

## BREAKFAST

SERVED DAILY UNTIL 11 AM

### ROCKFORD TRADITIONAL 17<sup>95</sup>

two eggs, choice of crispy bacon or sausage, breakfast potatoes, sourdough

### AVOCADO TOAST 17<sup>95</sup>

soft poached eggs, avocado, arugula, feta, chili flakes, toasted baguette, breakfast potatoes (V)

### EGGS BENNY 17<sup>95</sup>

soft poached eggs, ham, toasted baguette, hollandaise, breakfast potatoes

### SMOKED SALMON BENNY 19<sup>95</sup>

smoked salmon, baguette, soft poached eggs, hollandaise

### BELGIAN WAFFLE 16<sup>95</sup>

belgian waffle topped with fresh berries, whipped cream, chocolate sauce, maple syrup

### CHICKEN & WAFFLE 20<sup>95</sup>

house made fried chicken, fresh waffle, sunny side up egg, chipotle aioli, maple syrup

### BREAKFAST POUTINE SKILLET 17<sup>95</sup>

soft poached eggs, bacon, cheese curds, breakfast potatoes, hollandaise

### HUEVOS RANCHEROS SKILLET 19<sup>95</sup>

poached eggs, chorizo, hashbrowns, salsa, sour cream, corn chips

### POWER SKILLET 18<sup>95</sup>

poached eggs, quinoa, cherry tomatoes, wilted greens, butternut squash, onion, avocado, toasted baguette (V)

### CARIBBEAN SKILLET 19<sup>95</sup>

poached eggs, hashbrowns, pickled onion, jerk chicken, grilled pineapple, jerk infused hollandaise sauce, toasted baguette

### PARFAIT 8<sup>95</sup>

vanilla yogurt, fresh berries, peaches, granola, dates, raisins (V)

### KIDS BREAKFAST 12<sup>75</sup>

scrambled eggs, bacon or sausage, sourdough, breakfast potatoes

V - Vegetarian Option

Gluten Conscious Menu Available

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

Not all ingredients are listed, please advise us about food sensitivities and allergies.

## APPETIZERS

### CALAMARI 17<sup>95</sup>

red pepper, dill, jalapeños, grilled lemon, chipotle aioli

### SHRIMP GYOZA 17<sup>25</sup>

house-made citrus ponzu

### CHICKEN WINGS 17<sup>95</sup>

sriracha, 5-spice, salt & lemon pepper, sweet thai chili, bbq or, hot

### POUTINE 13<sup>95</sup>

beef gravy, cheese curds

### DELUXE POUTINE 17<sup>95</sup>

even bigger, extra cheese, chorizo sausage

### YAM FRIES 12<sup>95</sup>

garlic aioli (V)

### TUNA STACK 18<sup>75</sup>

ahi tuna, mango, avocado, cilantro, pickled red onions, radish, corn chips

### AVOCADO BRUSCHETTA 16<sup>75</sup>

fresh tomato, basil, balsamic, feta, red onion, grilled flat bread (V)

### NACHOS 19<sup>95</sup>

monterey jack, red peppers, pickled jalapeños, pickled onion, corn, green onions, salsa, sour cream (V)  
add spicy chicken or beef 5 | add guacamole 4

### CRISPY CAULIFLOWER 15<sup>95</sup>

seasoned, battered cauliflower bites with sweet and spicy chili sauce (V)

### 5-SPICE DRY RIBS 17<sup>25</sup>

crispy pork bone in rib ends seasoned with chinese 5-spice

## SOUP, SALAD & BOWLS

### THAI CHICKEN SOUP 12<sup>75</sup>

spicy and rich coconut broth, chicken, basmati, garlic bread

### KALE CAESAR SALAD 16<sup>95</sup>

baby kale, grana padano, garlic croutons, caesar dressing

### BEET & ARUGULA SALAD 17<sup>95</sup>

roasted beets, arugula, goat cheese, pistachios, apple balsamic vinaigrette (V)

### TUNA POKE BOWL 24<sup>95</sup>

marinated ahi tuna, couscous, grilled pineapple, mango salsa, mixed greens, pickled onion, radish, avocado

### NORTH BOWL 18<sup>95</sup>

quinoa, mixed greens, butternut squash, cherry tomatoes, avocado feta, pickled onions, citrus vinaigrette

add blackened chicken | grilled chicken 6

add smoked salmon 6 | add 6 oz grilled salmon 12

add crispy tofu (V) | crispy blackened tofu (V) 5

## FAVOURITES

all burgers & sandwiches are served with fries | gluten free bun 2  
substitute salad 2 | yam fries or soup 3 | poutine 5 |  
bacon, mushrooms, avocado, cheese or, caramelized onions 2

### CRISPY CHICKEN BURGER 20<sup>75</sup>

house dredged chicken breast, smoked cheddar, pickles, tomato, house-made slaw | make it spicy add 1

### BUFFALO BACON CHICKEN WRAP 21<sup>50</sup>

house dredged chicken breast, monterey jack, lettuce, pickled onion, tomato, bacon, ranch, hot sauce, flour tortilla

### 7OZ CAB® SIRLOIN FRITES 29<sup>95</sup>

7 oz sirloin certified angus beef® with fries.

### OUTPOST BURGER 19<sup>95</sup>

certified angus beef®, double smash patty, american cheese, lettuce, tomato, secret sauce, toasted potato roll

### MAUI WOWIE BURGER 21<sup>50</sup>

certified angus beef®, double smash patty, grilled pineapple, applewood smoked cheddar, jalapeno, garlic aioli, cilantro, arugula

### BEYOND MEAT™ BURGER 19<sup>95</sup>

plant based patty, lettuce, tomato, secret sauce, toasted potato roll (V)

### FISH TACOS 19<sup>95</sup>

crispy white fish, fresh pico de gallo, avocado crema, jalapeño, pickled onion, house-made slaw

### ½ LB FRENCH DIP 22<sup>95</sup>

certified angus beef®, caramelized onion, horseradish aioli, toasted garlic buttered baguette with house made au jus

## KIDS' MENU

served with your choice of fries, carrot sticks, or mixed greens, plus all kids' menu items include your choice of juice or pop and ice cream for dessert!

### WINNER WINNER CHICKEN DINNER 16<sup>95</sup>

grilled chicken, roasted vegetables

### KIDS' BURGER 12<sup>95</sup>

certified angus beef® smashed patty, american cheese, potato roll, ketchup

### CHICKEN FINGERS & FRIES 12<sup>95</sup>

### GRILLED CHEESE 12<sup>95</sup>

## MAINS served after 5pm

### PAN SEARED SALMON 28<sup>95</sup>

blistered cherry tomatoes, wilted greens & quinoa, roasted butternut squash purée

### PAN ROASTED CHICKEN 27<sup>95</sup>

pan seared double breast of chicken with white wine country gravy, garlic mashed potato, seasonal vegetables.

### 7 oz CAB® SIRLOIN 32<sup>95</sup>

7 oz sirloin certified angus beef®, creamy mashed potatoes, seasonal vegetables

### 7 oz CAB® SIRLOIN WITH PRAWNS 37<sup>95</sup>

7 oz sirloin certified angus beef®, sautéed garlic prawns, creamy mashed potatoes, seasonal vegetables

### WILD MUSHROOM SIRLOIN 35<sup>95</sup>

7 oz certified angus beef® sirloin, wild mushrooms, creamy mashed potatoes, seasonal vegetables

### 10 oz NEW YORK PEPPERCORN 44<sup>95</sup>

10 oz certified angus beef® new york strip, house made peppercorn sauce, creamy mashed potatoes, seasonal vegetables

### BBQ RIBS FULL RACK 38<sup>95</sup> | HALF RACK 28<sup>95</sup>

fall-off-the-bone tender, house made slaw and fries.

### GRILLED AHI & SUMMER SALAD 32

rare ahi tuna steak, chilled couscous, fresh vegetables, in a cashew cream vinaigrette

## DESSERTS

### CHOCOLATE OREO STACK 10<sup>95</sup>

chocolate custard, oreo cookie crumble, tiramisu, topped with whipped cream (V)

### NEW YORK CHEESECAKE 10<sup>95</sup>

with house made blueberry coulis (V)

**ROCKFORD**  
bar | grill

## BEER & CIDER

### DRAFT

	16 oz	22 oz	JUG
STOKED LAGER, Vancouver	7 <sup>95</sup>	9 <sup>95</sup>	22
MT. BEGBIE TALL TIMBER, Revelstoke	8 <sup>25</sup>	10 <sup>25</sup>	23 <sup>50</sup>
MT. BEGBIE HIGH COUNTRY KÖLSCH, Revelstoke	8 <sup>25</sup>	10 <sup>25</sup>	23 <sup>50</sup>
HOP VALLEY BUBBLE STASH IPA, Vancouver	8 <sup>25</sup>	10 <sup>25</sup>	23 <sup>50</sup>
STANLEY PARK HAZY PALE ALE, Vancouver	8 <sup>25</sup>	10 <sup>25</sup>	23 <sup>50</sup>
BELGIAN MOON, Canada	8 <sup>25</sup>	10 <sup>25</sup>	23 <sup>50</sup>
COORS LIGHT, Canada	8 <sup>25</sup>	10 <sup>25</sup>	23 <sup>50</sup>
SEASONAL SOUR	8 <sup>25</sup>	10 <sup>25</sup>	23 <sup>50</sup>
FEATURE DRAFT	8 <sup>25</sup>	10 <sup>25</sup>	23 <sup>50</sup>
FEATURE CIDER, Canada	8 <sup>75</sup>	10 <sup>50</sup>	25

### BOTTLES & CANS

KOOTENAY MOUNTAIN ALE, Creston 341 ml	7 <sup>75</sup>		
BUDWEISER, USA 341 ml	7 <sup>75</sup>		
BUD LIGHT, USA 341 ml	7 <sup>75</sup>		
MOLSON CANADIAN, Canada 341 ml	7 <sup>75</sup>		
CORONA, Mexico 330 ml	8 <sup>75</sup>		
GUINNESS, Ireland 440 ml	9 <sup>50</sup>		
WHISTLER FORAGER, Whistler 330 ml - gluten-free	8 <sup>75</sup>		
HEINEKEN ZERO, Holland - non-alcoholic	6 <sup>75</sup>		
ROCK CREEK CIDER, BC 355 ml	7 <sup>75</sup>		

## NON-ALCOHOLIC

SMART WATER	5
FROZEN BLUEBERRY LEMONADE	6 <sup>50</sup>
PASSION FRUIT SODA	5
VIRGIN CAESAR	6 <sup>50</sup>
RED BULL	6
Original, Sugar Free, Watermelon	
SAN PELLEGRINO	7

## COCKTAILS

PALOMA 12 <sup>75</sup> reposado tequila, sparkling grapefruit, house made bitters 2 oz	
APEROL SPRITZ 10 <sup>75</sup> prosecco, aperol, fresh orange 1oz	
PEACH MANGO BELLINI 9 <sup>25</sup> peach vodka, sparkling wine, peach schnapps, mango purée, 1oz	
FROZEN BLUEBERRY MARGARITA 12 <sup>50</sup> locally sourced blueberries, fresh lemon, lime, blanco tequila, triple sec 2oz	
MOUNTAIN SELTZER 9 <sup>25</sup> ketel one peach and orange blossom, sparkling water, cucumber 1oz	
RED OR WHITE SANGRIA 9 <sup>25</sup> fruit juice, fresh citrus, brandy, elderflower liqueur 1oz	
FANCY PANTS CAESAR 12 pepperoncini, olive, pepperoni stick, horseradish, pickle juice, rimmed with celery salt, habanero salt, montreal steak spice 1 oz	
MOSCOW MULE 12 ketel one, ginger beer, fresh lime 2oz	
MONASHEE AVIATION 12 <sup>75</sup> locally made monashee gin, fresh lemon, maraschino, crème de violette 2oz	
PAPER PLANE 13 <sup>75</sup> bulleit bourbon, amaro nonino, aperol, fresh lemon 2oz	
BARREL AGED OLD FASHIONED 14 <sup>75</sup> lot 40 rye, bulleit bourbon, house-made bitters, local preserved cherries, barrel aged 2oz	
SHAFT 9 <sup>25</sup> cold brew coffee, vodka, kahlúa, baileys 1oz	
PASSION FRUIT MIMOSA 9 <sup>75</sup> sparkling wine, passion fruit	

## HAPPY HOUR ☺ 2PM–5PM DAILY

SHAFT	7 <sup>50</sup>	
STOKED LAGER 16 oz	6 <sup>50</sup>	
HOUSE WINE 6 oz	6 <sup>50</sup>	SHRIMP GYOZA 8
PEACH MANGO BELLINI 1 oz	6 <sup>50</sup>	CRISPY CAULIFLOWER 8

## WINE

### WHITE

	6 oz	9 oz	750 ml
ROCKFORD WHITE Pinot Grigio	9 <sup>50</sup>	13 <sup>25</sup>	38 <sup>75</sup>
RUFFINO Prosecco, Italy	11		49
STELLARS JAY Sparkling Rose, Okanagan			59
SAINTLY Rose, Okanagan VQA	10	13 <sup>75</sup>	39 <sup>75</sup>
SEE YA LATER RANCH Pinot Gris, Okanagan VQA	11 <sup>50</sup>	16 <sup>75</sup>	49
STARBOROUGH Sauv Blanc, New Zealand	11 <sup>75</sup>	17	49
INNISKILLIN Chardonnay, Okanagan VQA	10	13 <sup>75</sup>	39 <sup>75</sup>
NK'MP "QWAM'QWMT" Chardonnay, Okanagan VQA			65

### RED

	6 oz	9 oz	750 ml
ROCKFORD RED, Shiraz	9 <sup>50</sup>	13 <sup>25</sup>	38 <sup>75</sup>
INNISKILLIN Pinot Noir, Okanagan VQA	11 <sup>50</sup>	16 <sup>75</sup>	49
QUAILS' GATE Pinot Noir, Okanagan VQA			65
ANTINORI PÉPPOLI Chianti, Italy			65
DOÑA PAULA Malbec, Argentina	11 <sup>50</sup>	16 <sup>75</sup>	49
SUMAC RIDGE Cab Merlot, Okanagan VQA	11	16	45
TOM GORE Cab Sauv, California	12	17 <sup>50</sup>	50
BLACK SAGE Cab Sauv, Okanagan VQA			67
MOON CURSER BORDER VINES Cab/Malbec/Carmenere, Osoyoos VQA			63
LAUGHING STOCK "PORTFOLIO" Meritage, Okanagan			95
CORCELLETES Cab Sauv, Okanagan			125
BERINGER KNIGHTS VALLEY Cab Sauv, Sonoma			110
CLIFF LEDE Cab Sauv, Stags Leap			190

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bar | grill