



DRINKS

<b>WHITE</b>	<b>6oz</b>	<b>9oz</b>	<b>BTL</b>
Tinhorn Creek Pinot Gris	13	19	55
Bench 1775 Sauvignon Blanc	15	21	60
Mission Hill Reserve Chardonnay	15	21	60

### RED

Tinhorn Creek Merlot	14	19	55
Luigi Bosca Malbec	14	19	55
Grey Monk Meritage	18	26	75

### ROSÉ

Joie Farm Rosé	16	23	65
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### SPARKLING AND CHAMPAGNE

	<b>ml</b>	<b>\$</b>
Cuvée Jean-Louis Blanc de Blancs	200	14
Giusti Prosecco	750	55
Giusti Rose Prosecco	750	55
Noble Ridge 'The One'	750	95
Veuve Clicquot Champagne	375	75
Veuve Clicquot Champagne	750	140

### CLASSICS

Mimosa	5oz	12
Mott's Original Caesar	341ml	8. <sup>50</sup>
Eau Claire EquineOx Mule	355ml	8. <sup>50</sup>

### BEERS & COOLERS

	<b>ml</b>	<b>\$</b>
Mill St. Organic ( <i>Lager</i> )	473	9. <sup>50</sup>
Grizzly Paw Grumpy Bear ( <i>Honey Wheat</i> )	355	8. <sup>50</sup>
Grizzly Paw Rutting Elk ( <i>Red</i> )	355	8. <sup>50</sup>
Village Neighbour ( <i>Pale</i> )	473	9. <sup>50</sup>
Village Blacksmith ( <i>Brown</i> )	473	9. <sup>50</sup>
Zero Issue Nemesis ( <i>IPA</i> )	473	10. <sup>50</sup>
Zero Issue Innsmouth ( <i>Sour</i> )	473	9. <sup>50</sup>
Stanley Park Sun Setter ( <i>Peach Wheat</i> )	355	8. <sup>50</sup>
Tree Brewing Grapefruit Radler	473	8
Village Apple Cider	473	9. <sup>50</sup>
Wards Cherry Apple Cider	355	8. <sup>50</sup>
Pamp Fizz ( <i>Sparkling Grapefruit Rose</i> )	250	10
O'Doul's ( <i>Low alcohol</i> )	355	5

### JUICES AND SODAS

Kombucha	5
Coconut Water	3. <sup>50</sup>
Orange Juice	3
Lemonade	3
Grizzly Paw Sodas <i>Root Beer   Ginger Beer   Black Cherry Cola   Cream Soda Orange Cream Soda   Grapefruit</i>	6
San Pellegrino	3
KNS Bottled Water	3










EATS

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**EARLY MORNING (Served until 11:30am)** \$

**Fresh Berry Protein Bowl**   22  
Local honey, house-toasted granola, hemp seed, fresh seasonal berries & fruit, Greek yogurt

**Breakfast Bowl**    22  
Poached free run egg, avocado, sunflower sprout, roasted yam, spiced black bean, cherry tomato, cilantro, red pepper harissa

**Kombucha Parfait**  16  
Strawberry kombucha, Greek yogurt, house-toasted granola, banana bread

**Avocado Toast**    19  
Red pepper hummus, avocado, fresh tomato salsa, local sprouts, sourdough bread

**Add:**  
Atlantic smoked salmon 9  
Poached egg 3  
Chicken breast 7





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**APPETIZERS & SALAD BOWLS (Afternoon & Evening until 9pm)**



**Chef's Daily Hot Pot** 18  
Locally and seasonally inspired soup made fresh daily

**KNS Braised Vegetable & Green Lentil Bisque**   18  
Hearty, healthy, locally-sourced

**Grilled Artichoke & Caramelized Onion Dip**  15  
Fresh clipped chive, warmed pita, corn chips

**Refuel Bowl**     18  
Golden beet, rainbow carrot, alfalfa, sprouted lentil, cucumber, avocado, brown rice, sweet potato | Toasted tahini & orange squeeze vinaigrette

**Cobb Salad**  19  
Mixed greens, grape tomato, cucumber, red onion, smoked bacon, avocado, hard-boiled egg, ALBERTA SYLVAN STAR Gouda, grainy mustard vinaigrette

**Spiced Chickpea Protein Bowl**   23  
Moroccan-spiced chickpea, black bean, quinoa, grilled zucchini, kale, crumbled feta, locally-grown micro greens, red pepper hummus, walnut oil | Citrus & flat parsley vinaigrette

**Add:**  
Atlantic smoked salmon 9  
Poached egg 3  
Chicken breast 7

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**SANDWICHES & MAINS (Served with small salad)** \$




**Croque Nordic** 23  
Grilled sourdough bread, local smoked ham, house maple mustard, ALBERTA SYLVAN STAR Gouda béchamel Mixed greens

**Chicken Panini** 23  
Marinated grilled chicken, fresh honey crisp apple, Swiss cheese, caramelized onion, arugula pesto

**Smoked Salmon & Avocado** 24  
Open-faced on sourdough bread | Dill cream cheese, capers, avocado, red onion, poached egg, smoked salmon, house-made maple candied salmon

**Avocado Toast**    24  
Red pepper hummus, avocado, fresh tomato salsa, local sprouts, sourdough bread


**Soba Noodle Buddha Bowl**   23  
Snap peas, fava beans, broccoli, cilantro, pickled carrot, scallion, avocado, soba noodle | Tangy tamarind dressing


**Spaghetti Squash Pomodoro**    16  
Garlic, basil, shallot, tomato, toasted pine nut, goat's cheese

**Add:**  
Atlantic smoked salmon 9  
Poached egg 3  
Chicken breast 7

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**SNACKS AND SHARES**

**Chips & Guac**    16  
Fresh & house-made guacamole

**Local Artisan Cheese Board**  28  
Alberta-sourced cheeses, continuously rotating upon availability & inspiration House-made chipotle fig jam, fresh seasonal fruit, crisps & sourdough

**Nordic Charcuterie Board**  28  
Local meats, house pickled veg, truffle aioli, grainy mustard, grilled artichoke, sourdough & baguette



SWEETS



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#### FOUR SEASON DESSERTS

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**Winter** | Lemon Saffron Posset  
Charred Meringue, Candied Lemon Chip NF GF 14

**Spring** | Local Maple Cheesecake  
Mascarpone Chantilly 14

**Summer** | Pineapple and Mint Carpaccio  
Prosecco Macerated Mango, Raspberry Gelée, Pistachios GF V 14

**Fall** | Callebaut Flourless Chocolate Torte  
Raspberry Coulis, Summer Berries GF 14

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#### HOT DRINKS

Coffee 3

Tea 3

Espresso 3

Latté & Cappuccino 5.<sup>50</sup>

Chai Latte 5.<sup>50</sup>

Hot Chocolate 4.<sup>50</sup>

Baileys Coffee 10

Baileys Latte 12

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NF Nut Free

GF Gluten Free

V Vegan