazelnuts, BC raclette, cider vinaigrette

BURGERS + CRAFTED SANDWICHES

Served with BC kennebec fries, option for cup of seasonal soup, sweet potato fries, greens or caesar \$2.50

BC ALBACORE TUNA CLUBHOUSE

17

Grilled rare, smoked bacon, avocado, vine tomato, gem lettuce, wasabi mayo, sourdough

THE SMASH BURGER

17

6oz grain-fed hand smashed beef patty, provolone, gem lettuce, vine tomato, pickled onions, kicker sauce, focaccia bun

BUTCHER'S SANDWICH

15

Slow roasted local beef chuck, garlic pickles, marinated red cabbage, provolone, whole grain mustard, smoked aioli, ciabatta

GRILLED TRIPLE CHEESE SANDWICH + FIRE ROASTED TOMATO SOUP

15

Raclette, gruyere + emmental cheese, crispy artisan bread

CASUAL FARE

BUTTERMILK FRIED CHICKEN THIGH

17

Warm nugget potato salad, marinated red cabbage, rosemary verde

HERITAGE PORK RAGOUT + PAPPARDELLE

18

Braised winter spiced pork shoulder & tomato ragout, local preserved basil, pappardelle noodles, sheep's milk pecorino romano

BUTTERNUT SQUASH RAVIOLI + GARLIC PRAWNS

19

Foraged mushrooms, kale, charred corn, brown butter cream, parmesan, hazelnut bread crumb