





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

GRAIN TOSSED SALAD	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 	
OCEAN WISE FISH TACO	17
achiote marinated salmon, lettuce, corn salsa, lime, garlic basil aioli	
SWEET POTATO WAFFLE FRIES	9
parmesan, lime chipotle aioli	
KUNG PAO CAULIFLOWER 	11
kung pao sauce, toasted cashews, chilies, scallions, cilantro	
SPINACH DIP 	13
herb garlic cheese and tortilla chips	
CHILI HUMMUS	11
toasted naan bread	



 VEGAN  GLUTEN FREE

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

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

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,
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

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

 VEGAN  GLUTEN FREE

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

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



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

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



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

S P I R I T S

GIN	1oz
beefeater	9
bombay sapphire	9
tanqueray	9
hendricks	12
VODKA	
stolichnaya	9
ketel one	9
tito's	9
grey goose	12
RUM	
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
AMERICAN WHISKEY	
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

SINGLE MALT	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
BLENDED SCOTCH	
ballantine's finest	9
johnnie walker red label	9
johnnie walker black label	12
TEQUILA & MEZCAL	
el jimador blanco	9
el jimador reposado	9
espolon blanco	10
herradura reposado	13
patron silver	13
cazadores anejo	11
mezcal montelobos	15



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

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
- hojne dark matter

CIDERS & HARD SELTZERS (355ml) 8

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

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

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

cuvee • summerland • okanagan valley

PERGOLO

prosecco • treviso • italy

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

BOTTLE

14

53

12

48

6 OZ

9 OZ

BOTTLE

16

23

62

15

21

57

17

24

65

16

23

62

9

13

34

15

21

57



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

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



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