



SPROUTS VINE BISTRO

BRUNCH, BISTRO & BAR

OPEN 7AM TO 9PM



BRUNCH

EGGS BENEDICT

All of our eggs benedict are served with house made biscuit topped with perfectly poached eggs, and smothered in rich creamy brown butter hollandaise sauce, smashed roasted baby potato hash

SMOKED PULLED BRISKET

Maple wood 16 hours smoked pulled AAA brisket. 18.99

5 MUSHROOM & BACON

Portabella, shitake, oyster, button, cremini mushroom braised in red wine, double smoked bacon, feta cheese. 16.99

ATLANTIC LOBSTER

Atlantic lobster, celery, green onion, cheddar cheese. 23

SEA SALT CRUSTED PRIME RIB

Slow roasted to perfection and encrusted with sea salt & herb crusted shaved AAA prime rib. 23.99

SPINACH ARUGULA

Baby spinach, arugula, caramelized onion, parmesan, cream cheese, confit garlic. 17

PEACH BOURBON PULLED PORK

Canadian whisky Peach and bourbon infused braised pulled pork. 17.50

BISON MAPLE PROSCIUTTO

House cured bison prosciutto, basil, balsamic, feta. 23.99

CANADIAN BACK BACON

Honey chipotle smoked back bacon. 18.99

CAPRESE

Heirloom tomato, Rafferty farm basil, burrata. 16.99
ADD Bacon : \$ 3.99

DOSA CREPE

All of our gluten free crepes are stuffed with smashed roasted Yukon gold baby potatoes and cheese

SPINACH ARUGULA

Baby spinach, arugula, caramelized onion, parmesan, cream cheese, confit garlic. 17.99

SMOKED PULLED BRISKET

Maple wood 16 hours smoked pulled AAA beef brisket, cheese sauce. 19

PEACH BOURBON PULLED PORK

Canadian whisky Peach and bourbon infused Braised pulled pork, hollandaise sauce. 18.99

5 MUSHROOM & BACON

Portabella, shitake, oyster, button, cremini mushroom braised in red wine, double smoked bacon, feta cheese, truffle oil .18

ATLANTIC LOBSTER & BACON

Atlantic lobster, celery, green onion, bacon hollandaise. 23.99

SEA SALT CRUSTED PRIME RIB

Slow roasted perfection and encrusted with sea salt& herb crusted shaved AAA prime rib cheese sauce. 24

CHOCOLATE & BERRY

Nutella chocolate, berries, topped with with mixed berry compote, whipped cream. 14

BREAKY SKILLET

SMOKED PULLED BRISKET OMELETTE

Maple wood 16 hours smoked pulled AAA beef brisket, aged cheddar, smashed baby potato hash, house made sourdough
18.50

5 MUSHROOM & BACON OMELETTE

Portabella, shitake, oyster, bottom, gramine mushroom braised in red wine, smoked bacon, aged cheese, truffle oil, smashed baby potato hash, house made sourdough
17.50

ATLANTIC LOBSTER OMELETTE

Atlantic lobster, celery, green onion, aged cheddar, smothered on brown butter hollandaise. 23

SHAKSHOUKA

Free run eggs, braised on vine grape tomato, fresh basil, shallots, parmesan cheese served with, naan bread. 19.99

DUTCH BABY PANCAKE

Fluffy baked pancake, topped with seasonal berry compote, whipped cream, double smoked bacon. 19.99

3 LAYER BELGIUM WAFFLE

berry and whipped cream 3 layer Belgium waffle, double smoked bacon or sausage. 19.99

AVACODO CROISSANT

House baked buttery croissant, avocado mashed, crunchy greens, tomato, poached eggs, hollandaise, Roasted smashed Yukon gold baby potato. 21

HANDHELDS

burgers & sandwiches are served with soup or salad, Baked fries , Add: poutine \$3
Please check with our server about our lunch feature and soup de Jour,

GOURMET BURGERS

BISON BURGER

House seasoned locally sourced bison, saskatoon BBQ sauce, fresh greens, tomato, swish cheese, smokey aioli, on brioche bun. 22.99

ELK BURGER

House seasoned locally sourced elk, saskatoon BBQ sauce, fresh greens, tomato, swish cheese, smokey aioli, on brioche bun. 23.99

BEEF BURGER

House seasoned locally sourced beef, smokey BBQ sauce, fresh greens, tomato, cheddar cheese, saskatoon aioli, on brioche bun. 19

TEQUILA LIME CHICKEN BURGER

Tequila infused chicken breast, brie cheese, fig, fennel jam, fresh greens, tomato, on brioche bun

19 CANADIAN PRIME RIB MELT

Slow roasted and encrusted with sea salt & herb crusted shaved AAA prime rib, cheddar cheese, aioli, on focaccia
23.50

SMOKED BRISKET ON A BUN

Maple wood 16 hours smoked pulled AAA beef brisket cheddar cheese, lettuce, tomato, pickles, sak aioli 19

STEAK S/W & FRITES

Sous vide reverse sear 6 ounces AAA striploin with BBQ sauce, baked fries. 16.99

HOUSE MADE CROISSANT SANDWICHES

ATLANDIC LOBSTER ON CROISSANT

Atlantic lobster, celery, peppers, green onion, French mayo, balsamic on house made croissant. 23.

BLT SWISS

Double smoked bacon, lettuce, tomato, Swiss cheese, French mayo, on house baked croissant. 19

SALADS

SMOKEY CAESAR SALAD

Baby romaine, double smoked bacon, smokey Caesar dressing, roasted garlic crotons. 17

DUCK PROSCIUTTO & CRANBERRY

house cured duck prosciutto, cranberry, feta, figs, candied almond , orange, crunchy green, balsamic. 18

BERRY & FETA

Seasonal berries, garden fresh greens, feta cheese, with Rose strawberry mint dressing. 16

STEAK & ARUGULA

8 oz AAA striploin, avocado, cherry tomatoes, red onion, candied almond, feta. 23.99

SOUP & SALAD COMPO

Choice of salad with choice of house made soup served with brioche bun. 16

BUDDHA BOWL

organic quinoa, avocado, chickpeas, edamame, roasted vegetables, add tequila chicken \$ 7, add garlic shrimp \$12. 16

BAKED POUTINE

Baked fries smothered on trio cheese sauce, beef gravy & smoked bacon bits, add brisket or pulled pork \$7. 11

All our menu items may contain nuts, dairy, gluten & b peanuts

APPETIZERS

... FLATBREADS ...

ASK FOR CHARCOAL FLAT BREAD

5 MUSHROOM

Portabella, shitake, oyster, button, cremini mushroom braised in red wine Aged cheddar, mozzarella, parmigiana Reggiano, truffle oil. 16

LAMB & PARM

wine braised lamb, saskatoon, fig & fennel jam, Aged cheddar, mozzarella, grana Padano balsamic glaze. 18.90

BISON PROSCIUTTO

House cured bison prosciutto, balsamic reduction, maple caramelized onion, brie, arugula, cheddar, mozzarella, 19

ATLANTIC LOBSTER

Atlantic lobster, dill, celery, green onion, Aged cheddar, mozzarella, grana Padano balsamic glaze. 21

5 FROMAGE

Heirloom grape tomato, Rafferty basil Aged cheddar, mozzarella, grana Padano, goat cheese, feta, balsamic glaze. 16.99

... SHAREABLES ...

ROASTED TRIO BEET TARTAR

Golden, red, candy beets tartar, whipped feta, parmesan, roasted nuts, served with house baked sourdough. 15.99

COCONUT CURRY MUSSELS

Blue mussels braised in coconut basil curry, with house baked French baguette. 17.99

SPINACH & ARUGULA DIP

Baby spinach, arugula, artichoke, cream cheese, confit garlic served with naan bread. 16

CHARCUTRIE BOARD

Locally sourced cured meat & cheese, house cured duck and bison prosciutto, crostini, home made jam & chutney. 27.99

BAKED BRIE & FIG

Tribble cream brie baked with saskatoon, figs & caramelized fennel chutney served with crostini. 16

BRUSCHETTA

Prosciutto Rafferty basil, heirloom tomato, grana Padano on sourdough, balsamic glaze. 16

SMOKED WINGS

Honey chipotle blue cheese, 7 spice dry rub, saskatoon BBQ, mango habanero BBQ, Herb butter parmesan. 13.99

... WINE PAIRING ...

BARTENDER CREATION OF THE DAY

PINOT NOIR

Earthy & fruity, silky tannins in a merlot can complement the umami flavors of mushrooms 6oz 10.90
9oz 12.50

MERLOT

Vibrant mix of red and black fruits being frequently cited, dry wine 6oz 11.90
9oz 13.50

SYRAH

This wine has smoky, peppery and dark fruit flavors that match the richness of the bison prosciutto 6oz 11.90
9oz 13.50

CHARDONNAY

Chardonnay is creamy texture and citrus can paired well with lobster 6oz 12.90
9oz 14.50

DRY ROSE

Rose wines offers a refreshing acidity that can cut through the richness of the cheese 6oz 11.90
9oz 13.50

... WINE PAIRING ...

PROSECCO

Crisp & fruity classic Italian wine good choice for beets. 6oz \$11.90
9oz \$13.50

SAUTERNES

The classic pairing, it is rich sweetness, honeyed and balance of acidity 6oz \$11.90
9oz \$13.50

SAUVIGNON BLANC

Citrus & tropical fruit taste, grassy herbaceous aromas it is a light to medium 6oz \$11.90
9oz \$13.50

WINE FLIGHTS

This is a tasting experience offering a selection of 4 wines to be tasted and compared, \$23.90

PINOT NOIR

Earthy & fruity, silky tannins in a merlot can complement the umami flavors 6oz \$11.90
9oz \$13.50

CABERNET SAUVIGNON

Citrus & tropical fruit taste, grassy or herbaceous aromas it is a light to medium 6oz \$12.90
9oz \$14.50

PINOT GRIGIO

It's crispy acidity, make it great match for Bruschetta 6oz \$12.90
9oz \$14.50

DINNER

ENTR'EE

SOUS VIDE SUPREME

Tequila infused sous vide chicken supreme with Gruyere velouté, served with coconut herb quinoa risotto , organic butter poached vegetables. 31

SASK BERRY LAMB SHANK

Grenache saskatoon berry braised lamb shank served with confit mashed potato, au jus, butter poached organic vegetables. 39.99

CONFIT DUCK BREAST

Confit Brom lake duck breast served with organic quinoa coconut risotto, juniper berry au jus, organic butter poached vegetables. 31.50.

12 HOURS MAPLE WOOD SMOKED BRISKET

Maple wood 12 hours smoked AAA beef brisket on confit mashed potato red wine au jus and butter poached seasonal vegetables. 34.99.

CATCH OF THE DAY

catch of the day served with organic butter poached vegetables. 29.99

REVERSE SEAR AAA RIB EYE

Chadian whiskey infused 12 oz AAA Beef ribeye reverse seared, served with confit mashed potato, maple whisky au jus, organic butter poached vegetables. 44.99

REVERSE SEAR AAA STRIPLOIN

Cognac infused 8 oz AAA striploin, served with confit mashed potato, maple whisky glaze, organic butter poached vegetables. 34.99

BUTTERNUT SQUASH RAVIOLI

Butternut squash , parmesan cheese, shallots, herb stuffed ravioli cooked in rich creamy white wine sauce , served with garlic focaccia. 27.99

WINE PAIRING

BURGUNDY WINE

It's earthy undertones red fruits, floral hints and sometimes subtle spices 6oz 11.90 9oz 13.50

CABERNET SAUVIGNON

Citrus & tropical fruit taste, grassy or herbaceous aromas it is a light to medium 6oz 11.90 9oz 13.50

MALBEC

The robust tannins and earthy of malbec provide a great match for the slightly smokey and rustic nature of duck confit. 6oz 12.90 9oz 14.50

SYRAH

This wine has smoky, peppery and dark fruit flavors that match the richness of the smoked brisket. 6oz 11.90 9oz 13.50

SAUVIGNON BLANC

Citrus & tropical fruit taste, grassy or herbaceous aromas it is a light to medium 6oz 13.90 9oz 15.50

AGED CABERNET

Citrus & tropical fruit taste, grassy or herbaceous aromas it is a light to medium wine. 6oz 15.90 9oz 17.50

ZINFANDEL

Fruity and bold, it pairs well especially the striploin has a sweet glaze or BBQ rub. 6oz 13.90 9oz 15.50

PINOT NOIR

Earthy & fruity, silky tannins in a merlot can complement the umami flavors. 6oz 11.90 9oz 13.50

DESSERTS

Honey Wine Poached Pear Tart Tatin

White wine and local Honey Poached Pear, cooked in a Fennel Back Tea Caramel sauce with a Puff Pastry crust, served with House Made Browned Butter Vanilla Bean Ice Cream and a Local Honey Tuille 12

Black Sesame Miso Chocolate Entremets

Dark Chocolate Miso Mousse, Black Sesame Graham Crumb Base, Berry Coulis , Dark Chocolate Mirror Glaze 14

Pot De Creme

Velvety Custard topped with Chantilly cream and Berry Coulis. Daily Flavors 9

DAILY DINNER FEATURE

All our menu items may contain nuts, dairy, gluten, peanuts

SPROUTS DINNER MENU

... COCKTAILS ...

FRENCH 75	15.00
Dry gin, champagne, lemon juice, house made syrubb	
BOULEVARIDIER	15.00
Bourbon, sweet vermouthe, bitter,	
KIR ROYAL	16.50
Cream de cassis, champagne, mint	
ANGLE FACE	15.99
Brandy, brandy, fruit syrup	
BETWEEN THE SHEETS	14.99
Rum, cognac and triple sec, lime juice	
BLUE LAGOON	14.99
Vodka, curacao, lemon,	

• SAGRIA AU BLANK •

LAVANDER	
Lavender, pinot grigio, brandy, grand mariner, soda.	11.50
SAFFRON	
organic saffron, sauvignon Blanc, brandy, soda	11.90
MOON LIGHT	
gin, triple sec, prosecco, citrus, soda	9.90
CHAMOMILE FULL MOON	
Fruity wine, chamomile tea, gin, soda	11.50
MELLON	
Seasonal melon, & zesty classic Italian wine, melon liquor	11.50
CABERNET SAUVIGNON	
Citrus & tropical fruit taste, grassy or herbaceous aromas it is a light to medium wine	11.50
CABERNET SAUVIGNON	
Citrus & tropical fruit taste, grassy or herbaceous aromas it is a light to medium wine	6oz 9.90 9oz 11.50
PIONOT GRIGIO	
It's crispy acidity, make it great match for Bruschetta	6oz 9.90 9oz 11.50
WINE FLIGHTS	
This is a tasting experience offering a selection of 4 wines to be tasted and compared,	24.90