

Bites

SANDWICHES & WRAPS

Served with your choice of fries, soup, greens, or daily salad

BLT \$18.50

Sourdough with bacon, lettuce, tomato, roasted garlic aioli

Smoked Turkey Club \$20.25

House-made focaccia with smoked turkey, cheddar, bacon, lettuce, tomato, mayo, honey mustard

Burrito \$18.75

Refried pinto beans, roasted corn, jalapeño jack cheese, slaw, house-made salsa, guacamole, roasted jalapeños

Add chorizo sausage \$2.50

3 Cheese Panini \$16.00

House-made focaccia with cheddar, smoked gouda, Swiss cheese, herb aioli

Chicken Panini \$19.50

House-made focaccia with chicken breast, roasted red pepper, arugula, mozzarella, herb aioli

Beef Dip \$22.00

Baguette with roast beef, caramelized and crispy onions, Swiss cheese, roasted garlic aioli, with fresh rosemary dipping jus

Saigon Sub (bánh mì) \$20.50

Baguette with Vietnamese pork and shrimp herbed meatballs, cilantro, pickled Asian slaw, nuoc cham, mayo

Gyro \$20.50

Flatbread with house-made lamb and beef gyro meat, fresh dill, lettuce, cucumber, tomato, feta, tzatziki

Glory Wrap \$17.00

Flour tortilla with falafel, spinach, shredded carrot and beet, candied almonds, tahini dressing

Booster Bagel \$17.50

Frantastic Foodz' locally-made bagel with sundried tomato cream cheese, basil-walnut pesto, sprouts, tomato, red onion

BURGERS

Served with your choice of fries, soup, greens, or daily salad

WH₂O Burger \$19.75

6oz patty, lettuce, tomato, onion, pickle, WH₂O burger sauce

Summit Burger \$21.75

6oz patty, cheddar, bacon, lettuce, tomato, onion, pickle, WH₂O burger sauce

The Grizzly \$22.25

6oz patty, smoked cheddar, bacon, panko onion rings, lettuce, tomato, onion, pickle, roasted garlic aioli

Grilled Chicken Burger \$20.25

5oz chicken breast, smoked cheddar, crispy onions, lettuce, tomato, Antoinette's chili sauce

Fancy Pants Burger \$22.25

6oz patty, greens, goat cheese, bacon, caramelized onions, roasted garlic aioli

Powder Keg Burger \$21.75

6oz patty, smoked cheddar, roasted jalapeños, lettuce, tomato, onion, pickle, Antoinette's chili sauce

Huckleberry Trail Veggie Burger \$18.75

Mushrooms, lentils, oats, quinoa, sunflower seeds, and almond flour patty with chipotle aioli, cheddar, lettuce, tomato, red onion, pickle

 = Vegetarian

 = Vegan

 = Wheat-free

Bites

SOUPS, BOWLS, & SALADS

Black Bean and Vegetable Chili 🌱 \$14.00

Served with shredded cheddar, sour cream, cornbread


Chili con Carne \$15.50

Served with shredded cheddar, sour cream, cornbread

Daily Soup \$9.00

Served with fresh bread

WH₂O Green Salad 🌱 🌿 \$10.75

Mixed greens, cucumber, tomato, carrot, beet, pea shoots, toasted seeds, with our Nelson Olive Oil Co. wild dill and Suvo cucumber white balsamic vinaigrette 

Glory Bowl 🌱 🌿 \$16.00

Brown basmati rice, marinated Silver King tofu, spinach, shredded carrot and beet, candied almonds, tahini dressing

Green Dragon Bowl \$22.00

Basmati rice or farro, arugula, avocado, edamame, cucumber, green onion, poke marinated sockeye salmon, green dragon sauce (herbed tahini dressing)

Ymir Bowl \$17.25

Coconut curry with potatoes, chickpeas, yam, red pepper, served with chicken or tofu on basmati rice, mango chutney, with naan bread

Thai Bowl 🌱 🌿 \$18.25

Rice noodles, peanut dressing, carrot, cucumber, smoked tofu, sprouts, green onion, cilantro, roasted nuts and seeds

Beet Bowl 🌱 🌿 \$17.25

Mixed greens, Dijon dressing, raw beets, roasted beets, goat cheese, pumpkin seeds, dried cranberries, candied walnuts, pea shoots

Farro Salad 🌱 \$16.50

Farro, roasted vegetables, Greek dressing, black kale, feta

SNACKS

Fries \$8.25

Yam Fries with chipotle mayo \$10.75

Add shredded cheddar \$2.50

Poutine \$12.25

Yam Poutine \$14.75

Sub miso mushroom gravy \$1.00

Chili Cheese Fries \$13.75

Yam Chili Cheese Fries \$15.25

Served with chili, shredded cheddar, sour cream

Sub vegetarian chili

Vernon Sausage All Beef Hot Dog \$10.00

Chili Cheese Dog \$13.00

Nachos (after 2:30pm) \$21.00

Add guacamole \$5.00

ADD-ONS

Dips \$1.25

Bacon \$3.50

Cheese \$2.50

Gravy \$2.50

Miso mushroom gravy \$3.25

Upgrade to Yam Fries \$2.50

Upgrade to Poutine \$3.50

Upgrade to Chili Cheese Fries \$3.50

Upgrade to Yam Poutine \$4.50

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