

# BREAKFAST SERVED DAILY UNTIL 11 AM

**ROCKFORD TRADITIONAL** 19<sup>95</sup>  
two eggs, choice of crispy bacon or sausage,  
breakfast potatoes, sourdough

**AVOCADO TOAST** 19<sup>95</sup>  
sunny-side egg, avocado, arugula, toasted focaccia,  
breakfast potatoes (V)

**EGGS BENNY** 19<sup>95</sup>  
soft poached eggs, ham, toasted focaccia,  
hollandaise, breakfast potatoes

**BELGIAN WAFFLE** 18<sup>25</sup>  
belgian waffle topped with berry compote, whipped cream,  
maple syrup (V)

**CHICKEN & WAFFLE** 22<sup>95</sup>  
house-made fried chicken, waffle, sunny side up egg,  
chipotle aioli, maple syrup

**BREAKFAST POUTINE** 17<sup>95</sup>  
sunny-side egg, bacon, cheese curds, breakfast potatoes,  
hollandaise

**BREAKFAST POWERBOWL** 19<sup>95</sup>  
sunny-side egg, quinoa, cherry tomatoes, butternut squash,  
onion, avocado, toasted focaccia (V) (GC)

**PARFAIT** 9<sup>95</sup>  
vanilla yogurt, berry compote, granola (V)

**KIDS BREAKFAST** 14<sup>75</sup>  
scrambled eggs, bacon or sausage, sourdough,  
breakfast potatoes

# SOUP, SALADS & BOWLS

**THAI CHICKEN SOUP** 14<sup>75</sup>  
spicy and rich coconut broth, chicken, garlic bread

**CAESAR SALAD** 17<sup>95</sup>  
romaine, aged parmesan, garlic croutons, caesar dressing (GC)

**TUNA POKE BOWL** 26<sup>95</sup>  
marinated ahi tuna, couscous, pineapple salsa, mixed greens,  
pickled onions, radish, avocado

**NORTH BOWL** 21<sup>75</sup>  
quinoa, mixed greens, butternut squash, cherry tomatoes,  
avocado, feta, pickled onions, citrus vinaigrette (V) (GC)

**MEDITERRANEAN BOWL** 21<sup>75</sup>  
cauliflower rice, iceberg, roasted potatoes, falafel, feta,  
lemon pepper chickpeas, pickled onions, kalamata olives,  
cucumbers, lemon tahini dressing, cherry tomatoes (V) (GC)

add blackened or grilled chicken 6<sup>50</sup>  
add 6 oz grilled salmon 12 | add bacon 2  
add crispy tofu or crispy blackened tofu (V) (GC) 6

# KIDS MENU

for kids under 10. all kids meals include a choice of  
juice or pop and vanilla ice cream

**WINNER WINNER CHICKEN DINNER** 16<sup>95</sup>  
grilled chicken breast, served with choice of fries, carrot sticks, or  
mixed greens (GC)

**KIDS' BURGER** 14<sup>95</sup>  
certified angus beef® smashed patty, american cheese,  
toasted potato roll, ketchup, served with choice of fries,  
carrot sticks, or mixed greens

**CHICKEN FINGERS** 14<sup>95</sup>  
served with choice of fries, carrot sticks, or mixed greens

**GRILLED CHEESE** 14<sup>65</sup>  
served with choice of fries, carrot sticks, or mixed greens (V)

**GARLIC BUTTER GNOCCHI** 14<sup>95</sup>  
crispy potato dumplings, garlic butter, aged parmesan

Parties of 8 or more are subject to an 18% automatic gratuity.

# APPETIZERS

**CALAMARI** 19<sup>50</sup>  
red pepper, dill, jalapeños, grilled lemon,  
chipotle aioli (GC)

**SHRIMP GYOZA** 18<sup>95</sup>  
house-made citrus ponzu

**CHICKEN WINGS** 19<sup>75</sup>  
salt & pepper, sweet thai chili, bbq or hot

**POUTINE** 14<sup>95</sup> | **XL POUTINE** 17<sup>95</sup>  
beef gravy, cheese curds  
add bacon 2 | add blackened chicken 6<sup>50</sup>

**YAM FRIES** 13<sup>95</sup>  
garlic aioli (V)

**TRUFFLE FRIES** 14<sup>75</sup>  
black truffle oil, aged parmesan, parsley (V) (GC)

**CRISPY CAULIFLOWER** 16<sup>95</sup>  
seasoned, battered cauliflower bites, sweet & spicy chili  
sauce (V)

**TUNA STACK** 19<sup>95</sup>  
ahi tuna, pineapple salsa, avocado, ponzu marinade,  
cilantro, wonton crisps

**AVOCADO BRUSCHETTA** 18<sup>75</sup>  
fresh tomato, basil, balsamic, feta, red onion, grilled  
flatbread (V) (GC)

**NACHOS** 25<sup>95</sup>  
monterey jack, red peppers, fresh jalapeños, pickled  
onions, green onions, salsa, sour cream (V) (GC)  
add blackened chicken 6<sup>50</sup> | add beef 5<sup>50</sup>  
add guacamole 4<sup>50</sup>

# FAVOURITES

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

add bacon, mushrooms, cheese or, caramelized onions  
2<sup>50</sup> | add avocado 3

**CRISPY CHICKEN BURGER** 23<sup>75</sup>  
house-made crispy chicken breast, smoked cheddar,  
pickles, tomato, slaw | make it spicy add 1

**GRILLED CHICKEN & BACON WRAP** 23<sup>75</sup>  
spicy chicken breast, monterey jack, lettuce, pickled  
onions, tomato, bacon, ranch, hot sauce, flour tortilla

**OUTPOST BURGER** 23<sup>75</sup>  
certified angus beef®, double smash patty,  
american cheese, lettuce, tomato, secret sauce, toasted  
potato roll

**TRUFFLE SHUFFLE BURGER** 26<sup>75</sup>  
certified angus beef®, double smash patty, bacon, swiss,  
truffle infused mushrooms, arugula, garlic aioli, toasted  
potato roll

**BEYOND MEAT™ BURGER** 23<sup>75</sup>  
plant based patty, lettuce, tomato, secret sauce,  
toasted potato roll (V)

**½ LB FRENCH DIP** 24<sup>75</sup>  
certified angus beef®, caramelized onions, horseradish  
aioli, toasted garlic buttered baguette with house-made  
au jus

**SEARED PORK RAMEN** 25<sup>75</sup>  
seared pork belly, red miso broth, marinated sous vide egg,  
marinated shiitake mushrooms, green onions

**STEAK FRITES** 32<sup>95</sup>  
7 oz certified angus beef® sirloin with fries

V - Vegetarian Option

(GC) Gluten conscious with some modifications from our  
kitchen, please advise your server about food allergies.

**ROCKFORD**  
bar | grill

# APPETIZERS

## CALAMARI 19<sup>50</sup>

red pepper, dill, jalapeños, grilled lemon, chipotle aioli (GC)

## SHRIMP GYOZA 18<sup>95</sup>

house-made citrus ponzu

## CHICKEN WINGS 19<sup>75</sup>

salt & pepper, sweet thai chili, bbq or hot

## POUTINE 14<sup>95</sup> | XL POUTINE 17<sup>95</sup>

beef gravy, cheese curds  
add bacon 2 | add blackened chicken 6<sup>50</sup>

## YAM FRIES 13<sup>95</sup>

garlic aioli (V)

## TRUFFLE FRIES 14<sup>75</sup>

black truffle oil, aged parmesan, parsley (V) (GC)

## CRISPY CAULIFLOWER 16<sup>95</sup>

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

## TUNA STACK 19<sup>95</sup>

ahi tuna, pineapple salsa, avocado, ponzu marinade, cilantro, wonton crisps

## AVOCADO BRUSCHETTA 18<sup>75</sup>

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

## NACHOS 25<sup>95</sup>

monterey jack, red peppers, fresh jalapeños, pickled onions, green onions, salsa, sour cream (V) (GC)  
add blackened chicken 6<sup>50</sup> | add beef 5<sup>50</sup>  
add guacamole 4<sup>50</sup>

# SOUP, SALADS & BOWLS

## THAI CHICKEN SOUP 14<sup>75</sup>

spicy and rich coconut broth, chicken, garlic bread

## CAESAR SALAD 17<sup>95</sup>

romaine, aged parmesan, garlic croutons, caesar dressing (GC)

## TUNA POKE BOWL 26<sup>95</sup>

marinated ahi tuna, couscous, pineapple salsa, mixed greens, pickled onions, radish, avocado

## NORTH BOWL 21<sup>75</sup>

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

## MEDITERRANEAN BOWL 21<sup>75</sup>

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

add blackened or grilled chicken 6<sup>50</sup>

add 6 oz grilled salmon 12 | add bacon 2

add crispy tofu or crispy blackened tofu (V) 6

# KIDS MENU

for kids under 10. all kids meals include a choice of juice or pop and vanilla ice cream

## WINNER WINNER CHICKEN DINNER 16<sup>95</sup>

grilled chicken breast, served with choice of fries, carrot sticks, or mixed greens (GC)

## KIDS' BURGER 14<sup>95</sup>

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

## CHICKEN FINGERS 14<sup>95</sup>

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

## GRILLED CHEESE 14<sup>65</sup>

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

## GNOCCHI 14<sup>95</sup>

crispy potato dumplings, garlic butter, aged parmesan, garlic bread

Parties of 8 or more are subject to an 18% automatic gratuity.

# FAVOURITES

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

add bacon, mushrooms, cheese or, caramelized onions 2<sup>50</sup> | add avocado 3

## OUTPOST BURGER 23<sup>75</sup>

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

## TRUFFLE SHUFFLE BURGER 26<sup>75</sup>

certified angus beef®, double smash patty, bacon, swiss, truffle infused mushrooms, arugula, garlic aioli, toasted potato roll

## BEYOND MEAT™ BURGER 23<sup>75</sup>

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

## SEARED PORK RAMEN 25<sup>75</sup>

seared pork belly, red miso broth, marinated sous vide egg, marinated shiitake mushrooms, green onions

# MAINS

## PAN SEARED SALMON 35<sup>50</sup>

butternut squash purée, quinoa, blistered cherry tomatoes, asparagus (GC)

## SOUS VIDE CHICKEN 32<sup>95</sup>

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

## GNOCCHI ROMESCO 27<sup>75</sup>

crispy potato pasta, roasted red pepper and tomato cream sauce, aged parmesan  
*choose chorizo sausage or wild mushrooms*

## BBQ RIBS FULL RACK 39<sup>95</sup> | HALF RACK 32<sup>50</sup>

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

## BBQ RIBS HALF RACK + FRIED CHICKEN 38<sup>95</sup>

with 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 36<sup>95</sup>

7 oz certified angus beef® sirloin (GC)

## SIRLOIN & PRAWNS 42<sup>95</sup>

7 oz certified angus beef® sirloin, garlic butter prawns (GC)

## NEW YORK 46<sup>95</sup>

10 oz certified angus beef® new york (GC)

## PEPPERCORN NEW YORK 50<sup>45</sup>

10 oz certified angus beef® new york, peppercorn sauce

## RIB EYE 53<sup>95</sup>

13 oz certified angus beef® rib eye (GC)

# GREAT WITH STEAKS

## PEPPERCORN SAUCE 3<sup>95</sup>

## BÉARNAISE SAUCE 3<sup>95</sup>

## GARLIC BUTTER PRAWNS 6<sup>50</sup>

## WILD MUSHROOM MEDLEY 5<sup>95</sup>

## CARAMELIZED ONIONS 3<sup>50</sup>

V - Vegetarian Option

(GC) Gluten conscious with some modifications from our kitchen, please advise your server about food allergies.

# WINE

175ml | 250ml | 750ml

## BUBBLES

<b>RUFFINO</b> prosecco, Italy	12	-	50
<b>STELLER'S JAY</b> aparkling Rosé, Okanagan VQA	-	-	59
<b>VEUVE CLICQUOT</b> brut, France	-	-	165

## WHITE

175ml | 250ml | 750ml

<b>ROCKFORD WHITE</b> pinot grigio, Canada	9 <sup>50</sup>	13 <sup>25</sup>	38 <sup>75</sup>
<b>R&amp;D</b> sauvignon blanc sémillon, Okanagan VQA	12 <sup>50</sup>	18 <sup>25</sup>	53
<b>SAINTLY VQA</b> rosé, Canada	12 <sup>50</sup>	18 <sup>25</sup>	53
<b>SEE YA LATER RANCH</b> pinot gris, Okanagan VQA	12 <sup>50</sup>	18 <sup>25</sup>	53
<b>INNISKILLIN</b> chardonnay, Okanagan VQA	13	19	55
<b>NK'MIP QwAM QwMT</b> chardonnay, Okanagan VQA	-	-	65

## RED

175ml | 250ml | 750ml

<b>ROCKFORD RED</b> cabernet sauvignon, Canada	9 <sup>50</sup>	13 <sup>25</sup>	38 <sup>75</sup>
<b>INNISKILLIN</b> pinot noir, Okanagan VQA	12 <sup>50</sup>	18 <sup>25</sup>	53
<b>NK'MIP QwAM QwMT</b> pinot noir, Okanagan VQA	-	-	68
<b>SUMAC RIDGE</b> merlot, Okanagan VQA	12 <sup>50</sup>	18 <sup>25</sup>	53
<b>MOON CURSER BORDER VINES</b> Cab/Malbec/Carmenere, Okanagan VQA	-	-	66
<b>DOÑA PAULA</b> malbec, Argentina	12 <sup>50</sup>	18 <sup>25</sup>	53
<b>LAUGHING STOCK "PORTFOLIO"</b> meritage, Okanagan	-	-	95
<b>TOM GORE</b> cabernet sauvignon, California	13 <sup>50</sup>	19 <sup>50</sup>	57
<b>BLACK SAGE</b> cabernet sauvignon, Okanagan VQA	16	22	65
<b>THE PRISONER "UNSHACKLED"</b> cabernet sauvignon, California	-	-	80
<b>CORCELETES TALUS</b> cabernet sauvignon, Okanagan	-	-	125
<b>CLIFF LEDE</b> cabernet sauvignon, Stags Leap	-	-	190
<b>RUFFINO RISERVA GRAN SELEZIONE</b> chianti, Italy	-	-	100
<b>MONDAVI "TO KALON VINEYARD" RESERVE</b> chianti, Italy	-	-	270
<b>ANTINORI PIAN DELLE VIGNE</b> brunello di montalcino, Italy, (3L)	-	-	1000

# WARM FUZZIES

<b>BAILEYS COFFEE</b> 10 <sup>75</sup> baileys coffee and whipped cream
<b>IRISH COFFEE</b> 10 <sup>75</sup> jameson irish whiskey, coffee and whipped cream
<b>SALTED CARAMEL HOT CHOCOLATE</b> 10 <sup>75</sup> salted caramel baileys, hot chocolate, whipped cream and caramel sauce
<b>MULLED RED WINE</b> 12 <sup>95</sup> house-made with BC red wine, cinnamon, cloves and star anise

# NON-ALCOHOLIC

<b>SMART WATER</b> 6
<b>RED BULL</b> 6 original, sugarfree
<b>PASSION FRUIT SODA</b> 6 <sup>95</sup>
<b>POMEGRANATE HIBISCUS</b> 6 <sup>95</sup> pomegranate juice, hibiscus tea, fresh lime & soda
<b>GREEN TEA LEMONADE</b> 6 <sup>95</sup> green tea simple syrup, fresh lemon juice

# BEER & CIDER

**DRAFT** \$9<sup>50</sup> 16 oz | add \$2.25 to make it 22 oz

<b>STOKED LAGER</b> , Vancouver 8 <sup>95</sup>
<b>MT. BEGBIE TALL TIMBER</b> , Revelstoke
<b>MT. BEGBIE HIGH COUNTRY KÖLSCH</b> , Revelstoke
<b>GRANVILLE KITSILANO JUICY IPA</b> , Vancouver
<b>STANLEY PARK HAZY PALE ALE</b> , Vancouver
<b>BELGIAN MOON</b> , Canada
<b>SEARCH &amp; RESCUE AMBER ALE</b> , Vancouver
<b>GRANVILLE SEASONAL</b> , Vancouver
<b>STRONGBOW</b> , UK

**FEATURE DRAFT**

## BOTTLES & CANS

<b>KOOTENAY MOUNTAIN ALE</b> , Creston 341 ml 8 <sup>75</sup>
<b>COORS LIGHT</b> , Canada 341 ml 8 <sup>75</sup>
<b>MOLSON CANADIAN</b> , Canada 341 ml 8 <sup>75</sup>
<b>CORONA</b> , Mexico 330 ml 9 <sup>50</sup>
<b>GUINNESS</b> , Ireland 440 ml 10 <sup>95</sup>
<b>WHISTLER FORAGER</b> , Whistler 355 ml - gluten-free 9 <sup>95</sup>
<b>ROCK CREEK CIDER</b> , BC 355 ml 9 <sup>75</sup>
<b>STANLEY PARK PEACH WHEAT ALE</b> , Vancouver - non-alcoholic 7 <sup>95</sup>
<b>HEINEKEN ZERO</b> , Holland - non-alcoholic 7 <sup>95</sup>

# COCKTAILS

<b>NEGRONI SBAGLIATO</b> 13 <sup>95</sup> campari, red vermouth, prosecco 2oz
<b>APEROL SPRITZ</b> 12 <sup>95</sup> prosecco, aperol, fresh orange 2oz
<b>WHISKY SOUR</b> 13 <sup>95</sup> canadian whiskey, egg whites, fresh lemon, house-made bitters 2oz
<b>PINEAPPLE HABANERO MARGARITA</b> 12 <sup>95</sup> 100% agave tequila, triple sec, pineapple, lime juice, habanero 2oz
<b>SOUL TRAIN</b> 12 <sup>95</sup> reposado tequila, grapefruit, lime juice, cardamom syrup 2oz
<b>POMEGRANATE HIBISCUS COSMO</b> 13 <sup>95</sup> ketel one vodka, cointreau, pomegranate, hibiscus tea, fresh lime 2oz
<b>MONASHEE AVIATION</b> 12 <sup>95</sup> locally made monashee gin, fresh lemon, maraschino, crème de violette 2oz
<b>FANCY PANTS CAESAR</b> 11 <sup>95</sup> pepperoncini, olive, pepperoni stick, horseradish, pickle juice, rimmed with house-made salt 1oz
<b>MOSCOW MULE</b> 12 <sup>95</sup> ketel one, ginger beer, fresh lime 2oz
<b>PAPER PLANE</b> 14 <sup>75</sup> bulleit bourbon, amaro montenegro, aperol, fresh lemon 2oz
<b>OLD FASHIONED</b> 15 <sup>50</sup> lot 40 rye, bulleit bourbon, house-made bitters, local preserved cherries, barrel aged 2oz
<b>ESPRESSO MARTINI</b> 13 <sup>95</sup> ketel one vodka, amaro montenegro, espresso 2oz
<b>SHAFT</b> 10 <sup>50</sup> cold brew coffee, vodka, kahlúa, baileys 1.5oz
<b>PASSION FRUIT MIMOSA</b> 10 <sup>75</sup> sparkling wine, passion fruit

**APRÈS**

**2 PM – 5 PM DAILY**

**SHAFT** (1oz) 8<sup>25</sup>

**POUTINE** 9<sup>75</sup>