



BRUNCH

BRUNCH DRINKS

MIMOSA

LAVENDER 11

CLASSIC 9

SPICY PEACH 10.50

SASKATOON BERRY 11

JUICES

ORANGE JUICE 3.50

PINEAPPLE JUICE 3.50

CRANBERRY JUICE 3.50

APPLE JUICE 3.50

HOT BEVERAGES

CAPPUCCINO 5.50

MOCHACCINO 6.50

MOCHA LATTE 6.50

LATTE 6.00

AMERICANO 3.50

ESPRESSO SINGLE 4.50

ESPRESSO DOUBLE 7.00

ESPRESSO MARTINI 11

BAILEYS AND COFFEE 12.90

TEA

EARL GREY 3.50

GREEN TEA 3.50

ENGLISH BREAKFAST 3.50

CHAMOMILE 3.50

LEMON & GINGER 3.50

BLACK TEA 3.50

MINT 3.50

SODA

COKE 3

ROOT BEER 3

Sprite 3

GINGER AILE 3

7 UP 3

ICED TEA 3

PEPSI 3

DIET COKE 3

WATER 2

“Where there is brunch, there is happiness.”

“Happiness is homemade... and served with coffee.”

“The best memories are made around the table.”

BRUNCH

... EGGS BENEDICT ...

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

SMOKED PULLED BRISKET

Maple wood 16 hours smoked pulled AAA brisket. 18.99

5 MUSHROOM & BACON

Portabella, shiitake, oyster, button, and cremini mushroom braised in red wine, double-smoked bacon, feta cheese.

ATLANTIC LOBSTER

Lobster, celery, green onion, cheddar cheese. 23

SEA SALT CRUSTED PRIME RIB

Slow roasted to perfection and encrusted with sea salt & herb 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

BBQ PULLED BISON

Jack Daniels maple BBQ pulled bison, caramelized onion. 23.99

... DOSA CREPE ...

All of our gluten free crepes are stuffed with smashed roasted Yukon gold baby potatoes, scrambled eggs 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 to perfection and encrusted with sea salt& herb shaved AAA prime rib,cheese sauce. 24

CHOCOLATE & BERRY

Nutella , berries, topped 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 bread. 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 bread. 17.50

ATLANTIC LOBSTER OMELETTE

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

SHAKSHOUKA

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

DUTCH BABY PANCAKE

Fluffy baked pancake, topped with berry compote, whipped cream and double smoked bacon or sausage. 19.99

AVOCADO CROISSANT

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

HANDHELD S

Burgers & sandwiches are served with soup ,salad or tallow 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, Swiss cheese, smoky aioli, on a brioche bun. 22.99

ELK BURGER

House seasoned locally sourced elk, saskatoon BBQ sauce, fresh greens, tomato, Swiss cheese, garlic aioli, on a brioche bun. 23.99

BEEF BURGER

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

TEQUILA LIME CHICKEN BURGER

Tequila infused chicken breast, brie cheese, fig, apple & fennel jam, fresh greens, tomato, on a brioche bun. 19

CANADIAN PRIME RIB MELT

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

SMOKED BRISKET ON A BUN

Maplewood 16 hour smoked pulled AAA beef brisket, cheddar cheese, lettuce, tomato, saskatoon aioli.

19

HOUSE MADE CROISSANT SANDWICHES

LOBSTER CROISSANT 23

Lobster, celery, green onion, mayo, lettuce, tomato, balsamic on house made croissant.

BLT SWISS 19

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

SALADS

SMOKY CAESAR SALAD 17

Baby romaine, double smoked bacon, smoky Caesar dressing, roasted garlic croutons.

PROSCIUTTO & CRANBERRY 18

Cured prosciutto, cranberry, feta, candied pecans , oranges, crunchy green, balsamic. vinaigrette.

SOUP & SALAD COMBO 16

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

BUDDHA BOWL 16

Quinoa, avocado, chickpeas, edamame, seasonal vegetables , lemon garlic aioli add tequila chicken \$ 7, garlic shrimp. \$12.

POUTINE 11

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

DESSERTS

Honey Wine Poached Pear Tart Tatin

White wine and Nixon Honey Poached Pear, baked in a Fennel Back Tea Caramel sauce with a Puff Pastry crust, served with House Made Browned Butter Vanilla Bean Ice Cream and a Nixon Honey Tuille. 12.99

Black Sesame Miso Chocolate Entremet

Dark Chocolate Miso Mousse, Black Sesame Graham Crumb Base, Black Currant Coulis , Chantilly Cream Dark Chocolate Mirror Glaze

14

Creme Brulee

Velvety Custard, Caramelized Sugar topped with Chantilly cream and Berry Coulis. Daily Flavors. 9.50



DINNER

APPETIZERS

... FLATBREADS ...

... WINE PAIRING ...

5 MUSHROOM & BACON

Portabella, shitake, oyster, button, cremini mushroom braised in red wine, bacon aged cheddar, mozzarella, garlic aioli, truffle oil. 16.99

WINE BRAISED LAMB AND FIG

Shiraz braised lamb, fig & fennel, apple jam, Aged cheddar, mozzarella, parmesan balsamic glaze. 18.90

BBQ PULLED BISON

Jack Daniels, maple BBQ Pulled bison, caramelized onion, brie, arugula, cheddar, mozzarella, smokey aioli. 19

LOBSTER

Lobster, dill, celery, green onion, aged cheddar, mozzarella, parmesan, garlic aioli, balsamic glaze. 23

CAPRESE

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

... SHAREABLES ...

WARM ROASTED TRIO BEET

Golden, red, candy beets tartar, whipped feta, parmesan, roasted nuts, served with house baked sourdough. 16.99

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, crostini, home made jam & chutney. 27.99

BAKED BRIE & FIG

Triple cream brie baked with fig, apple and fennel jam served with crostini. 17.99

SMOKED WINGS

Honey chipotle Blue Cheese, 7 spice dry rub, Saskatoon BBQ, Spicy Peach BBQ, Herb butter parmesan. 14.99

PINOT NOIR

Earthy & fruity, silky tannins in a merlot can complement the umami flavors of mushrooms

MERLOT

Vibrant mix of red and black fruits being frequently cited, dry wine

SHIRAZ

This wine has smoky, peppery and dark fruit flavors that match the richness of the bison prosciutto

CHARDONNAY

Chardonnay is creamy texture and citrus pairs well with lobster

DRY ROSE

Rose wines offers a refreshing acidity that can cut through the richness of the cheese

... WINE PAIRING ...

PROSECCO

Crisp & fruity classic Italian wine good choice for beets.

CHARDONNAY

A crisp, zesty white that bring bright citrus, herbal lift, razor-sharp acidity to cut cleanly through natural brininess

SAUVIGNON BLANC

Citrus & tropical fruit taste, grassy herbaceous aromas it is a light to medium

WINE FLIGHTS

This is a tasting experience offering a selection of 3 wines to be tasted and compared.

PINOT NOIR

Earthy & fruity, silky tannins in a merlot can complement the umami flavors

BEER FLIGHT

A tasting experience of 3 of our local craft beers.

DINNER

ENTREE

WINE PAIRING

SOUS VIDE SUPREME

Tequila infused sous vide chicken supreme with white wine gruyere velouté, served with coconut herb quinoa risotto , organic butter poached vegetables. 33

CONFIT DUCK BREAST

Confit Brome lake duck breast served with organic quinoa coconut risotto, juniper berry au jus, organic butter poached vegetables. 33.50.

12 HOURS MAPLE WOOD SMOKED BRISKET

Maple wood 12 hours smoked AAA beef brisket on confit mashed potato, maple whisky jus and butter poached seasonal vegetables. 34.99.

CATCH OF THE DAY

Catch of the day served with organic butter poached vegetables. 33.99

REVERSE SEAR AAA BEEF TENDERLOIN

Canadian whiskey infused 8 oz AAA beef Tenderloin reverse seared, served with confit mashed potato, maple whisky au jus, butter poached organic vegetables. 49.99

SURF & SMOKED TURF PLATTER

Atlantic baby lobster tail, herb garlic black tiger shrimps, 12 hours maple wood smoked brisket, sous vide chicken breast, served with confit mashed potato, organic butter poached vegetables. 119.99

BUTTERNUT SQUASH RAVIOLI

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

DAILY DINNER FEATURE

SALADS

SMOKY CAESAR SALAD ¹⁷

Baby romaine, double smoked bacon, smoky Caesar dressing, roasted garlic croutons.

PROSCIUTTO & CRANBERRY ¹⁸

cured prosciutto, cranberry, feta, candied pecans , oranges, crunchy green, balsamic. vinaigrette.

BUDDHA BOWL ¹⁶

Quinoa, avocado, chickpeas, edamame, roasted vegetables, lemon garlic sauce add tequila chicken \$ 7, add garlic shrimp. \$12.

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

H A N D H E L D S

Burgers & sandwiches are served with soup ,salad or tallow fries. Add: poutine \$3
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TEQUILA LIME CHICKEN BURGER

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CANADIAN PRIME RIB MELT

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SMOKED BRISKET ON A BUN 19

Maplewood 16 hour smoked pulled AAA beef brisket cheddar cheese, lettuce, tomato, saskatoon aioli.

POUTINE 11

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

D E S S E R T S

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Black Sesame Miso Chocolate Entremet

Dark Chocolate Miso Mousse, Black Sesame Graham Crumb Base, Black Currant Coulis , Chantilly Cream Dark Chocolate Mirror Glaze

13.99

Creme Brulee

Velvety Custard, Caramelized Sugar topped with Chantilly cream and Berry Coulis. Daily Flavors. 9.50

SPROUTS COCKTAIL MENU

COCKTAILS

SANGRIA WHITE

ELDER FLOWER MARTINI

Vodka or gin, elderflower liqueur, lemon juice. 14.50
2 OZ Double 18.50

FRENCH 75

Dry gin, champagne, lemon juice, simple syrup. 14.
2 OZ Double 18.00

HONEY OLD FASHIONED

Rye, honey syrup, bitters. 14.50
2 OZ Double 17.99

APPLE CIDER SPRITZ

Aperol, apple cider, prosecco. 14.50
2 OZ Double 18.90

APRICOT and SMOKE

Bourbon, smoked apricot liquor, honey syrup, lemon juice. 14.50
2 OZ Double 17.90

BLACKCURRANT VANILLA MOJITO

White rum, blackcurrant vanilla cordial, lime juice, mint, syrup, soda. 14.90
2 OZ Double 18.90

TRADITIONAL CAESAR

Vodka, clamato, lime, worcestershire. 13.90
2 OZ Double 17.90

COSMOPOLITAN

Vodka, triple sec, lime, cranberry. 14.50
2 OZ Double 18.50

WHISKEY SOUR

Bourbon whiskey, lemon juice, egg white, bitters. 15.90
2 OZ Double 18.90

LAVENDER

Lavender, brandy, pinot grigio, berries. 14.50

SPROUTS VINE SANGRIA

Green grapes, cognac, brandy, white wine, Midori melon. 14.50

SPICY PEACH

White wine, spicy peach, brandy, soda 14.50

SANGRIA RED

SASKATOON BERRY

Red wine, triple sec, saskatoon, orange juice, lemon, soda. 15.50

RASPBERRY

Red wine, Triple sec, Raspberry simple syrup, amaretto, lemon. 15.50

CHERRY

Red wine, Triple sec, cherry syrup, lemon. 15.50

MULLED WINE

Red wine, spices, brandy, maple syrup, orange juice. 15.50

NON ALCOHOLIC SANGRIA

LAVENDER

Lavender, fruit juice, berries, soda. 16.90

SPICY PEACH

Spicy peach, cocktail juice, soda. 16.90

SASKATOON BERRY

Saskatoon, orange juice, lemon, soda. 16.90

WINE

PREMIUM WINE

ELITE

RED WINE

SHANNON RIDGE CABERNET FRANCE
BOTTLE 66.50

HAYWIRE PINOT NOIR CANADA
BOTTLE 79

J.LOHR LOS MERLOT USA
BOTTLE 78

GRAND BAROSSA SHIRAZ FRANCE
BOTTLE 73

KAIKEN ULTRA MALBEC ARGENTINA-
BOTTLE 69 ORGANIC/VEGAN

WHITE WINE

SAN ANGELO PINOT GRIGIO ITALY
BOTTLE 67

RAPAURA SAUVIGNON BLANC NEW ZELAND-
BOTTLE 65 ORGANIC/VEGAN

SONOMA CUTRER CHARDONNAY USA
BOTTLE 79.99

GOBELSBURG RIESLING AUSTRIA
BOTTLE 73

SUMMER WATER ROSE USA
BOTTLE 65

SPARKLING

CARPENE MALVOLTI EXTRA DRY FRANCE
BOTTLE 79.99

STANDARD WINE

RED WINE

CYPRESS CABERNET SAUVIGNON CALIFORNIA
6OZ 14.50
9OZ 18.50
BOTTLE 47.50

TUSSOCK JUMPER PINOT NOIR FRANCE
6OZ 13.00
9OZ .17.50
BOTTLE 44

LODI ESTATES MERLOT USA
6OZ 13.50
9OZ 17.50
BOTTLE 48

ARGENTO ESTATE MALBEC ARGENTINA-
6OZ 14.00 ORGANIC/VEGAN
9OZ 19.00
BOTTLE 52.50

XANADU SHIRAZ AUSTRALIA
6OZ 17.90
9OZ 21.50
BOTTLE 59

SPARKLING

CARPENE MALVOLTI PROSECCO CUVEE EXTRA DRY
6 OZ BOTTLE 16 ITALY

GEMMA DI LUNA PROSECCO ITALY
BOTTLE 53.99

RED WINE

J.LOHR HILLTOP CABERNET USA
BOTTLE 148

DECOY MERLOT USA
BOTTLE 92

BOURGOGNE PINOT NOIR
BOTTLE 115 FRANCE

WEST CAPE HOWE SHIRAZ
BOTTLE 105 AUSTRALIA

ZORZAL MALBEC ARGENTINA
BOTTLE 97

WHITE WINE

DUCKHORN SAUVIGNON BLANC USA
BOTTLE 129

ZOBINGER RIESLING HEILIGENSTEIN
BOTTLE 92 AUSTRIA

BOURGOGNE CHARDONNAY
BOTTLE 105 FRANCE

TERRES BLANCHES SANCERRE

BOTTLE 152 FRANCE

BELLE GLOS ROSE USA
BOTTLE 89

SPARKLING

DECoy BRUT USA
BOTTLE 91

WHITE WINE

ARGENTO ESTATE PINOT GRIGIO
ARGENTINA-ORGANIC/VEGAN

6OZ 13.90

9OZ 18.00

BOTTLE 46

CASA SILVA SAUVIGNON BLANC
6OZ 12.90 CHILE

9OZ 16.00

BOTTLE 43

CYPRESS CHARDONNAY USA
6OZ 14.90

9OZ 19.00

BOTTLE 53

PETER MERTES RIESLNG GERMANY
6OZ 12.90
9OZ 17.00
BOTTLE 42

LOEBTIA ROSE

6OZ 12.90 SPAIN-

9OZ 17.00 ORGANIC/VEGAN

BOTTLE 46



NON- ALCOHOLIC WINE

ARIEL CHARDONNY

49

ARIEL CABERNET SAUVIGNON

53



BEER & SODA

... CRAFT BEER ...

CRAFT ON TAP

12 OZ . 7

16 OZ 9.50

... CAN & BOTTLES ...

PILSNER	8
BUDWEISER	8
CANADIAN	8
KOKANEE	8
CORONA	8
COORS LIGHT	8
GUINNESS	8
TROUBLED TEA	8
OKANAGAN APPLE	12
OKANAGAN PEAR	12
NEW ON MARKET	9

... SODA ...

COKE	3
PEPSI	3
GINGER ALE	3
Sprite	3
7 UP	3
ROOT BEER	3
ICED TEA	3
DIET COKE	3
ZERO SUGAR COKE	3
WATER	2



MEET YOUR FRIENDS



TUESDAY

BEER & WINGS TASTER

WINE LOVERS

WEDNESDAY

PREMIUM WINE TASTING

DATE NIGHT

THURSDAY

SPECIAL PRICE DATE NIGHT

FRIENDS & FAMILY NIGHT

SUNDAY

AAA PRIME RIB DINNER

HUN & BUN MENU



GRILLED CHEESE

8

BEEF SLIDER

9

BAKED CHICKEN FINGERS

9

MINI WAFFLE & BERRY

9

