

BREAKFAST

SERVED DAILY UNTIL 11 AM

ROCKFORD TRADITIONAL 19⁵⁰

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

AVOCADO TOAST 19⁵⁰

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

EGGS BENNY 19⁵⁰

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

SMOKED SALMON BENNY 21⁹⁵

smoked salmon, baguette, soft poached eggs, hollandaise

BELGIAN WAFFLE 17⁷⁵

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

CHICKEN & WAFFLE 21⁹⁵

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

BREAKFAST POUTINE SKILLET 17⁹⁵

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

POWER SKILLET 19⁵⁰

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

CARIBBEAN SKILLET 19⁹⁵

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

PARFAIT 8⁹⁵

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

KIDS BREAKFAST 13⁷⁵

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 18⁵⁰

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

SHRIMP GYOZA 17⁵⁰

house-made citrus ponzu

CHICKEN WINGS 18⁷⁵

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

POUTINE 13⁹⁵ | XL POUTINE 16⁹⁵

beef gravy, cheese curds
add spicy chorizo sausage 4²⁵

YAM FRIES 13²⁵

garlic aioli (V)

TUNA STACK 19²⁵

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

AVOCADO BRUSCHETTA 17⁷⁵

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

NACHOS 23⁹⁵

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

CRISPY CAULIFLOWER 16²⁵

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

SOUP, SALADS & BOWLS

THAI CHICKEN SOUP 13⁷⁵

spicy and rich coconut broth, chicken, garlic bread

KALE CAESAR SALAD 17²⁵

baby kale, grana padano, garlic croutons, caesar dressing

BEET & ARUGULA SALAD 19²⁵

roasted beets, arugula and artisan greens, goat cheese, candied pumpkin seeds, raspberries, red onions, apple balsamic vinaigrette (V)

TUNA POKE BOWL 25⁹⁵

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

NORTH BOWL 19⁷⁵

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

MEDITERRANEAN BOWL 19²⁵

cauliflower rice, iceberg, roasted potatoes, falafel, feta, lemon pepper chickpeas, pickled onions, kalamata olives, cucumbers, lemon tahini dressing, cherry tomatoes, naan bread (V)

add blackened chicken | grilled chicken 6⁵⁰
add 6 oz grilled salmon 12 | add bacon 2
add crispy tofu (V) | crispy blackened tofu (V) 5

FAVOURITES

all burgers and sandwiches are served with fries | sub salad 2
gluten free bun 3 | soup or yam fries 3 | poutine 5

add bacon, mushrooms, avocado, cheese or,
caramelized onions 2

CRISPY CHICKEN BURGER 22⁷⁵

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

BUFFALO BACON CHICKEN WRAP 22⁵⁰

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

OUTPOST BURGER 22⁷⁵

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

MAUI WOWIE BURGER 23⁵⁰

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

BEYOND MEAT™ BURGER 21⁷⁵

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

FISH TACOS 20⁹⁵

crispy white fish, fresh pico de gallo, lime crema, jalapeños,
pickled onions, shredded iceberg

½ LB FRENCH DIP 23⁵⁰

certified angus beef[®], caramelized onions, horseradish aioli,
toasted garlic buttered baguette with house-made au jus

STEAK FRITES 32⁹⁵

7 oz certified angus beef[®] sirloin with fries.

ALFREDO LINGUINE 24⁷⁵

alfredo cream sauce, white wine, tomato, grana padano, and
grilled chicken with garlic focaccia

KIDS' MENU

include a choice of juice or pop and ice cream for dessert!

WINNER WINNER CHICKEN DINNER 16⁹⁵

grilled chicken, roasted vegetables

KIDS' BURGER 14²⁵

certified angus beef[®] smashed patty, american cheese,
toasted potato roll, ketchup, served with choice of fries,
carrot sticks, or mixed greens

CHICKEN FINGERS 14²⁵

served with choice of fries, carrot sticks, or mixed greens

GRILLED CHEESE 14²⁵

served with choice of fries, carrot sticks, or mixed greens (V)

ALFREDO LINGUINE 14²⁵

MAINS served after 5pm

PAN SEARED SALMON 32⁹⁵

butternut squash purée, quinoa, blistered cherry tomatoes,
wilted greens and dill

SOUS VIDE CHICKEN 32⁹⁵

white wine herb cream sauce, with yukon gold mashed potatoes
and seasonal vegetables

BBQ RIBS FULL RACK 39⁹⁵ | HALF RACK 29⁹⁵

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

STEAKS

all steak entrées are served with a side of seasonal vegetables
plus your choice of yukon gold mashed potatoes, or roasted
potatoes

SIRLOIN 35⁹⁵

7 oz certified angus beef[®] sirloin

NEW YORK 44⁹⁵

10 oz certified angus beef[®] new york

RIB EYE 52⁹⁵

13 oz certified angus beef[®] rib eye

GREAT WITH STEAKS

peppercorn sauce 3⁹⁵ | béarnaise sauce 3⁹⁵
garlic butter prawns 6⁵⁰ | mushroom medley 5⁵⁰
caramelized onions 2⁹⁵

DESSERTS

CHOCOLATE OREO STACK 10⁹⁵

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

NEW YORK CHEESECAKE 11⁷⁵

with house-made coulis (V)

GUILT FREE CHOCOLATE TORTE 11⁷⁵

Gluten free, dairy free dark chocolate torte with
fresh raspberries (V) (GF)

ROCKFORD
bar | grill

BEER & CIDER

DRAFT

	16 oz	22 oz	JUG
STOKED LAGER, Vancouver	8 ²⁵	10 ²⁵	22 ⁹⁵
MT. BEGBIE TALL TIMBER, Revelstoke	8 ⁷⁵	10 ⁷⁵	23 ⁵⁰
MT. BEGBIE HIGH COUNTRY KÖLSCH, Revelstoke	8 ⁷⁵	10 ⁷⁵	23 ⁵⁰
BROKEN LADDER CIDER, Kelowna	8 ⁷⁵	10 ⁷⁵	23 ⁵⁰
GRANVILLE KITSILANO JUICY IPA, Vancouver	8 ⁷⁵	10 ⁷⁵	23 ⁵⁰
STANLEY PARK HAZY PALE ALE, Vancouver	8 ⁷⁵	10 ⁷⁵	23 ⁵⁰
BELGIAN MOON, Canada	8 ⁷⁵	10 ⁷⁵	23 ⁵⁰
COORS LIGHT, Canada	8 ⁷⁵	10 ⁷⁵	23 ⁵⁰
SEASONAL SOUR	8 ⁷⁵	10 ⁷⁵	23 ⁵⁰
FEATURE DRAFT	8 ⁷⁵	10 ⁷⁵	23 ⁵⁰

BOTTLES & CANS

KOOTENAY MOUNTAIN ALE, Creston 341 ml	8 ²⁵		
BUDWEISER, USA 341 ml	8 ²⁵		
MOLSON CANADIAN, Canada 341 ml	8 ²⁵		
CORONA, Mexico 330 ml	8 ⁷⁵		
GUINNESS, Ireland 440 ml	9 ⁹⁵		
GLUTENBERG BLONDE ALE, Canada 473 ml - gluten-free	8 ⁷⁵		
HEINEKEN ZERO, Holland - non-alcoholic	6 ⁹⁵		
ROCK CREEK CIDER, BC 355 ml	8 ⁷⁵		

NON-ALCOHOLIC

SMART WATER 6			
PASSION FRUIT SODA 6 ⁵⁰			
VIRGIN CAESAR 6 ⁷⁵			
RED BULL 6 original, sugarfree			
SAN PELLEGRINO 7			
COFFEE, TEA, POP 4 ⁵⁰			

COCKTAILS

SUMMERTIME NEGRONI 12 ⁷⁵ locally made monashee gin, aperol, lillet blanc 2oz			
FROZEN BLUEBERRY MARGARITA 12 ⁷⁵ locally sourced blueberries, fresh lemon, lime blanco tequila, triple sec 2oz			
APEROL SPRITZ 12 ⁷⁵ prosecco, aperol, fresh orange 2oz			
PEACH MANGO BELLINI 9 ⁹⁵ peach vodka, sparkling wine, peach schnapps, mango purée 1oz			
RED OR WHITE SANGRIA 9 ⁹⁵ fruit juice, fresh citrus, brandy, elderflower liqueur 1oz			
FANCY PANTS CAESAR 11 ⁹⁵ pepperoncini, olive, pepperoni stick, horseradish, pickle juice, rimmed with celery salt, habanero salt, montreal steak spice 1oz			
MOSCOW MULE 12 ⁷⁵ ketel one, ginger beer, fresh lime 2oz			
PAPER PLANE 13 ⁷⁵ bulleit bourbon, amaro montenegro, aperol, fresh lemon 2oz			
OLD FASHIONED 14 ⁷⁵ lot 40 rye, bulleit bourbon, house-made bitters, local preserved cherries, barrel aged 2oz			
ESPRESSO MARTINI 12 ⁷⁵ ketel one vodka, amaro montenegro, espresso 2oz			
SHAFT 9 ²⁵ cold brew coffee, vodka, kahlúa, baileys 1.5oz			
PASSION FRUIT MIMOSA 9 ⁷⁵ sparkling wine, passion fruit			

HAPPY HOUR

3 PM – 5 PM DAILY

SHAFT 7 ⁷⁵	SHRIMP GYOZA 9 ⁷⁵
STOKED LAGER 6 ⁷⁵	TRUFFLE FIRES 9 ⁷⁵
HOUSE WINE 6 ⁷⁵	CHIPS, SALSA & GUACAMOLE 9 ⁷⁵
BELLINI 6 ⁷⁵	

WINE

BUBBLES

	6 oz	9 oz	750 ml
RUFFINO Prosecco, Italy	11 ⁷⁵		49
STELLER'S JAY Sparkling Rosé, Okanagan VQA			59
VEUVE CLICQUOT Brut, France			160

WHITE

	6 oz	9 oz	750 ml
ROCKFORD WHITE Pinot Grigio	9 ⁵⁰	13 ²⁵	38 ⁷⁵
SAINTLY Rosé, Okanagan VQA	11 ⁵⁰	16 ⁷⁵	49
SEE YA LATER RANCH Pinot Gris, Okanagan VQA	11 ⁵⁰	16 ⁷⁵	49
R&D Sauv Blanc Sémillion, Okanagan VQA	12	17 ⁵⁰	50
INNISKILLIN Chardonnay, Okanagan VQA	11 ⁵⁰	16 ⁷⁵	49
NK'MIP QwAM QwMT Chardonnay, Okanagan VQA			65

RED

	6 oz	9 oz	750 ml
ROCKFORD RED, Cab Sauv	9 ⁵⁰	13 ²⁵	38 ⁷⁵
INNISKILLIN Pinot Noir, Okanagan VQA	12	17 ⁵⁰	50
QUAILS' GATE Pinot Noir, Okanagan VQA			65
DOÑA PAULA Malbec, Argentina	12	17 ⁵⁰	50
SUMAC RIDGE Cab Merlot, Okanagan VQA	11	16	45
TOM GORE Cab Sauv, California	13	19	55
BLACK SAGE Cab Sauv, Okanagan VQA			67
MOON CURSER BORDER VINES Cab/Malbec/Carmenere, Okanagan VQA			63
LAUGHING STOCK "PORTFOLIO" Meritage, Okanagan			95
CORCELETES TALUS Cab Sauv, Okanagan			125
BERINGER KNIGHTS VALLEY Cab Sauv, Sonoma			110
CLIFF LEDE Cab Sauv, Stags Leap			190
RUFFINO RISERVA GRAN SELEZIONE Chianti, Italy			100
MONDAVI "TO KALON VINEYARD" RESERVE Cab Sauv, Napa			270
ANTINORI PIAN DELLE VIGNE Brunello di Montalcino, Italy, (3L)			1000

ROCKFORD
bar | grill