



Today is Food Day Canada 2020!



So, what's all the fuss around this day?

Canadians across the country are celebrating the local food system, & thanks to Anita Stewart, Canada's Culinary Ambassador, & Food Laureate through Guelph University, we have this day to reflect on how lucky we are to have locally grown food to eat in this fabulous Country!

We take our hats off to the fabulous suppliers who live in this gorgeous mountain valley of ours – Jubilee Apiary, Tegart Farming, Old Blue Truck Farm, Dutchman Dairy, Edibles Acres Organic Farm, Brisco Farm, Backyard Beans, Columbia Valley Sausage, Patti's Greenhouse, Downey Family Farm, Hildes Family Garden, Gwinner's Country Butcher, Armstrong Cheese, Kootenay Alpine Meadows Dairy, Groundswell Community Greenhouse, our own garden at From Scratch & at home, Hopkins Harvest, Homestead Harvest, Sophie's Choice, & Wild Mountain Chocolate.

The incredible quality of ingredients allows us to create absolutely delicious dishes every day for you to devour when you dine with us or take your meal home. After all, a recipe is only as good as the ingredients!



BC Wines of the Day – Red Bird Estate Winery from Creston, Laughing Stock Vineyards from Naramata & Upper Bench Vineyard from Penticton

Today's wine selections compliment the menu and are three of our favorite vineyards of the moment in BC!

2019 Rose from Red Bird - Raspberry, rhubarb & a subtle vanilla finish. Bright & refreshing, with a hint of minerality. This wine was made for summer days! *9.95 per glass / 48.75 per bottle*

2019 Yard Wine from Upper Bench Winery – This is a wine that Gavin the winemaker has lovingly made for years, from the tiny vineyard at their old home in Naramata. 60% Merlot & 40% Cabernet Franc, co-fermented, this is a wine has been enjoyed with good friends and family for years. On the nose it displays blackberry, tobacco, black currant, dates & blueberry; on the palate is cassis, dried cherries, raspberry & cranberry. *13.95 per glass / 62.95 per bottle*

2019 Viognier from Laughing Stock Vineyard -Ripe peach & apricot notes with a touch of vanilla makes this an incredible summer sip! *10.95 per glass / 49.95 per bottle*



Summer Gazpacho Salad 15.95

Deciding its way too hot to serve soup this weekend, we present this salad with Tegart Farm cucumber & red onions, Edibles Acres Organic Farm tomatoes & garlic, From Scratch garden basil & a few cherry tomatoes, Hopkins Harvest peppers & our own herb vinaigrette. *(great with a glass of Red Bird Estate Winery Rose)*

Beets by Scratch 18.95

In-house made Downey Farm goats' cheese with Edibles Acres Organic Farm golden roasted beets, pickled red beets from Old Blue Truck Farm & garlic scapes pesto made from Hildes Garden garlic scapes. *(enjoy with a glass of Laughing Stock Vineyard Viognier)*

Super Delicious Wood-fired Oven Zucchini Pizza 22.95

Tegart Farm zucchini, in-house made Downey Farm goat ricotta, Three Farmers pressed canola oil, topped with Old Blue Truck sprouts & From Scratch garden herbs. *(enjoy with a glass of Upper Bench Winery Yard Wine)*

BC Sablefish 32.95

Caught off the coast of Northern BC, this beautiful fish is served with a warm Tegart Farm new potato & patty pan salad & in-house grown & made fennel salsa verde. *(complimented with a glass on Laughing Stock Vineyard Viognier)*

Applewood Smoked Pork Chop 31.95

Downey Farm pork served with roasted organic Old Blue Truck Broccolini, Tegart Farm Spring onion mash & Okanogan cider sauce. *(enjoy with a glass of Upper bench Winery Yard Wine)*

Chorizo Gnocchi 27.95

In-house made Downey Farm chorizo sausage with garden tomatoes, Kootenay Alpine Cheese, Edible Acres Organic Farm red onion & Tegart Farm purple basil. *(enjoy with the Upper Bench Winery Yard Wine or Laughing Stock Vineyard Viognier)*

Brome Lake Duck Breast 36.95

Roasted in the wood-fired oven with Edible Acres Organic Farm new potatoes with baby kale & Clear Sky Farm seabuckthorn sauce. *(any of the recommended wine will be divine!)*



Groundswell Community Greenhouse Rhubarb & Wild Mountain Chocolate Parfait 8.95

Topped with Wild Mountain cocoa nibs, Kootenay Meadows Dairy cream & in-house baked shortbread cookie. *(go with a glass of Kimberley BC's own Bohemian Spirits Eclipse – not mentioned yet on this menu!)*

THANK YOU FOR CELEBRATING THIS DAY WITH US!

WE ARE VERY HONOURED TO BE RECIPIENTS OF THE

GOLD PLATE AWARD IN 2018 & 2019, AS OUR LITTLE MARKET BISTRO IN THE STICKS AS BEEN ACKNOWLEDGED AT A NATIONAL LEVEL. NOT A DAY GOES BY WHERE WE ARE NOT GRATEFUL FOR THE VALLEY WE LIVE IN. THANKS TO YOUR SUPPORT, WE GET TO LIVE IN THIS BEAUTIFUL VALLEY, AS WE RAISE OUR FAMILIES, DOING WHAT WE LOVE.

A BIG HUG TO ALL OUR STAFF AS WE COULD NOT PULL THIS OFF WITHOUT THEIR TALENTS & PROFESSIONALISM!