



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

AVAILABLE FROM SUNDAY - WEDNESDAY  
3:00PM - 11:00PM  
THURSDAY - SATURDAY  
3:00PM - 12:00AM  
MONDAY - FRIDAY HAPPY HOUR  
3:00PM - 5:00PM

## HAPPY HOUR DRINKS

local draught beer (16oz)	6.50
house wine red or white (6oz / 9oz)	6.50 / 9.50
featured sangria	9.50
well highball (1oz / 2oz)	6.50 / 9.50

## HAPPY HOUR FOOD

<b>GRAIN TOSSED SALAD</b>	11
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	5
<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>	11
kung pao sauce, toasted cashews, chilies, scallions, cilantro	
<b>SPINACH DIP</b>	13
herb garlic cheese and tortilla chips	
<b>CHILI HUMMUS</b>	11
toasted naan bread	



VEGAN GLUTEN FREE OCEAN WISE

MENU PRICING DOES NOT INCLUDE APPLICABLE TAXES

"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, vegan brioche bun

**MARGARITA PIZZA** 26  
tomato, fior di latte cheese, basil

**PROSCIUTTO PIZZA** 28  
tomato, parmesan, arugula, balsamic

## DESSERT

**DULCE DE LECHE DOME** 14  
hazelnut crumble, vanilla cake and black currant

## SHARED PLATES

**SPINACH DIP**  18  
herb garlic cheese, tortilla chips

**CHILI HUMMUS** 16  
toasted naan bread

**CHICKEN WINGS** 19  
spicy gochujang, kimchee slaw or  
salt & pepper, served with hot sauce and ranch

**GRAIN BEEF SLIDERS** 26  
(SERVED WITH YOUR CHOICE OF SALAD OR FRIES)  
cheddar, power sauce, brioche bun

**OCEAN WISE FISH TACOS**  22  
achiote marinated salmon, lettuce, lime  
corn salsa, garlic basil aioli

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

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

**CHARCUTERIE & CHEESE** 38  
salami, prosciutto, calabrese,  
smoked cheddar, danish blue, brie, pickles,  
candied nuts, apple chutney

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## SIGNATURE COCKTAILS (2oz) 16

### yvr sling

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

### ginger pear martini

east van vodka | pear brandy | house made ginger syrup |  
house made sweet & sour

### second wind

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

### sea to sky

queensborough gin | elderflower liqueur | lime | grapefruit  
juice | basil

### sangria martini

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

### north shore sour

egg white | sov amaretto | collingwood whiskey | lemon

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

egg white | jimador tequila | cointreau | house made  
habanero agave | pineapple juice | lime

## SEASONAL COCKTAILS (2oz) 15

### triple lemon drop martini

pisco | house made lemongrass dill syrup | lemon

### rosy spiced daiquiri

house made rose butter spiced rum | lime | maple syrup

### timeless breeze

woodford reserve bourbon | elderflower liqueur | lemon |  
cardamom bitters | pale ale beer

### blended scotch lemonade

ballantine's scotch | drambuie | lemon | house made  
lavender honey

### flashlight

egg white | bombay gin | campari | lemon | house made  
grenadine

### purple haze

egg white | empress gin | wallflower gin | lemon |  
house made lavender infused honey

## FEATURED LOCAL SPIRITS

central city 'queensborough' gin   citrus   juniper	11
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	10
okanagan spirits vodka   100% fruit	10
sons of vancouver vodka   75% spring wheat   25% barley	10
collingwood   corn   barley   rye	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 9

red truck lager  
parallel 49 trash panda hazy ipa  
strange fellows talisman pale ale  
stanley park trail hopper ipa  
hojne dark matter

## 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

## BRITISH COLUMBIA VODKA choice of three 15

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  
long table distillery 'london dry' | juniper • citrus • fennel

## ZERO PROOF COCKTAILS 9

### mango moscow mule

mango puree | ginger syrup | ginger ale | soda | vanilla

### raspberry mint lemonade

raspberry | mint leaves | lemon juice | simple syrup

### strawberry basil smash

basil | strawberries | lemon juice | simple syrup

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S P I R I T S

<b>GIN</b>	1oz
beefeater	9
bombay sapphire	9
tanqueray	9
hendricks	12
<b>VODKA</b>	
stolichnaya	9
ketel one	9
tito's	9
grey goose	12
<b>RUM</b>	
bacardi superior white	9
malibu coconut	9
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	9
jack daniel's old no. 7	9
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
dalmore 15 year	20
the glenlivet 18 year	20
<b>BLENDED SCOTCH</b>	
ballantine's finest	9
johnnie walker red label	9
johnnie walker black label	12
<b>TEQUILA &amp; MEZCAL</b>	
el jimador blanco	9
el jimador reposado	9
espolon blanco	10
herradura reposado	13
patron silver	13
cazadores anejo	11
mezcal montelobos	15

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**DRAUGHT CRAFT BEER (473ml) 8**

red truck classic lager  
 parallel 49 trash panda hazy ipa  
 strange fellows talisman pale ale  
 stanley park trail hopper ipa  
 hoyne dark matter

**BOTTLED OR CANNED CRAFT BEERS**

steam whistle pilsner (341ml) 8  
 mill st. organic lager (341ml) 8  
 glutenberg gluten free pale ale (473ml) 9  
 parallel 49 ruby tears northwest red ale (355ml) 8  
 four winds nectarous dry – hopped sour (473ml) 9

**CIDERS & HARD SELTZERS (355ml) 8**

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

**DOMESTIC AND IMPORTED BEERS**

molson canadian (355ml) 8  
 budweiser (355ml) 8  
 coors light (355ml) 8  
 corona (355ml) 8  
 stella artois (355ml) 8  
 guinness (440ml) 9

**SPARKLING****DIRTY LAUNDRY**

cuvée • summerland • okanagan valley

**PERGOLO**

prosecco • treviso • italy

**6 OZ****BOTTLE****14****53****12****48****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****16****23****62****15****21****57****17****24****65****16****23****62****9****13****34****15****21****57**

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ROSE WINE	6 OZ	9 OZ	BOTTLE
CRUSH PAD 'NARRATIVE'	13	18	48
rose • black sage bench			
RED WINE	6 OZ	9 OZ	BOTTLE
PELLER ESTATES	9	13	34
merlot • kelowna			
CRUSH PAD 'NARRATIVE'	15	21	57
cabernet franc / merlot • black sage bench			
MISSION HILL 'ESTATE SERIES'	16	23	62
cabernet / merlot • kelowna			
STONE BOAT	16	23	62
pinot noir • oliver			
BLASTED CHURCH	17	25	68
cabernet sauvignon • okanagan falls			
STAG'S HOLLOW 'WHITE LABEL'	18	25	70
syrah • okanagan falls			
BURROWING OWL	18	25	85
merlot • oliver			
BURROWING OWL	20	28	95
pinot noir • oliver			
QUAILS' GATE	18	26	72
old vines foch • kelowna			

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