

START OR SHARE

GATHERING BOARD 25

House Selection of Vernon Charcuterie • Soft & Hard Cheeses
Cornichon • Mustard • Blistered Cherry Tomato
Toasted Bread & House-Made Preserve

KUNG FU BOARD GF|DF|NF 25

Sesame Roasted Tofu • Tempura Vegetables
Soy Dipping Sauce

LAMB CHOPS GF|DF|NF 25

3 Thick Cut Grilled Lamb Chops • Harissa Pepper Coulis
Quinoa Tabouleh

COCONUT & POBLANO CHILI SPICED PRAWNS 19

Chilis • Grilled Lime • Prawns • Warm Naan

CHILI & SOY GLAZED PORK BUTTON RIBS GF|DF|NF 18

Slow Cooked Bone-In Ribs

SWEET POTATO LATTICE FRIES GF|DF|NF 11

House-Made Mustard Dipping Sauce

DAILY SEASONAL SOUP 12

Warm Ciabatta

CHOPPED CAESAR SALAD 15

Romaine • Herb Spiced Croutons • Crisp Kale
Parmesan Reggiano

ADD BACON - 2

GRAND GREENS GF|DF|NF 15

Roasted Squash • Baby Tomatoes • Dried Cranberry
Sultana Raisins • Pumpkin Seeds • Maple-Citrus Vinaigrette

GF - GLUTEN FREE

GR - GLUTEN REDUCED

NF - NUT FREE

DF - DAIRY FREE

FORNO MADE

PICANTE CARNE

18 | 26

San Marzano Bolognese Sauce • Vernon Sausage
Pepperoni • Canadian Bacon • Crisp Bacon • Fresh Mozzarella
Pepperoncini • Pickled Pepper • Shaved Red Onion

FRENCH KISS

17 | 25

House Tomato Sauce • Shredded Mozzarella
Ginger Roasted Ham • Bacon Crumble
Pineapple • Chili Oil

NEW WAY-ZA

18 | 26

House Tomato Sauce • Vegan Italian Crumble
Fresh Pepper • Red Onion • Shredded Vegan Cheese
Basil & Pumpkin Seed Pesto

FUNGI

15 | 23

Ricotta-Parmesan Cream • Herb-Roasted Mushrooms
Fresh Pepper • Fresh Mozzarella • Arugula • Peruvian
Pepper Drops

MARGHERITA

14 | 22

San Marzano Tomato Sauce • Fior de Latte
Shaved Parmesan Reggiano • Basil

SUB FORNO-MADE CAULIFLOWER CRUST GR

3

HANDHELD

Sandwiches are served with your choice of
Fries • Mixed Greens • Caesar Salad • Daily Seasonal Soup

GRILL HOUSE BURGER

24

6 oz Patty • Arugula • Tomato • Onion • Toasted Brioche Bun
Mayo • House Pepper & Tomato Jam

ADD BACON - 2.5

ADD CHEDDAR CHEESE - 3

SUB 6 OZ VEGAN BURGER - N/C

CRISPY CHICKEN KARAAGE SANDWICH

21

Sake, Soy & Ginger Marinated Chicken Breast
Sweet Slaw • House Pickles

MANTLES
RESTAURANT | LOUNGE



NOURISH THE ADVENTURE

LARGE PLATES

RR RANCH 10oz STRIPLOIN GF|DF|NF **45**

Salt & Pepper Sarladaise Potatoes • Horseradish Aioli
Red Wine Demi • Market Vegetables

DUCK DUO GF|NF **34**

Pan Seared Brome Lake Duck Breast • Roasted Vegetables
Local Pork & Duck Confit Cassoulet • Brandy Apple-Thyme Demi

FREE ROAMING CHICKEN

BREAST SCALLOPINI GF|NF **30**

Lemon • Thyme • Mushroom & White Wine Cream
New Potatoes • Market Vegetables

TOM KHA WEST COAST SALMON GF|DF|NF **32**

Light Chili • Coconut & Ginger Broth • Foragers Mushrooms
Broccoli & Hot House Peppers • Thai Riceberry Rice
House Chili Oil

CAST IRON ROAST BC COD GF|DF|NF **30**

Peach & Sweet Potato Curry • Roasted New Potatoes
Market Vegetables • Cucumber & Mint Riata

BRAISED SHORT RIB POT AU FEU GF|DF|NF **42**

Country Vegetables • Confit Shallots
Fresh Horseradish • Parsnip Chips

CAVATAPPI BOLOGNAISE NF **27**

Ground Meat Blend • San Marzano Tomatoes
Fresh Basil

SUB HOUSE VEGAN ITALIAN CRUMBLE - 2.5

SUB GF PEA PROTEIN PASTA - 2

PEAK BOWL GF|DF|NF **22**

Roasted Rutabaga & Yellow Beets • Cucumber • Roasted Squash
Pineapple • Arugula • Baby Kale • Organic Quinoa
Wild Blueberry Emulsion • Spiced Pumpkin Seeds • Crisp Parsnip

ADD TOFU - 5

ADD SALMON - 7

ADD GRILLED CHICKEN - 7

TAXES & GRATUITIES ARE NOT INCLUDED IN THE MENU
PRICE. FOR GROUPS OF 8 OR MORE AN 18% GRATUITY
WILL BE ADDED.

STILL HAVE ROOM

STICKY TOFFEE PUDDING GR 12

Date Pudding Cake • Toffee Caramel Sauce
Fresh Cream

DIS-MANTLED TIRAMUSU 12

Coffee Reduction • Vanilla Mascarpone Mousse
Amaretto Meringue • Lady Finger Crumble

DOUBLE FUDGE CHOCOLATE BROWNIE 12

Whipped Cream • Vanilla Gelato

MANTLES

RESTAURANT | LOUNGE



NOURISH THE ADVENTURE