

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 **17**

Roasted Chickpeas • Fresh Apple • Crisp Carrot
Roasted Sultana Raisins • Maple-Peach Vinaigrette
Add Tofu – 5
Add Arctic Char – 7
Add Grilled Chicken - 7

REPLENISH BOWL **22**

Roasted Yellow Beets • Pickled Peaches • Fresh Grapes • Roasted
Broccolini • Arugula • Baby Kale • Organic Quinoa • Balsamic
Vinaigrette
Add Tofu – 5
Add Arctic Char – 7
Add Grilled Chicken - 7

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**.

PEPPERONCINI MARGHERITA 16 | 25

San Marzano Tomato Sauce • Pepperoncini Peppers
Fiore di Latte • Shaved Parmesan Reggiano • Fresh Basil

FUNGHI 17 | 27

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

FRENCH KISS 17 | 27

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

FLIPSIDE 18 | 26

Sweet Potato Mousse • Roasted Corn
Red Onion • Roasted Zucchini • Red Pepper
Shredded Vegan Cheese

SUB FORNO-MADE CAULIFLOWER CRUST GR 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 BEYOND MEAT BURGER - N/C

MANTLES
RESTAURANT | LOUNGE



NOURISH THE ADVENTURE

LARGE PLATES

CIOPPINO DF|NF **32**

Fennel • Onion • Cod • Salmon • Mussels • Clams and Prawns
House-made Cioppino Sauce • Grilled Lime • Toasted Baguette

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

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

LAKSA COD BOWL GF|DF|NF **32**

Grilled Cod • Coconut Broth • Peppers • Broccoli
Chili Oil • Crispy Leeks • Cilantro

WEST COAST ARCTIC CHAR GF|DF|NF **32**

Warm Niçoise Salad • Green Beans • Roasted Tomatoes
Grilled Red Onion • Niçoise Olives • Hard-boiled Egg
Grilled Lemon Wedge

FREE ROAMING CHICKEN

BREAST SCALLOPINI GF|NF **32**

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

CAVATAPPI BOLOGNESE NF **27**

Ground Meat Blend • San Marzano Tomatoes • Fresh Basil

SUB BEYOND MEAT BOLOGNESE - 2.5

SUB GF PEA PROTEIN PASTA - 2

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