

TO SHARE OR NOT TO SHARE

GATHERING BOARD **25**

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

DAILY SEASONAL SOUP **13**

Warm Ciabatta

SWEET POTATO LATTICE FRIES GF | DF | NF **11**

House-Made Mustard Dipping Sauce

CHOPPED CAESAR SALAD **17**

Romaine • Kale • Roasted Zucchini • Herb Spiced Croutons
Parmesan Reggiano • House Vegan Dressing

ADD BACON - 2.5

GRAND GREENS GF | DF | NF **18**

Roasted Chickpeas & Fresh Apple • Crisp Carrot • Sultana Raisins
Maple-Peach Vinaigrette

COCONUT & POBLANO CHILI **20**

Chilis • Prawns • Warm Naan

GF - GLUTEN FREE

GR - GLUTEN REDUCED

NF - NUT FREE

DF - DAIRY FREE

FORNO MADE

We offer a cauliflower crust for an additional \$4, this is baked in the same oven as our standard pizzas and baked on a separate pan. We do not guarantee Gluten Free, only gluten reduced.

FRENCH KISS

17 | 27

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

17 | 27

Parmesan-Thyme Cream • Herb Roasted Mushrooms
Fresh Pepper • Fresh Mozzarella • Arugula
Cherry Tomatoes • Parmesan

MARGHERITA

16 | 25

San Marzano Tomato Sauce • Fiore de Latte
Shaved Parmesan Reggiano • Fresh Basil

SUB FORNO-MADE CAULIFLOWER CRUST G R

4

HANDHELD

GRILL HOUSE BURGER

24

6 oz Patty • Lettuce • Tomato • Onion • Toasted Potato Bun
Mayo • House Pepper & Tomato Jam

ADD BACON - 2.5

ADD CHEDDAR CHEESE - 3

SUB 6 OZ VEGAN BURGER - N/C

MANTLES
RESTAURANT | LOUNGE



NOURISH THE ADVENTURE

LARGE PLATES

RR RANCH 8oz STEAK GF | DF | NF **50**

Salt & Pepper Latke Potatoes • Béarnaise Aioli • Red Wine Demi
Market Vegetables

FREE ROAMING CHICKEN

BREAST SCALLOPINI GF | NF **32**

Lemon • Tarragon • 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 **31**

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

CAVATAPPI BOLOGNAISE NF **27**

Ground Meat Blend • San Marzano Tomatoes • Fresh Basil
• Shaved Parmesan Reggiano

SUB HOUSE VEGAN ITALIAN CRUMBLE – 2.5

SUB GF PEA PROTEIN PASTA – 2

PEAK BOWL GF | NF **22**

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

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