



- 1 Cowichan River Watershed
- 2 Cusheon Lake Watershed
- 3 Fraser River Watershed
- 4 Columbia River Watershed

Why watersheds are important

Our farmers have this in common:

They care about the sustainability of the environments in which they farm, forage and fish. Living on the Pacific coast, you can't deny the beauty and power of the Pacific Ocean. All of BC's watersheds drain into the mighty Pacific.



Forage has a regional watershed and terroir based BC wine menu. BC winemakers make wines reflective of the land the grapes grow on. They let the land tell the story, they celebrate that story. **Pretty loud voices of wines of place.** By bringing you the best of food and wine from these sub-regions we can understand the unique aspects of each and celebrate their successes. **Bar Manager: Peter Sullivan** oversees the entire bar program. His academic background in wine is with the International Sommelier Guild. Whenever he can he travels to the wine regions of BC - especially Naramata. Mineral deposits and the resulting terroir that was formed by glaciers is what gets him excited.

SPARKLING

Tasting notes include: delicate floral, citrus, green apple, and fresh yeast to richer vanilla, toast, nuts. *Pairs best with everything including our oysters, Snacks, Brunch, salty food, smoked salmon, and caviar.*

Chardonnay Meyer Family Vinyards NV	\$90
Pinot Noir Chardonnay Blue Mountain Vineyard & Cellars Brut Rosé R.D. 2013	\$100
Gamay Noir Bella Wines 2014 375ml	\$35
Pinot Blanc Stoneboat Vineyards 'Piano Brut' NV	\$55
Chardonnay Bella Wines Blanc de Blancs 2016	\$75

ROSÉS

Tasting notes include: light to medium body with crisp finish, strawberry, cherry, cranberry, raspberry, rhu-barb and mineral notes. *Pairs best with charcuterie, bbq and grilled meats, smoked salmon.*

Pinot Noir Blanc Niche Wine Co. 2016	\$55
Cab Franc Rosé Little Farm Winery 'Blind Creek Vineyard' 2016	\$55
Cab Franc Rosé Synchronesh Cachola Family Vineyards	\$60
Zinfandel Gamay Noir Rosé Pentâge Winery 2016	\$60
Pinot Noir Rosé La Frenz 2017	\$75

DESSERT WINES

Tasting notes: dried apricot, peach, citrus, tangerine, orange, passionfruit, pineapple, mango to caramel, raisin, nut. When made with a red grape, these wines may also offer notes of stewed red fruit and wild berries. *Pairs best with our Sweets and Cheeses, of particular note, the Cheese Puff with La Frenz Muscat Liqueur. *prices are for 2 oz glass**

Blackberry Rocky Creek Winery NV	\$7
Muscat La Frenz Winery 'Liqueur Muscat'	\$10
Sauvignon Blanc Clos du Soleil Winery 'Saturn' 2013	\$16
Riesling Ice Wine Jackson-Triggs Winery 2016	\$19
Malbec Petit Verdot Ruby Fortified Kettle Valley Winery 'Caboose' Solera NV	\$10
Merlot Syrah Tawny Fortified La Frenz Winery Solera NV	\$10
Vidal ArrowLeaf Cellars 'Special Select Late Harvest' 2015	\$10

REGION

OKANAGAN FALLS	4
OKANAGAN FALLS	4
NARAMATA BENCH	4
OLIVER	4
KAMLOOPS	3

WEST KELOWNA	4
SIMILKAMEEN VALLEY	4
OLIVER	4
SKAHA BENCH	4
SIMILKAMEEN VALLEY	4

COWICHAN VALLEY	1
NARAMATA BENCH	4
SIMILKAMEEN VALLEY	4
SOUTH OKANAGAN	4
NARAMATA BENCH	4
NARAMATA BENCH	4
LAKE COUNTRY	4

RED

PINOT & GAMAY NOIR

Tasting Notes include: light to medium body with silky tannins, cherry, strawberry, plum, violet, beetroot, mint, smoke, cinnamon, Asian Five Spice; black tea, mushroom, fresh tilled soil. Pairs best with Sea, Soil and duck, salmon, halibut, game birds and pork.

Gamay Noir JoieFarm Winery 2016	\$55	
Gamay Noir Pentâge Winery 2015	\$50	
Dolcetto Stag’s Hollow Winery ‘Shuttleworth Creek Vineyard’ 2016	\$65	<i>Margot’s choice</i>
Pinot Noir Arrowleaf Cellars ‘Solstice’ 2015	\$55	
Pinot Noir Gamay Noir JoieFarm Winery ‘PTG’ 2016	\$55	
Pinot Noir Blue Mountain Vineyard & Cellars 2015	\$65	
Pinot Noir Carson Pinot Co. 2015	\$100	<i>Anna’s choice</i>
Pinot Noir Meyer Family Vineyards ‘McLean Creek Road Vineyard’ 2015	\$100	
Pinot Noir Henricsson Vineyard ‘Deux Hivers’ 2015	\$160	

MEDIUM REDS

Tasting notes include a medium body, raspberries, plums, black cherries, licorice, orange, coffee, toffee, chocolate, fruit cake. Pairs best with Land, duck, charcuterie, grilled meats and lighter merlots with heavier seafood dishes.

Grenache Stag’s Hollow Winery 2016	\$60	
Merlot Blend Black Widow Winery ‘Hourglass’ 2013	\$90	
Merlot Blend La Frenz ‘Grand Total Reserve’ 2008	\$180	
Merlot Blend Mission Hill Family Estate ‘Oculus’ 2010	\$300	
Merlot Burrowing Owl Estate Winery 2015	\$65	<i>Cory’s choice</i>
Merlot Montagu Cellars ‘Three Barrel’ 2008	\$150	<i>Nick’s choice</i>
Merlot Poplar Grove 2014	\$95	
Merlot Blend Covert Farms ‘Amicitia’ 2014	\$65	
Merlot Blend Time Vineyards 2013	\$85	
Merlot Blend Sumac Ridge ‘Pinnacle’ 2006	\$600	

CABERNET SAUVIGNONS & CABERNET FRANCS

Tasting notes include a medium to full body, currant, berry, plum, black cherry, eucalyptus, green pepper, green olive, sometimes coffee, mocha, chocolate; also dusty, earthy, mineral, cedar, herb, mint; dill. Pairs best with our Land , lamb, grilled steaks, roast meats, duck, venison; younger, tannic cabernets with rare red meats.

Cabernet Franc Blend Poplar Grove Winery ‘The Legacy’ 2012	\$150	
Cabernet Franc Little Farm ‘Pied de Cuve’ 2015	\$85	
Cabernet Franc Painted Rock Estate Winery 2015	\$95	<i>Matthew’s choice</i>
Cabernet Franc Nichol Vineyard & Estate Winery 2016	\$75	<i>Peter’s choice</i>
Cabernet Franc Lock & Worth 2016	\$70	
Cabernet Sauvignon Blend Black Hills Estate Winery ‘Nota Bene’ 2015	\$110	
Cabernet Sauvignon Blend Fairview Cellars ‘The Bear’ 2014	\$95	
Cabernet Sauvignon Blend Orofino Winery ‘Beleza’ 2014	\$90	<i>Jackson’s choice</i>
Cabernet Sauvignon Covert Farms Family Estate ‘Grand Reserve’ 2012	\$150	
Cabernet Sauvignon Kettle Valley ‘Old Main Red’ 2013	\$85	
Cabernet Sauvignon La Frenz Winery ‘Rockefeller Vineyard’ 2015	\$65	
Cabernet Sauvignon Kettle Valley ‘Barber’ 2014	\$85	
Cabernet Sauvignon Culmina Family Estate Winery 2014	\$125	

BOLD REDS

Tasting notes include a full body, spice, white pepper, blackcurrant, blue and blackberry, cherry, with earthy, leathery notes. violet. Pairs best with Land, grilled meats, game birds, lamb.

Maréchal Foch Niche Wine Co. 2015	\$60	
Grenache/Syrah/Mourvèdre Pentâge Winery ‘GSM’ 2013	\$65	
Malbec Kettle Valley Winery 2011	\$80	
Malbec Van Westen Vineyards ‘Violeta’ 2015	\$75	
Maréchal Foch Alderlea Vineyards ‘Clarinet’ 2015	\$60	
Petit Verdot Blasted Church Vineyard ‘Holy Moly’ 2014	\$90	
Syrah Burrowing Owl Estate Winery 2015	\$80	
Syrah, Laughing Stock 2016	\$105	
Syrah Orofino Winery ‘Wild Ferment’ 2016	\$80	
Syrah C.C. Jentsch Cellars 2015	\$80	
Syrah Nichol Vineyard & Estate Winery ‘Reservare’ 2014	\$125	<i>JD’s choice</i>
Syrah Kettle Valley Winery ‘Rock Oven Red’ 2003	\$120	
Touriga Nacional Moon Curser Vineyards 2012	\$85	
Zinfandel Covert Farms Family Estate ‘Grand Reserve’ 2012	\$100	<i>Darice’s choice</i>
Merlot Blend Laughing Stock Portfolio Red 2013 **1.5L Magnum	\$300	

REGION

NARAMATA BENCH	④
SKAHA BENCH	④
OKANAGAN FALLS	④
LAKE COUNTRY	④
NARAMATA BENCH	④
OKANAGAN FALLS	④
NARAMATA BENCH	④
OKANAGAN FALLS	④
NARAMATA BENCH	④

OKANAGAN FALLS	④
NARAMATA BENCH	④
NARAMATA BENCH	④
SOUTH OKANAGAN	④
OLIVER	④
NARAMATA BENCH	④
NARAMATA BENCH	④
OLIVER	④
BLACK SAGE BENCH	④
SOUTH OKANAGAN	④

NARAMATA BENCH	④
SIMILKAMEEN VALLEY	④
PENTICTON	④
NARAMATA BENCH	④
NARAMATA BENCH	④
OLIVER	④
GOLDEN MILE BENCH	④
SIMILKAMEEN VALLEY	④
OLIVER	④
NARAMATA BENCH	④
GOLDEN MILE BENCH	④
NARAMATA BENCH	④
GOLDEN MILE BENCH	④

WEST KELOWNA	④
SKAHA BENCH	④
NARAMATA BENCH	④
NARAMATA BENCH	④
COWICHAN VALLEY	①
OKANAGAN FALLS-	④
OLIVER	④
NARAMATA BENCH	④
SIMILKAMEEN VALLEY	④
GOLDEN MILE SUB GI	④
NARAMATA BENCH	④
NARAMATA BENCH	④
OSOYOOS	④
OLIVER	④
NARAMATA BENCH	④

WHITE

CLEAN & CRISP

Tasting notes include: a range from full and crisp to medium and well rounded. Notes of pear, dried apricot, vanilla, almond, spice, clover honey, mineral or chamomile. Pairs best with Sea and Soil, cheese—goat, pork, salad, shellfish, green vegetables, garlic, herbs.

Albariño Stag’s Hollow Winery 2016	\$60		OKANAGAN FALLS	④
Grüner Veltliner Culmina Family Estate Winery ‘Unicus’ 2016	\$80	<i>Chef Welbert’s choice</i>	OLIVER	④
Pinot Blanc Clos du Soleil Winery ‘Grower’s Series Middle Bench Vineyard’ 2016	\$55		SIMILKAMEEN VALLEY	④
Pinot Blanc Lake Breeze Vineyards 2016	\$50		NARAMATA BENCH	④
Pinot Blanc Okangan Crush Pad ‘House of Margot’ 2016	\$45		OLIVER	④
Pinot Gris Black Widow Winery ‘Single Vineyard’ 2016	\$55		NARAMATA BENCH	④
Pinot Gris Burrowing Owl Estate Winery 2017	\$55	<i>Cory’s choice</i>	OLIVER	④
Pinot Gris Liquidity Wines 2016	\$55	<i>Nick’s choice</i>	OKANAGAN FALLS	④
Sauvignon Blanc Maverick Estate Winery 2016	\$50		OLIVER	④
Sauvignon Blanc Sémillon Howling Bluff Estate Winery 2016	\$60		NARAMATA BENCH	④
Sauvignon Blanc Fumé Blanc Clos du Soleil Winery 2016	\$60		SIMILKAMEEN VALLEY	④

FUN & FRUITY

Tasting notes include: Light to medium body, floral, lychee, peach, grapefruit, fruit salad; also mineral, earth, pepper, citrus, lemon, apricot, peach, pear, apple; herbal, floral, citrus, and even sometimes petrol in certain vintages. Pairs best with Sea and Soil, cheese—soft, strong & aged, brie, blue; asian spiced dishes, curry, ginger, pork, sausage, smoked food, spicy food, apples, duck, fruit, salad.

Gewürztraminer Averill Creek Vineyard 2014	\$50		COWICHAN VALLEY	③
Gewürztraminer Sage Hills Vineyard ‘Small Lot’ 2014	\$65		SUMMERLAND	④
Gewürztraminer Joie Farms “En Famille” 2015	\$75		NARAMATA BENCH	④
Muscat JoieFarm Winery 2016	\$50		NARAMATA BENCH	④
Riesling JoieFarm Winery ‘En Famille’ Reserve 2015	\$60	<i>Jackson’s choice</i>	NARAMATA BENCH	④
Riesling Orofino Winery ‘Home Vineyard Wild Ferment’ 2016	\$70		SIMILKAMEEN VALLEY	④
Riesling Synchromesh ‘4 Shadows’ Vineyard 2016	\$60		NARAMATA BENCH	④
Riesling Little Farm Winery ‘Pied de Cuve’ 2015	\$70	<i>Darice’s choice</i>	SIMILKAMEEN VALLEY	④
Riesling Sperling Vineyards ‘Old Vines Riesling’ 2011	\$70		KELOWNA	④
Riesling Tantalus Vineyards 2017	\$55	<i>Matthew’s choice</i>	KELOWNA	④
Riesling Culmina Family Estate Winery ‘Haut Plateau’ 2015	\$80	<i>Peter’s choice</i>	OLIVER	④

CHARDONNAY

Tasting notes include: crisp (unoaked) to full bodied and round, apple, pear, lemon-lime, pineapple, tropical fruit. If barrel fermented and/or oak-aged, also butter, butterscotch, toast, fig, vanilla, hazelnut, nutmeg, clove. Pairs best with Sea, and oysters, rich dishes with butter or cream sauce, fettuccine, and mushrooms.

Chardonnay (unoaked) Haywire Vineyards ‘Secrest Mountain’ 2016	\$65		OLIVER	④
Chardonnay Blue Mountain Vineyard & Cellars Reserve 2015	\$75	<i>Peter’s choice</i>	OKANAGAN FALLS	④
Chardonnay Coolshanagh 2015	\$65		NARAMATA	④
Chardonnay Little Farm Winery ‘Pied de Cuve’ 2015	\$80		SIMILKAMEEN VALLEY	④
Chardonnay NK’MIP Cellars ‘Qwam Qwmt’ 2016	\$70	<i>Brandon’s choice</i>	OSOYOOS	④
Chardonnay Privato Vineyard & Winery ‘Woodward Family’ 2013	\$65		KAMLOOPS	③
Chardonnay Time Winery ‘McWatters Collection’ 2016	\$70	<i>JD’s choice</i>	BLACK SAGE BENCH	④
Chardonnay Seven Stones Winery ‘Speaking Rock’ 2012	\$65		SIMILKAMEEN VALLEY	④
Chardonnay Henricsson Vineyard ‘Kajsa’ 2016	\$170		NARAMATA BENCH	④

BOLD WHITES

Tasting notes include: medium to full bodied, stone fruits, mango and honeysuckle to creamier aromas of vanilla with spices, lanolin. Pairs best with our Sea, butter and cream sauces, cheese, nuts, and pork.

Roussanne Blend Covert Farms Family Estate ‘Amicitia’ 2014	\$45		OLIVER	④
Roussanne/Viognier/Marsanne Moon Curser Vineyards ‘Afraid of the Dark’ 2016	\$50		OSOYOOS	④
Sémillon Bartier Bros. Vineyard & Winery ‘Cerqueira Vineyard’ 2014	\$60	<i>Brent’s choice</i>	OLIVER	④
Sémillon La Frenz Winery ‘Knorr Vineyard’ 2015	\$50		NARAMATA BENCH	④
Viognier Pentâge Winery 2015	\$60		SKAHA BENCH	④
Viognier Syrah Pareto’s Blend 2016	\$80		CENTRAL OKANAGAN	④
Viognier Kanazawa Wines ‘Nomu’ 2014	\$55		NARAMATA BENCH	④
White Pinot Noir Tinhorn Creek Vineyards ‘Innovation Series’ 2016	\$90		BLACK SAGE BENCH	④