



- 1 Cowichan River Watershed
- 2 Cusheon Lake Watershed
- 3 Fraser River Watershed
- 4 Columbia River Watershed

Why watersheds are important

**Our farmers have this in common:**

They care about the sustainability of the environments in which they farm, forage and fish. Living on the Pacific coast, you can't deny the beauty and power of the Pacific Ocean. All of BC's watersheds drain into the mighty Pacific.



Forage has a regional watershed and terroir based BC wine menu. BC winemakers make wines reflective of the land the grapes grow on. They let the land tell the story, they celebrate that story. **Pretty loud voices of wines of place.** By bringing you the best of food and wine from these sub-regions we can understand the unique aspects of each and celebrate their successes. **Bar Manager: Peter Sullivan** oversees the entire bar program. His academic background in wine is with the International Sommelier Guild. Whenever he can he travels to the wine regions of BC - especially Naramata. Mineral deposits and the resulting terroir that was formed by glaciers is what gets him excited. **Wine List: Sebastian Tobler.** Sebastian has a keen interest in wines of BC. As one of our original staff, he is continually expanding his contributions to Forage and he is eager to help in the development of the wine list.

**SPARKLING**

Tasting notes include: delicate floral, citrus, green apple and fresh yeast to richer vanilla, toast, nuts. *Pairs best with everything including our oysters, Snacks, Brunch, salty food smoked salmon, and caviar.*

		REGION
Chardonnay Meyer Family Vinyards NV	\$75	OKANAGAN FALLS (4)
Chardonnay Blue Mountain Vineyard & Cellars Blanc de Blancs R.D. 2008	\$85	OKANAGAN FALLS (4)
Gamay Noir Bella Wines 2014 <b>375ml</b>	\$35	NARAMATA BENCH (4)
Pinot Blanc Stoneboat Vineyards 'Piano Brut' NV	\$55	OLIVER (4)
Pinot Noir Chardonnay Haywire 'The Bub' NV	\$55	OLIVER (4)

**ROSÉ & ORANGE**

Tasting notes include: light to medium body with crisp finish, strawberry, cherry, cranberry, raspberry, rhubarb and mineral notes. *Pairs best with charcuterie, bbq and grilled meats, smoked salmon.*

Pinot Noir Blanc Niche Wine Co 2016	\$55	WEST KELOWNA (4)
Cab Franc Rosé Little Farm 'Blind Creek Vineyard' 2016	\$55	SIMILKAMEEN VALLEY (4)
Cabernet Franc Rosé Tinhorn Creek 'Oldfield Reserve' 2016	\$50	OLIVER (4)
Petit Milo Vista d'oro 'Murphy's Law' 2013	\$50	CAMPBELL VALLEY (3)
Zinfandel Gamay Noir Rosé Pentâge 2015	\$60	SKAHA BENCH (4)

**DESSERT WINES**

Tasting notes: Dried apricot, peach, citrus, tangerine, orange, passionfruit, pineapple, mango to caramel, raisin, nut. When made with a red grape, these wines may also offer notes of stewed red fruit and wild berries. *Pairs best with our Sweets and Cheeses, of particular note, the Cheese Puff with La Frenz Muscat Liqueur. \*prices are for 2 oz glass\**

Blackberry Rocky Creek Winery NV	\$7	COWICHAN VALLEY (1)
Muscat Liqueur La Frenz	\$10	NARAMATA BENCH (4)
Orin Iced Apple Rustic Roots	\$10	SIMILKAMEEN VALLEY (4)
Riesling Ice Wine Jackson Triggs	\$19	SOUTH OKANAGAN (4)
Ruby Fortified Kettle Valley 'Caboose'	\$10	NARAMATA BENCH (4)
Tawny Fortified La Frenz	\$10	NARAMATA BENCH (4)
Vidal ArrowLeaf SSLH	\$10	NORTH OKANAGAN (4)

## RED

### PINOT & GAMAY NOIR

*Tasting Notes include: light to medium body with silky tannins, Cherry, strawberry, plum, violet, beetroot, mint, smoke, cinnamon, Asian Five Spice; black tea, mushroom, fresh tilled soil. Pairs best with Sea, Soil and duck, salmon, halibut, game birds and pork.*

Gamay Noir JoieFarm Winery 2014	\$55	
Gamay Noir Pentâge Winery 2014	\$50	
Dolcetto Stag’s Hollw Winery ‘Shuttleworth Creek Vineyard’ 2015	\$65	<i>Margot’s choice</i>
Pinot Noir Arrowleaf Cellars ‘Solstice’ 2014	\$55	
Pinot Noir Averill Creek Vineyard 2013	\$60	
Pinot Noir Blend JoieFarm Winery ‘PTG’ 2014	\$55	
Pinot Noir Blue Mountain Vineyard & Cellars 2014	\$65	
Pinot Noir Carson Pinot Co. 2014	\$100	
Pinot Noir Garry Oaks Winery 2014	\$55	
Pinot Noir Meyer Family Vineyards ‘McLean Creek Road Vineyard’ 2014	\$100	

### MEDIUM REDS

*Tasting notes include a medium body raspberries, plums, black cherries, licorice, orange, coffee, toffee, chocolate, fruit cake. Pairs best with Land, duck, charcuterie, grilled meats and lighter merlots with heavier seafood dishes.*

Grenache Stag’s Hollow Winery 2016	\$60	
Merlot Blend Black Widow Winery ‘Hourglass’ 2013	\$90	
Merlot Blend La Frenz ‘Grand Total Reserve’ 2012	\$180	
Merlot Blend Mission Hill Family Estate ‘Oculus’ 2010	\$200	
Merlot Burrowing Owl 2013	\$65	<i>Cory’s choice</i>
Merlot Montagu Cellars ‘Three Barrel’ 2008	\$85	<i>Nick’s choice</i>
Merlot Poplar Grove 2012	\$95	
Merlot Blend Covert Farms ‘Amicitia’ 2013	\$65	
Merlot Blend Time Vineyards 2013	\$65	
Merlot Blend Sumac Ridge 2006	\$600	
Tempranillo Pentâge 2013	\$60	

### CABERNET SAUVIGNONS & CABERNET FRANCS

*Tasting notes include a medium to full body, currant, berry, plum, black cherry, eucalyptus, green pepper, green olive, sometimes coffee, mocha, chocolate; also dusty, earthy, mineral, cedar, herb, mint; dill. Pairs best with our Land , lamb, grilled steaks, roast meats, duck, venison; younger, tannic cabernets with rare red meats.*

Cabernet Franc Blend Poplar Grove Winery ‘The Legacy’ 2012	\$150	
Cabernet Franc Little Farm ‘Pied de Cuve’ 2015	\$85	
Cabernet Franc Painted Rock 2015	\$95	<i>Matthew’s choice</i>
Cabernet Franc Nichol Vineyard 2015	\$75	<i>Peter’s choice</i>
Cabernet Franc Tinhorn Creek ‘Oldfield Series’ 2012	\$90	
Cabernet Sauvignon Blend Black Hills Estate Winery ‘Nota Bene’ 2014	\$110	
Cabernet Sauvignon Blend Fairview Cellars ‘The Bear’ 2013	\$95	
Cabernet Sauvignon Blend Orofino Winery ‘Beleza’ 2013	\$90	<i>Anna’s choice</i>
Cabernet Sauvignon Blend Cedar Creek Platinum Series 2009	\$200	
Cabernet Sauvignon Blend Young & Wyse Collection ‘Black Sheep Blend’ 2012	\$60	
Cabernet Sauvignon Covert Farms Family Estate ‘Grand Reserve’ 2012	\$150	
Cabernet Sauvignon Kettle Valley ‘Old Main Red’ 2012	\$85	
Cabernet Sauvignon La Frenz Winery ‘Rockyfeller Vineyard’ 2014	\$65	
Cabernet Sauvignon Seven Stones ‘Speaking Rock’ 2012	\$75	

### BOLD REDS

*Tasting notes include a full body, spice, white pepper, blackcurrant, blue and blackberry, cherry, with earthy, leathery notes. violet. Pairs best with Land, grilled meats, game birds, lamb.*

Foch Niche Wine Co. 2013	\$60	
Grenache/Syrah/Mourvèdre Pentâge Winery ‘GSM’ 2013	\$65	<i>Jackson’s choice</i>
Malbec Kettle Valley Winery 2010	\$80	
Maréchal Foch Alderlea Vineyards ‘Clarinet’ 2011	\$60	
Pinotage Stoneboat Vineyards 2012	\$55	<i>Darice’s choice</i>
Petit Verdot Blasted Church Vineyard ‘Holy Moly’ 2014	\$90	
Syrah Burrowing Owl Estate Winery 2014	\$70	
Syrah Orofino Winery ‘Wild Ferment’ 2016	\$80	<i>Kaleigh’s choice</i>
Syrah C.C. Jentsch Cellars 2014	\$80	<i>Margot’s choice</i>
Syrah Sandhill Wines ‘Phantom Creek Vineyard’ 2013	\$90	
Syrah Nichol Vineyard ‘Reservare’ 2014	\$125	
Syrah Kettle Valley ‘Rock Oven Red’ 2003	\$120	
Touriga Naçional Moon Curser Vineyards 2012	\$85	
Zinfandel Covert Farms Family Estate ‘Grand Reserve’ 2012	\$100	<i>Darice’s choice</i>

### REGION

NARAMATA BENCH	④
SKAHA BENCH	④
OKANAGAN FALLS	④
LAKE COUNTRY	④
COWICHAN VALLEY	①
NARAMATA BENCH	④
OKANAGAN FALLS	④
NARAMATA BENCH	④
SALT SPRING ISLAND	②
OKANAGAN FALLS	④

OKANAGAN FALLS	④
NARAMATA BENCH	④
NARAMATA BENCH	④
SOUTH OKANAGAN	④
OLIVER	④
NARAMATA BENCH	④
NARAMATA BENCH	④
OLIVER	④
BLACK SAGE BENCH	④
SOUTH OKANAGAN	④
SKAHA BENCH	④

NARAMATA BENCH	④
SIMILKAMEEN VALLEY	④
PENTICTON	④
NARAMATA BENCH	④
SOUTH OKANAGAN	④
OLIVER	④
GOLDEN MILE SUB GI	④
SIMILKAMEEN VALLEY	④
CENTRAL OKANAGAN	④
OSOYOOS	④
OLIVER	④
NARAMATA BENCH	④
GOLDEN MILE SUB GI	④
SIMILKAMEEN VALLEY	④

WEST KELOWNA	④
SKAHA BENCH	④
NARAMATA BENCH	④
COWICHAN VALLEY	①
OLIVER	④
OKANAGAN FALLS-	④
OLIVER	④
SIMILKAMEEN VALLEY	④
GOLDEN MILE SUB GI	④
SOUTH OKANAGAN	④
NARAMATA BENCH	④
NARAMATA BENCH	④
OSOYOOS	④
OLIVER	④

## WHITE

### CLEAN & CRISP

*Tasting notes include: a range from full and crisp to medium and well rounded including notes of pear, dried apricot, vanilla, almond, spice, clover honey, mineral or chamomile. Pairs best with Sea and Soil, cheese—goat, pork, salad, shellfish, green vegetables, garlic, herbs.*

Albariño Stags Hollow Winery 2015	\$60	<i>JD’s choice</i>	OKANAGAN FALLS	④
Chenin Blanc Road 13 Vineyards ‘Old Vines’ 2015	\$55		GOLDEN MILE SUB GI	④
Grüner Veltliner Culmina Estate Winery ‘Unicus’ 2015	\$65	<i>Chef Welbert’s choice</i>	OLIVER	④
Pinot Blanc Clos du Soleil ‘Grower’s Series’ 2015	\$50		SIMILKAMEEN VALLEY	④
Pinot Blanc Lake Breeze Vineyards 2015	\$50		NARAMATA BENCH	④
Pinot Blanc Okangan Crush Pad ‘House of Margot’ 2016	\$45		OLIVER	④
Pinot Gris Black Widow Winery ‘Single Vineyard’ 2015	\$55		NARAMATA BENCH	④
Pinot Gris Burrowing Owl Estate Winery 2016	\$55	<i>Cory’s choice</i>	OLIVER	④
Pinot Gris Garry Oaks Winery 2015	\$50		SALT SPRING ISLAND	②
Pinot Gris Liquidity 2015	\$55	<i>Nick’s choice</i>	OKANAGAN FALLS	④
Sauvignon Blanc Maverick Estate Winery 2016	\$50		OLIVER	④
Sauvignon Blanc/Sémillon Howling Bluff 2015	\$60		NARAMATA BENCH	④

### FUN & FRUITY

*Tasting notes include: Light to medium body, floral, lychee, peach, grapefruit, fruit salad; also mineral, earth, pepper, citrus, lemon, apricot, peach, pear, apple; herbal, floral, citrus, mineral and even sometimes petrol in certain vintages. Pairs best with Sea and Soil, cheese—soft, strong & aged, soft, brie, blue; asian spiced dishes, curry, ginger, pork, sausage, smoked food, spicy food, apples, duck, fruit, salad.*

Gewürztraminer Averill Creek Vineyard 2014	\$50		COWICHAN VALLEY	①
Gewürztraminer Sage Hills Vineyard ‘Small Lot’ 2014	\$65		SUMMERLAND	④
Muscat Joie Farm Winery 2014	\$50		NARAMATA BENCH	④
Riesling Joie Farm Winery 2015 ‘En Famille’ Reserve	\$60	<i>Jackson’s choice</i>	NARAMATA BENCH	④
Riesling Orofino Winery ‘Home Vineyard Wild Ferment’ 2014	\$70		SIMILKAMEEN VALLEY	④
Riesling Little Farm Winery ‘Pied de Cuve’ 2015	\$70	<i>Darice’s choice</i>	SIMILKAMEEN VALLEY	④
Riesling Sperling Vineyards ‘Old Vines Riesling’ 2011	\$70		KELOWNA	④
Riesling Synchronesh 2015	\$60	<i>Chef Whittaker’s choice</i>	CENTRAL OKANAGAN	④
Riesling Tantalus Vineyards 2016	\$55	<i>Matthew’s choice</i>	KELOWNA	④
Riesling Culmina ‘Haut Plateau’ 2015	\$80	<i>Peter’s choice</i>	OLIVER	④

### CHARDONNAY

*Tasting notes include: crisp (unoaked) to full bodied and round, apple, pear, lemon-lime, pineapple, tropical fruit. If barrel fermented and/or oak-aged, also butter, butterscotch, toast, fig, vanilla, hazelnut, nutmeg, clove. Pairs best with Sea, and oysters, rich dishes with butter or cream sauce, fettuccine, and mushrooms.*

Chardonnay (unoaked) Haywire Vineyards ‘Secrest Mountain’ 2016	\$65		OLIVER	④
Chardonnay Blue Mountain Vineyard & Cellars Reserve 2013	\$65	<i>Peter’s choice</i>	OKANAGAN FALLS	④
Chardonnay Coolshanagh 2013	\$65		NARAMATA	④
Chardonnay Little Farm Winery ‘Pied de Cuve’ 2015	\$80		SIMILKAMEEN VALLEY	④
Chardonnay NK’Mip ‘Qwam Qwmt’ 2015	\$55	<i>Brandon’s choice</i>	OSOYOOS	④
Chardonnay Privato Vineyard & Winery ‘Woodward Family’ 2013	\$65		KAMLOOPS	③
Chardonnay Time Winery ‘McWatters Collection’ 2014	\$70		BLACK SAGE BENCH	④

### BOLD WHITES

*Tasting notes include: medium to full bodied, stone fruits, mango and honeysuckle to creamier aromas of vanilla with spices, lanolin. Pairs best with our Sea, butter and cream sauces, cheese, nuts, and pork.*

Roussanne Blend Covert Farms Family Estate ‘Amicitia’ 2014	\$45		OLIVER	④
Roussanne Marsanne -Viognier Pentâge ‘Dirty Dozen Vineyards’ 2011	\$65		SKAHA BENCH	④
Roussanne/Viognier/Marsanne Moon Curser Vineyards ‘Afraid of the Dark’ 2016	\$50		OSOYOOS	④
Sémillon Bartier Bros ‘Cerqueira Vineyard’ 2014	\$60		OLIVER	④
Sémillon La Frenz ‘Knorr Vineyard’ 2015	\$50		NARAMATA BENCH	④
Viognier Kettle Valley Winery 2013	\$55		NARAMATA BENCH	④
Viognier Pentâge 2015	\$60		SKAHA BENCH	④
Viognier Pareto’s Blend 2016	\$60		CENTRAL OKANAGAN	④
Viognier Kanazawa ‘Nomu’ 2013	\$55		NARAMATA BENCH	④
White Pinot Noir Tinhorn Creek ‘Innovation Series’ 2016	\$90		BLACK SAGE BENCH	④