

# APPETIZERS

**BEEF CARPACCIO** 21<sup>95</sup>  
cured certified angus beef®, chimichurri, parmesan aioli, candied pumpkin seeds, pickled onions, balsamic glaze, crostinis

**HOT HONEY FRIED CHICKEN** 22<sup>50</sup>  
chicken thighs, locally sourced hot honey, sweet pickles, house-made slaw

**CALAMARI** 21<sup>50</sup>  
red pepper, dill, jalapeños, grilled lemon, tzatziki (GC)

**CHICKEN WINGS** 21<sup>50</sup>  
with carrots & ranch dip  
choice of salt & pepper, sweet Thai chili, bbq, lemon pepper, hot or Korean bbq with sesame seeds

**POUTINE** 14<sup>95</sup> | **XL POUTINE** 18<sup>95</sup>  
beef gravy, cheese curds  
add bacon 2<sup>75</sup> | add blackened chicken 7<sup>95</sup>

**TUNA STACK** 22<sup>50</sup>  
marinated ahi tuna, wonton chips, diced avocado, pineapple salsa, radish, sesame seeds, chili aioli

**TRUFFLE FRIES** 14<sup>95</sup>  
black truffle oil, aged parmesan, parsley (V) (GC)

**THAI CHICKEN SOUP** 14<sup>95</sup>  
spicy and rich coconut broth, chicken, garlic bread

**AVOCADO BRUSCHETTA** 19<sup>75</sup>  
fresh tomato, basil, balsamic, feta, red onion, grilled artisan bread (V)

**NACHOS** 29<sup>95</sup>  
monterey jack, red peppers, fresh jalapeños, pickled onions, green onions, salsa, sour cream (V) (GC)  
add blackened chicken 7<sup>95</sup> | add beef 7<sup>95</sup>  
add guacamole 4<sup>95</sup> | add double cheese 6 | fully loaded +20

# SALADS & BOWLS

**CAESAR SALAD** 17<sup>95</sup>  
romaine, aged parmesan, garlic croutons, caesar dressing (GC)

**GRILLED CHICKEN CAESAR SALAD** 25<sup>95</sup>  
grilled chicken, romaine, aged parmesan, bacon, garlic croutons, caesar dressing, garlic bread (GC)

**CHICKEN KARAAGE BOWL** 26<sup>75</sup>  
crispy chicken, jasmine rice, carrot, cucumber, cabbage slaw, pickled onions, chili aioli, green onions, sesame seeds, Korean BBQ sauce

**TUNA POKE BOWL** 27<sup>75</sup>  
marinated ahi tuna, jasmine rice, pineapple salsa, mixed greens, pickled onions, radish, avocado, sesame seeds (GC)

**NORTH BOWL** 23<sup>95</sup>  
quinoa, mixed greens, butternut squash, cherry tomatoes, avocado, feta, pickled onions, citrus vinaigrette (V) (GC)

add blackened or grilled chicken (GC) 7<sup>95</sup>

add crispy chicken breast 9

add prawns 8<sup>95</sup> | add 6 oz grilled salmon (GC) 14

add crispy tofu or crispy blackened tofu (V) (GC) 6<sup>95</sup>

# FAVOURITES

all burgers and sandwiches are served with fries  
add mushrooms, cheese or caramelized onions 2<sup>50</sup>  
add bacon 2<sup>75</sup> | add avocado 3<sup>50</sup> | sub salad 3  
sub soup 4 | sub gluten-free bun 3  
sub truffle fries 5 | sub poutine 6  
sub beyond meat patty - no charge

**O.G. BURGER** 23<sup>75</sup>  
100% Canadian ground chuck, lettuce, tomato, onion, pickles, secret sauce, toasted potato roll

**CHICKEN CLUB** 24<sup>95</sup>  
grilled chicken breast, smoked cheddar, bacon, lettuce, tomato, black garlic aioli, toasted panini

**CRISPY CHICKEN BURGER** 24<sup>95</sup>  
house-made crispy chicken breast, smoked cheddar, pickles, tomato, slaw | make it spicy add 1

**THAI YELLOW CURRY** 26<sup>95</sup>  
tofu, rich yellow curry coconut broth, wild mushrooms, jasmine rice, fresh vegetables, bean sprouts (V) (GC)  
add chicken 7<sup>95</sup> | add prawns 8<sup>95</sup>

**STEAK FRITES** 43<sup>25</sup>  
7 oz certified angus beef® sirloin with fries

# KIDS

for kids under 10. all kids' meals include a choice of juice or pop and vanilla ice cream, plus a choice of fries, carrot sticks, mixed greens or jasmine rice

**WINNER WINNER CHICKEN DINNER** 14<sup>95</sup>  
grilled chicken breast (GC)

**KIDS' CHEESEBURGER** 14<sup>95</sup>  
100% Canadian ground chuck, aged cheddar cheese, toasted potato roll, ketchup

**CHICKEN FINGERS** 14<sup>95</sup>

**GRILLED CHEESE** (V) 14<sup>95</sup>

# DESSERT

**TIRAMISU** 12<sup>95</sup>  
espresso-soaked ladyfingers, rich mascarpone cream, dusting of cocoa powder (V)

**NEW YORK CHEESECAKE** 12<sup>95</sup>  
with house-made berry coulis (V)

**CHOCOLATE TORTE** 12<sup>95</sup>  
dark chocolate ganache, wild berry compote, whipped cream (V) (GC)

**AFFOGATTO** 9<sup>25</sup>  
vanilla bean ice cream topped with espresso (V) (GC)  
add your favourite digestivo, \$8  
choice of amaretto, baileys, drambuie, frangelico or grand marnier

V - Vegetarian Option

(GC) Gluten conscious with some modifications from our kitchen, please advise your server about food allergies.

Parties of 8 or more are subject to an 18% automatic gratuity.

**ROCKFORD**  
bar | grill

S26\_Lunch\_05.06.26

## WINE

### BUBBLES

<b>RUFFINO</b> prosecco, Italy	13	-	55
<b>STELLER'S JAY</b> sparkling rosé, Okanagan	-	-	59
<b>VEUVE CLICQUOT BRUT</b> champagne, France	-	-	165

### WHITE

<b>ROCKFORD WHITE</b> Canada	6oz 9 <sup>75</sup>	9oz 13 <sup>50</sup>	750ml 39 <sup>50</sup>
<b>R&amp;D</b> sauvignon blanc sémillon, Okanagan	12 <sup>50</sup>	18 <sup>25</sup>	53
<b>SAINTLY</b> rosé, Canada	12 <sup>50</sup>	18 <sup>25</sup>	53
<b>SEE YA LATER RANCH</b> pinot gris, Okanagan	12 <sup>50</sup>	18 <sup>25</sup>	53
<b>INNISKILLIN</b> chardonnay, Okanagan	13	19	55
<b>NK'MIP QwAM QwMT</b> chardonnay, Okanagan	15	22	64

### RED

<b>ROCKFORD RED</b> Canada	6oz 9 <sup>75</sup>	9oz 13 <sup>50</sup>	750ml 39 <sup>50</sup>
<b>INNISKILLIN</b> pinot noir, Okanagan	12 <sup>50</sup>	18 <sup>25</sup>	53
<b>NK'MIP QwAM QwMT</b> pinot noir, Okanagan	-	-	68
<b>SUMAC RIDGE</b> merlot, Okanagan VQA	12 <sup>50</sup>	18 <sup>25</sup>	53
<b>MOON CURSER BORDER VINES</b> cab/malbec/carmenere, Okanagan	-	-	66
<b>DOÑA PAULA</b> malbec, Argentina	12 <sup>50</sup>	18 <sup>25</sup>	53
<b>LAUGHING STOCK "PORTFOLIO"</b> meritage, Okanagan	-	-	95
<b>CATHEDRAL CELLAR</b> cabernet sauvignon, South Africa	13 <sup>50</sup>	19 <sup>50</sup>	57
<b>BLACK SAGE</b> cabernet sauvignon, Okanagan	16	23 <sup>50</sup>	68
<b>JIM BARRY "THE LODGE HILL"</b> shiraz, Australia	-	-	75
<b>CORCELETES TALUS</b> cabernet sauvignon, Okanagan	-	-	125
<b>MOLLYDOOKER "GIGGLEPOT"</b> cabernet sauvignon, Australia	-	-	140
<b>CLIFF LEDE</b> cabernet sauvignon, Stags Leap	-	-	190
<b>RUFFINO RISERVA GRAN SELEZIONE</b> chianti, Italy	-	-	100
<b>MONDAVI "TO KALON VINEYARD" RESERVE</b> cabernet sauvignon, Napa	-	-	270
<b>CHATEAU DES GRAVIERS "QUINTESSANCE"</b> bordeaux, France	-	-	195
<b>ANTINORI PIAN DELLE VIGNE</b> brunello di montalcino, Italy (3L)	-	-	999

## NON-ALCOHOLIC

<b>RED BULL</b> 6 original, sugarfree			
<b>PASSION FRUIT SODA</b> 7 <sup>25</sup>			
<b>VIRGIN POMEGRANATE HIBISCUS SODA</b> 7 <sup>25</sup>			
<b>GREEN TEA LEMONADE</b> 7 <sup>25</sup>			
<b>FROZEN BLUEBERRY LEMONADE</b> 7 <sup>25</sup>			
<b>PHILLIPS IOTA IPA</b> Victoria, non-alcoholic, 0.5% abv 8 <sup>50</sup>			
<b>HEINEKEN 0.0 PALE LAGER</b> , Netherlands, non-alcoholic 8 <sup>50</sup>			

## BEER & CIDER

**DRAFT** add \$2.25 to make it 22 oz

<b>STOKED LAGER</b> , Vancouver 16oz 8 <sup>95</sup>
<b>MT. BEGBIE TALL TIMBER BROWN ALE</b> , Revelstoke 16oz 9 <sup>50</sup>
<b>MT. BEGBIE HIGH COUNTRY KÖLSCH</b> , Revelstoke 16oz 9 <sup>50</sup>
<b>GRANVILLE KITSILANO JUICY IPA</b> , Vancouver 16oz 9 <sup>50</sup>
<b>STANLEY PARK HAZY PALE ALE</b> , Vancouver 16oz 9 <sup>50</sup>
<b>BLUE MOON BELGIAN WHEAT ALE</b> , Canada 16oz 9 <sup>50</sup>
<b>STRONGBOW CIDER</b> , United Kingdom 16oz 9 <sup>75</sup>
<b>MADRÍ EXCEPCIONAL EUROPEAN LAGER</b> , Spain 20oz 12 <sup>50</sup>
<b>GUINNESS STOUT</b> , Ireland 20oz 12 <sup>50</sup>
<b>FEATURE DRAFT</b> ask your server about our rotating taps

### BOTTLES & CANS (330ml)

<b>COORS LIGHT LAGER</b> , Canada 8 <sup>75</sup>
<b>MOLSON CANADIAN LAGER</b> , Canada 8 <sup>75</sup>
<b>CORONA LAGER</b> , Mexico 9 <sup>50</sup>
<b>WHISTLER FORAGER LAGER</b> , Whistler, gluten-free 9 <sup>95</sup>
<b>LONETREE APPLE PEAR CIDER</b> , BC 9 <sup>75</sup>

## COCKTAILS

<b>PINEAPPLE HABANERO MARGARITA</b> 14 <sup>75</sup> 100% agave tequila, triple sec, pineapple, lime juice, habanero 2oz
<b>SOUL TRAIN</b> 14 <sup>25</sup> reposado tequila, grapefruit, lime juice, cardamom syrup 2oz substitute mezcal 2   upgrade to Casamigos 6
<b>MANGO PEACH BELLINI</b> 11 <sup>75</sup> mango purée, peach infused vodka, sparkling wine, topped with sangria, a Canadian classic 1oz
<b>MOSCOW MULE</b> 14 <sup>25</sup> ketel one, ginger beer, fresh lime 2oz
<b>FROZEN BLUEBERRY MARGARITA</b> 12 <sup>95</sup> fresh lime, frozen & spiked with 100% agave tequila 2oz
<b>FANCY PANTS CAESAR</b> 12 <sup>95</sup> pepperoncini, olive, pepperoni stick, horseradish, pickle juice, rimmed with house-made salt 1oz
<b>OLD FASHIONED</b> 15 <sup>50</sup> lot 40 rye, house-made bitters, local preserved cherries 2oz
<b>APEROL SPRITZ</b> 14 <sup>75</sup> prosecco, aperol, fresh orange 2oz
<b>HUGO SPRITZ</b> 14 <sup>25</sup> prosecco, st.germain, lemon 2oz
<b>POMEGRANATE HIBISCUS COSMO</b> 14 <sup>25</sup> ketel one vodka, cointreau, pomegranate, hibiscus, fresh lime 2oz
<b>SHAFT</b> 10 <sup>75</sup> cold brew coffee, vodka, kahlúa, baileys 1.5oz
<b>ESPRESSO MARTINI</b> 14 <sup>75</sup> ketel one vodka, amaro montenegro, espresso 2oz
<b>ANTICA NEGRONI</b> 14 <sup>25</sup> locally sourced monashee gin, antica formula, campari 2oz