



**GRAIN**  
TASTING BAR | **VBC**

## HAPPY HOUR DRINKS

red truck classic lager 16oz	6
parallel 49 jerkface 9000 wheat ale 16oz	6
house wine red or white 6oz / 9oz	6 / 9
spiced sangria	9
well highball 1oz / 2oz	6 / 9

## HAPPY HOUR FOOD



<b>GRAIN TOSSED SALAD</b>	11
spinach, baby romaine lettuce, corn, heirloom cherry tomatoes, pumpkin seeds <b>GF</b> <b>V</b> hemp hearts, pickled red onion, tempeh, cilantro lime vinaigrette	
appetizer size	8
add grilled chicken	5 <b>GF</b>
<b>OCEAN WISE FISH TACO</b>	17
achiote marinated salmon, lettuce, corn salsa, lime, garlic basil aioli	
<b>SWEET POTATO WAFFLE FRIES</b>	9
parmesan, lime chipotle aioli	
<b>KUNG PAO CAULIFLOWER</b> <b>V</b>	11
kung pao sauce, toasted cashews, chilies, scallions, cilantro	
<b>SPINACH DIP</b> <b>GF</b>	13
herb garlic cheese and tortilla chips	
<b>CHILI HUMMUS</b>	11
toasted naan bread	

**V** VEGAN **GF** GLUTEN FREE

"CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY SEAFOOD, SHELLFISH & EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS"

PLEASE ADVISE YOUR SERVER OF ANY DIETARY RESTRICTIONS OR ALLERGIES

## SALAD

**GRAIN TOSSED SALAD**   16  
spinach, baby romaine lettuce, corn, heirloom  
cherry tomatoes, pumpkin seeds, hemp hearts,  
pickled red onion, tempeh, cilantro lime vinaigrette

appetizer size \$8

add grilled chicken \$6

## PLATES

**PLANT BASED POWER BURGER**  26  
(SERVED WITH YOUR CHOICE OF SALAD OR FRIES)  
vegetable patty, avocado, spinach, lettuce, tomato,  
pickle, power sauce

**STRIP LOIN STEAK** 43  
onion rings, heirloom cherry tomato, herb chipotle  
butter, bordelaise sauce

**MARGARITA PIZZA** 22  
tomato, fior di latte cheese, basil

**PROSCIUTTO PIZZA** 25  
tomato, parmesan, arugula, balsamic

## DESSERT

**APPLE TARTE TATIN** 14  
chocolate –hazelnut filled churros  
lemon crème fraiche

## SHARED PLATES

**SPINACH DIP**  16  
herb garlic cheese, tortilla chips

**CHILI HUMMUS** 13  
toasted naan bread

**CHICKEN WINGS** 17  
spicy gochujang, kimchee slaw or  
salt & pepper, served with hot sauce and ranch

**GRAIN BEEF SLIDERS** 24  
(SERVED WITH YOUR CHOICE OF SALAD OR FRIES)  
cheddar, power sauce, brioche bun

**OCEAN WISE FISH TACOS** 20  
achiote marinated salmon, lettuce,  
corn salsa, garlic basil aioli and lime

**SWEET POTATO WAFFLE FRIES** 12  
parmesan, lime chipotle aioli

**KUNG PAO CAULIFLOWER**  15  
kung pao sauce, toasted cashews,  
chilies, scallions and cilantro

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## SIGNATURE COCKTAILS (2oz) 15

### yvr sling

long table gin | cointreau | pineapple juice | okv cherry liqueur  
averna amaro | lime juice | house made grenadine

### ginger pear martini

east van vodka | okanagan pear brandy | ginger syrup | sweet & sour

### grizzly bear

bearface whisky | sweet vermouth | campari | black pepper tincture  
black walnut bitters

### sea to sky

queensborough gin | st. germain | lime | grapefruit juice | basil

### sangria martini

sov vodka | chardonnay | lemon juice | dry vermouth  
house made sangria syrup

### north shore sour

egg white | sov amaretto | collingwood whiskey | lemon

### piña picosa with tequila (+ \$2 with mezcal montelobos)

egg white | jimador tequila | Cointreau | habanero syrup  
pineapple | lime juice

## SEASONAL COCKTAILS (2oz) 14

### the basic

egg white | lot no. 40 whiskey | apple liqueur | pumpkin spice  
syrup | lemon juice | mission hill pinot gris wine

### second wind

house made vanilla bean infused vodka | kahlua | crème de cacao  
house made cold brew | forty creek cream

### rum me up buttercup

house made rose butter spiced rum | sauvignon blanc  
maple syrup | peychaud's bitters

### orange monarch

egg white | bulleit bourbon | blood orange syrup | lemon juice |  
angostura bitters | orange bitters | prosecco

## FEATURED LOCAL SPIRITS

central city 'queensborough' gin   citrus   juniper	10
odd society 'wallflower' gin   floral   juniper   spice	11
empress gin   pea blossom   juniper   ginger   cinnamon	13
long table distillery 'london dry' gin     fennel	12
odd society 'east van' vodka   100% malted barley	12
rebel vodka   100% bc apples	9
okanagan spirits vodka   100% fruit	10
sons of vancouver vodka   75% spring wheat   25% barley	9
collingwood   corn   barley   rye	9
bearface whisky   triple oaked   99.5% corn	10
central city 'lohin mckinnon' whisky   100% malted barley	10
forty creek whisky   'double barrel reserve'   corn rye barley blend	13



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## T A S T I N G F L I G H T S

### LOCAL CRAFT BEER choice of three 7

red truck lager  
parallel 49 jerkface 9000 wheat ale  
stanley park waypoint hazy pale ale  
hoynes dark matter  
red racer super solar IPA

### VQA WHITE WINE choice of three 22

okanagan crush pad • rose  
mission hill estate series • pinot gris  
maverick • sauvignon blanc  
stone boat • pinot blanc blend  
cedar creek • chardonnay

### VQA RED WINE choice of three 22

stone boat • pinot noir  
crush pad 'narrative' • cabernet franc / merlot  
blasted church • cabernet sauvignon  
stag's hollow 'white label' • syrah  
mission hill • cabernet / merlot

### CANADIAN WHISKY choice of three 15

alberta premium | 100% rye  
central city 'lohin mckinnon' | malted barley  
collingwood | corn | barley | rye | maple  
lot no. 40 | 100% rye  
forty creek 'double barrel reserve' | rye • barley • corn  
bearface | triple oak | corn

### BRITISH COLUMBIA VODKA choice of three 14

odd society 'east van' | 100% malted barley  
rebel vodka | 100% bc apples  
okanagan vodka spirits | 100% fruit  
sons of vancouver | 75% spring wheat • 25% malted barley

### BRITISH COLUMBIA GIN choice of three 15

central city 'queensborough' | citrus • juniper • spruce tips  
odd society 'wallflower' | floral • juniper • spice  
empress gin | pea blossom | juniper | ginger | cinnamon  
wayward distillery 'unruly' | juniper • cedar • lavender  
long table distillery 'london dry' | juniper • citrus • fennel



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S P I R I T S

<b>GIN</b>	1oz
beefeater	8
bombay sapphire	9
tanqueray	9
hendricks	12
<b>VODKA</b>	
stolichnaya	8
ketel one	9
sons of vancouver	9
tito's	9
okanagan	10
grey goose	12
<b>RUM</b>	
bacardi superior white	8
malibu coconut	8
flor de cana 5 year old	9
bacardi black	9
appleton 12 year old	9
house made rose butter spiced rum	9
captain morgan	9
flor de cana 18 year old	12
<b>AMERICAN WHISKEY</b>	
jim beam 4 year	8
jack daniel's old no. 7	8
bulleit bourbon	10
maker's mark	12
basil hayden's	12
knob creek	12
woodford reserve	12

S P I R I T S

<b>SINGLE MALT</b>	1oz
glenfiddich 12 year	10
the glenlivet 12 year	10
glenmorangie 10 year	12
bowmore 12 year	11
laphroaig quarter cask	13
talisker 10 year	14
macallan 12 year double cask	14
balvenie 12 year doublewood	14
dalwhinnie 15 year	15
aberlour a'bunadh cask strength	18
lagavulin 16 year	19
oban 14 year	19
dalmore 15 year	20
the glenlivet 18 year	20
<b>BLENDED SCOTCH</b>	
ballantine's finest	8
johnnie walker red label	9
johnnie walker black label	12
<b>TEQUILA &amp; MEZCAL</b>	
el jimador blanco	8
el jimador reposado	8
espolon blanco	10
herradura reposado	13
patron silver	13
cazadores anejo	11
mezcal montelobos	15



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**DRAUGHT CRAFT BEER (473ml) 7.5**

- red truck classic lager
- red racer super solar IPA
- hoynes dark matter
- parallel 49 jerkface 9000 wheat ale
- stanley park waypoint hazy pale ale

**BOTTLED OR CANNED CRAFT BEERS**

- steam whistle pilsner (341ml) **7.5**
- mill st. organic lager (341ml) **7.5**
- glutenberg gluten free pale ale (473ml) **8**
- parallel 49 ruby tears northwest red ale (355ml) **7**
- vancouver island brewing nanaimo bar imperial porter (473ml) **8**

**CIDERS & HARD SELTZERS (355ml) 7.5**

- lonetree pear dry cider
- growers peach cider
- growers apple cider
- white claw watermelon
- white claw lime

**DOMESTIC AND IMPORTED BEERS**

- molson canadian (355ml) **7**
- budweiser (355ml) **7**
- coors light (355ml) **7**
- corona (355ml) **7.5**
- stella artois (355ml) **7.5**
- guinness (440ml) **8**

**SPARKLING**

**DIRTY LAUNDRY**

cuvee • summerland • okanagan valley

**MIONETTO**

prosecco • treviso • italy

**6 OZ**

**BOTTLE**

**14**

**56**

**12**

**50**

**WHITE WINE**

**RED ROOSTER**

gewürztraminer • penticton

**MISSION HILL 'ESTATE SERIES'**

pinot gris • kelowna

**MAVERICK**

sauvignon blanc • okanagan valley

**STONE BOAT**

pinot blanc blend • okanagan valley

**PELLER ESTATES**

chardonnay • kelowna

**CEDAR CREEK**

chardonnay • kelowna

**6 OZ**

**9 OZ**

**BOTTLE**

**15**

**22**

**65**

**14**

**21**

**60**

**16**

**23**

**68**

**15**

**22**

**65**

**9**

**12**

**36**

**15**

**22**

**60**



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<b>ROSE WINE</b>	<b>6 OZ</b>	<b>9 OZ</b>	<b>BOTTLE</b>
<b>CRUSH PAD 'NARRATIVE'</b> rose • black sage bench	14	20	56
<b>RED WINE</b>	<b>6 OZ</b>	<b>9 OZ</b>	<b>BOTTLE</b>
<b>PELLER ESTATES</b> merlot • kelowna	9	12	36
<b>CRUSH PAD 'NARRATIVE'</b> cabernet franc / merlot • black sage bench	14	21	60
<b>CONVICTION 'DREAMERS &amp; SCHEMERS'</b> merlot/cabernet franc/gamay noir • kelowna	14	21	60
<b>MISSION HILL 'ESTATE SERIES'</b> cabernet / merlot • kelowna	15	22	65
<b>STONE BOAT</b> pinot noir • oliver	15	22	65
<b>BLASTED CHURCH</b> cabernet sauvignon • okanagan falls	15	23	65
<b>STAG'S HOLLOW 'WHITE LABEL'</b> syrah • okanagan falls	17	25	80
<b>BURROWING OWL</b> merlot • oliver	17	25	80
<b>BURROWING OWL</b> pinot noir • oliver	18	25	85



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