

Bites

SANDWICHES & WRAPS

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

BLT \$21.00

Sourdough with bacon, lettuce, tomato, roasted garlic aioli

Smoked Turkey Club \$23.25

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

Burrito \$21.25

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

Add chorizo sausage \$3.00

3 Cheese Panini \$18.25

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

Chicken Panini \$22.25

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

Beef Dip \$24.00

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

Saigon Sub (bánh mì) \$23.00

Baguette with Vietnamese pork belly, cilantro, pickled Asian slaw, nuoc cham, mayo

Gyro \$23.50

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

Glory Wrap \$19.75

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

Booster Bagel \$20.00

Frantastic Foodz' locally-made bagel with lemon-dill cream cheese, avocado, sprouts, tomato, red onion

BURGERS

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

WH₂O Burger \$21.50

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

Summit Burger \$23.75

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

The Grizzly \$25.00

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

Grilled Chicken Burger \$22.50

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

Fancy Pants Burger \$25.00

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

Powder Keg Burger \$23.75

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

Fun-Guy Burger \$20.00

Grilled portobello mushroom, Brie, lettuce, tomato, cashew-thyme spread, Kansas City BBQ sauce

ADD-ONS

Dips \$1.50

Bacon \$4.00

Cheese \$3.00

Gravy \$3.00

Miso mushroom gravy \$4.00

Upgrade to Yam Fries \$3.50

Upgrade to Poutine \$4.25

Upgrade to Chili Cheese Fries \$4.25

Upgrade to Yam Poutine \$4.75

 = Vegetarian

 = Vegan

 = Wheat-free

Bites

SOUPS, BOWLS, & SALADS

Black Bean and Vegetable Chili 🌱 \$16.50

Served with shredded cheddar, sour cream, cornbread

Chili con Carne \$18.00

Served with shredded cheddar, sour cream, cornbread

Daily Soup \$10.00

Served with fresh bread

WH₂O Green Salad ✓ 🌱 \$11.75

Mixed greens, cucumber, tomato, carrot, beet, pea shoots, apple, roasted walnuts, with our Nelson Olive Oil Co.

Vermont Maple Dark Balsamic vinaigrette 

Add goat's cheese \$2.00

Glory Bowl ✓ 🌱 \$18.50

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

Green Dragon Bowl \$25.00

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

Ymir Bowl \$19.75

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

Thai Bowl ✓ 🌱 \$20.75

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

Beet Bowl 🌱 🌱 \$19.75

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

Spinach Salad 🌱 \$19.50

Baby spinach, feta, candied almonds, shredded carrot, tossed with a strawberry orange vinaigrette

SNACKS

Fries \$9.50

Yam Fries with chipotle mayo \$12.50

Add shredded cheddar \$3.00

Poutine \$14.75

Yam Poutine \$17.25

Sub miso mushroom gravy \$1.00

Chili Cheese Fries \$16.00

Yam Chili Cheese Fries \$18.00

Served with chili, shredded cheddar, sour cream

Sub vegetarian chili

Vernon Sausage All Beef Hot Dog \$11.25

Chili Cheese Dog \$15.00

APRÈS

Served after 3pm

Snack Plate 🌱 \$14.00

Roasted red pepper hummus, tzatziki, tortilla chips, and veggies

Chicken Strips & Fries \$18.00

Served with honey mustard or ranch

Nachos 🌱 \$22.00

House cooked tortilla chips, onions, banana peppers, olives, cheese blend, served with salsa and sour cream

Add guacamole \$5.00

Chicken Wings (1 lb.) \$19.00

Buffalo, BBQ, Salt and pepper, or Dill pickle rub

Crispy Pork Belly Poutine \$17.25

Our delicious poutine topped with crispy pork belly sprinkled with gochugaru chili

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