HAVE A DRINK

FRESH JUICES

LIQUID SUNSHINE 9 3/4
Pineapple, carrot, grapefruit, lemon, ginger, turmeric

DR. GREENLOVE 9 3/4
Spinach, celery, cucumber, lime, apple juice

STRAWBERRY PASSION FRUIT 9 3/4
Strawberry, passion fruit, coconut water, lemon

COLD

FRANKIE'S LEMONADES 6
Made from scratch
- Spiced Cranberry
- Strawberry Mint
- Turmeric Ginger

FRANKIE'S SUGER FREE SODAS 6
with house-made monkfruit syrup
- Orange Blossom Lime
- Elderberry Lemon

SAJIVA KOMBUCHA (12OZ) 6
- Rotating Tap

COCONUT WATER 6

CRAFT SODAS 6
- Fentimans Ginger Beer
- Boylan Natural Cola

ICED COFFEE 6
Tug 6 coffee & oat milk shaken over ice with simple syrup
- Add house made chai syrup 1 1/2
- Sub sugar-free monkfruit syrup 2

ORGANIC APRICOT ICED TEA 6
Shaken over ice with simple syrup
- Sub sugar-free monkfruit syrup 2

SAN PELLEGRINO 7 1/2
- Sparkling water

HOT

TUG 6 CRAFT COFFEE 4 3/4
- Add house made chai syrup 1 1/2

LOCAL CHAIBABA TEA 4 3/4
Rotating flavours (may contain nuts)

BC WINE

	5oz	9oz	750ml
BUBBLES			
EVOLVE ◆ 2020 Brut Premiere	13		57
LIGHTNING ROCK ◆ 2023 Gamay Carbo Pet Nat			59
WHITE			
SOLVERO ◆ 2025 Pinot Gris	12	19	53
COOLSHANAGH ◆ 2019 Chardonnay	13 1/2	21 1/2	65
SYNCHROMESH ◆ 2025 Riesling	12 3/4	19 1/2	62
CLOS DU SOLEIL ◆ 2022 Sauvignon Blanc/Semillon			57
HILLSIDE ◆ 2024 Viognier			65
ROSÉ			
TANTALUS ◆ 2025 Pinot Noir Rosé	12 1/4	19 1/2	54
RED			
CODE ◆ 2022 Pinot Noir	13 1/2	22	67
LOCK & WORTH ◆ 2022 Merlot	12 1/4	19 1/2	53
ROCHE ◆ 2022 Cabernet Franc	13 1/2	22	67
LE VIEUX PIN ◆ 2022 Syrah Cuvee Violette			76

BC BEER ◆ CIDER

	12oz	20oz
CANNERY BREWING ◆ Penticton, BC 5.1% Hazy IPA	6	9 3/4
CRANNÓG ALES ◆ Kelowna, BC 5.2% Back Hand of God Stout	6	9 3/4
ABANDONED RAIL ◆ Naramata, BC Rotating Tap	6	9 3/4
SLACKWATER ◆ Penticton, BC 4.5% Hazy Pale Ale	6	9 3/4
LASS CHANCE CIDER Rotating Tap	7	10 3/4
STRANGE FELLOWS ◆ Delta, BC 4% Talisman West Coast Pale Ale	8 3/4 (473 ml)	
FOUR WINDS ◆ Delta, BC 5.5% Nectarous Dry Hopped Sour	8 3/4 (473 ml)	
NELSON BREWING ◆ Nelson, BC 5% Pilsner	8 3/4 (473 ml)	
WHISTLER BREWING ◆ Whistler, BC 5% Forager Gluten Free	6 3/4 (355 ml)	
NONNY ◆ Vancouver, BC 0% Non-Alcoholic Hazy IPA	7 (355 ml)	

TIME TO EAT!

GF = GLUTEN FREE
GFO = GLUTEN FREE OPTION
V = VEGAN
VO = VEGAN OPTION
= VEGETARIAN

TO START & SHARE

MARKET SOUP GFO. V — 9/11
Served with grilled sourdough

TRUFFLE PARMESAN POPCORN GF. V — 7
Plant-based, popped fresh to order

CHICKPEA FRIES GF. V — 14 1/2
Served with wasabi pea mayo

SWEET CORN QUESO GF. V — 16 3/4
Creamy cashew cauliflower dip with grilled peppers, smoky corn, chipotle black beans and house-made chili lime chips

SALADS

CRISPY ARTICHOKE CAESAR GF. V — 14/22
Romaine, crispy artichokes, charred broccoli, leccino olives, parmesan breadcrumbs

NAM JIM SALAD GF. V — 14/22
Spring mix, nam jim dressing, red cabbage, shredded carrot, roasted yams, basil, mint, shaved kohlrabi, cucumber moons, crispy noodles

MARKET FRESH SHEET

GRILLED HALLOUMI TACOS GF VO — 18 1/2
Grilled halloumi, mango salsa, tomato chili crema, red cabbage, pumpkin seed dukkah, cilantro, lime
- Fried cauliflower in ras el hanout

MUSHROOM PASTA SALAD VO — 14/22
Roasted portobello, grilled artichokes, ricotta, rosemary bread crumb, arugula, lemon truffle dressing, balsamic

TAN TAN UDON GFO. V — 25
Udon noodles, smoked tofu, bok choy, yams, kolhrabi, green onions, red cabbage, tan tan sesame broth, furikake
- Gluten-free noodles + 3

LUNCH SPECIAL • UNTIL 3 PM

CHOOSE 2 PLUS A CRAFT LEMONADE — 24

Winter Squash Sandwich**
Frankie Cheeseburger**
Nam Jim Wrap** (see description below)
Buffalo Cauliflower Wrap** (see description below)

Crispy Artichoke Caesar Salad
Nam Jim Salad
Mushroom Pasta Salad
Sesame Fries
Market Soup

** +$6 if ordered together

NAM JIM WRAP V
Mixed greens, crispy tofu, nam jim dressing, carrot, cabbage, cucumber moons, basil, mint, coconut chili crumble

BUFFALO CAULIFLOWER WRAP V
Romaine, nashville hot sauce, fried cauliflower, broccoli, plant based feta, caesar dressing

MAINS

CHORIZO RANCHERO BOWL GFO. V — 23 3/4
Made from scratch plant-based chorizo sausage, roasted beets, potatoes, sweet corn salsa, cotija cheese, tomato, chili sauce

FRANKIE CHEESEBURGER V — 22 3/4
Mushroom patty, plant-based cheese, awesome sauce, lettuce, tomato, kettle cooked chips served with fries
- upgrade to soup OR any salad + 2

WINTER SQUASH SANDWICH VO — 22 3/4
Sprout Bakery organic sourdough, apple, white cheddar, rosemary mayo, arugula, stuffing salt, pickled red onion served with fries
- upgrade to soup OR any salad + 2

BUTTERNUT SQUASH CORTECCE GFO. VO — 23 3/4
Crispy chickpeas, fresh arugula, sage hazelnut pesto, grated parmesan
- Gluten-free pasta + 3

WEST COAST AVOCADO BOWL GF. V — 24 1/2
Grilled avocado, sticky brown rice, cherry tomatoes, Thai basil, napa cabbage, edamame, crispy chickpeas, Thai cashew sauce, chili crunch