



- 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.*

Chardonnay Meyer Family Vinyards NV	\$90
Pinot Noir Chardonnay Blue Mountain Vineyard & Cellars Brut Rosé R.D. 2013	\$100
Gamay Noir Bella Wines 2014 375ml	\$35
Pinot Blanc Stoneboat Vineyards 'Piano Brut' NV	\$55
Chardonnay Bella Wines Blanc de Blancs 2016	\$75

ROSÉS

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

Pinot Noir Blanc Niche Wine Co. 2016	\$55
Cab Franc Rosé Little Farm Winery 'Blind Creek Vineyard' 2016	\$55
Cabernet Franc Rosé Tinhorn Creek Vineyards 'Oldfield Reserve' 2016	\$50
Zinfandel Gamay Noir Rosé Pentâge Winery 2015	\$60

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
Muscat La Frenz Winery 'Liqueur Muscat'	\$10
Orin Iced Apple Rustic Roots Winery	\$10
Riesling Ice Wine Jackson-Triggs Winery 2016	\$19
Malbec Petit Verdot Ruby Fortified Kettle Valley Winery 'Caboose' Solera NV	\$10
Merlot Syrah Tawny Fortified La Frenz Winery Solera NV	\$10
Vidal ArrowLeaf Cellars 'Special Select Late Harvest' 2015	\$10

REGION

	4
OKANAGAN FALLS	4
OKANAGAN FALLS	4
NARAMATA BENCH	4
OLIVER	3
KAMLOOPS	
WEST KELOWNA	4
SIMILKAMEEN VALLEY	4
OLIVER	4
SKAHA BENCH	4
COWICHAN VALLEY	1
NARAMATA BENCH	4
SIMILKAMEEN VALLEY	4
SOUTH OKANAGAN	4
NARAMATA BENCH	4
NARAMATA BENCH	4
LAKE COUNTRY	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 2015	\$55	
Gamay Noir Pentâge Winery 2014	\$50	
Dolcetto Stag’s Hollow Winery ‘Shuttleworth Creek Vineyard’ 2015	\$65	<i>Margot’s choice</i>
Pinot Noir Arrowleaf Cellars ‘Solstice’ 2014	\$55	
Pinot Noir Averill Creek Vineyard 2014	\$60	
Pinot Noir Gamay Noir JoieFarm Winery ‘PTG’ 2015	\$55	
Pinot Noir Blue Mountain Vineyard & Cellars 2015	\$65	
Pinot Noir Carson Pinot Co. 2014	\$100	<i>Anna’s choice</i>
Pinot Noir Meyer Family Vineyards ‘McLean Creek Road Vineyard’ 2015	\$100	
Pinot Noir Henricsson Vineyard ‘Deux Hivers’ 2015	\$160	

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’ 2008	\$180	
Merlot Blend Mission Hill Family Estate ‘Oculus’ 2010	\$300	
Merlot Burrowing Owl Estate Winery 2015	\$65	<i>Cory’s choice</i>
Merlot Montagu Cellars ‘Three Barrel’ 2008	\$150	<i>Nick’s choice</i>
Merlot Poplar Grove 2012	\$95	
Merlot Blend Covert Farms ‘Amicitia’ 2014	\$65	
Merlot Blend Time Vineyards 2013	\$65	
Merlot Blend Sumac Ridge ‘Pinnacle’ 2006	\$600	

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 Estate Winery 2015	\$95	<i>Matthew’s choice</i>
Cabernet Franc Nichol Vineyard & Estate Winery 2015	\$75	<i>Peter’s choice</i>
Cabernet Franc Tinhorn Creek Vineyards ‘Oldfield Series’ 2012	\$90	
Cabernet Sauvignon Blend Black Hills Estate Winery ‘Nota Bene’ 2014	\$110	
Cabernet Sauvignon Blend Fairview Cellars ‘The Bear’ 2014	\$95	
Cabernet Sauvignon Blend Orofino Winery ‘Beleza’ 2014	\$90	<i>Jackson’s choice</i>
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’ 2013	\$85	
Cabernet Sauvignon La Frenz Winery ‘Rockefeller Vineyard’ 2015	\$65	
Cabernet Sauvignon Seven Stones ‘Speaking Rock’ 2013	\$75	
Cabernet Sauvignon Culmina Family Estate Winery 2014	\$125	<i>Chef Whittaker’s choice</i>

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.

Maréchal Foch Niche Wine Co. 2015	\$60	
Grenache/Syrah/Mourvèdre Pentâge Winery ‘GSM’ 2013	\$65	
Malbec Kettle Valley Winery 2011	\$80	
Maréchal Foch Alderlea Vineyards ‘Clarinet’ 2015	\$60	
Petit Verdot Blasted Church Vineyard ‘Holy Moly’ 2014	\$90	
Syrah Burrowing Owl Estate Winery 2015	\$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 & Estate Winery ‘Reservare’ 2014	\$125	<i>JD’s choice</i>
Syrah Kettle Valley Winery ‘Rock Oven Red’ 2003	\$120	
Touriga Nacional Moon Curser Vineyards 2012	\$85	
Zinfandel Covert Farms Family Estate ‘Grand Reserve’ 2012	\$100	<i>Darice’s choice</i>
Merlot Blend Laughing Stock Portfolio Red 2013 **1.5L Magnum	\$300	

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
OKANAGAN FALLS	④
NARAMATA BENCH	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

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

WEST KELOWNA	④
SKAHA BENCH	④
NARAMATA BENCH	④
COWICHAN VALLEY	①
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
NARAMATA BENCH	④

WHITE

CLEAN & CRISP

Tasting notes include: a range from full and crisp to medium and well rounded. 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 Stag’s Hollow Winery 2015	\$60	
Chenin Blanc Road 13 Vineyards ‘Old Vines’ 2015	\$55	
Grüner Veltliner Culmina Family Estate Winery ‘Unicus’ 2015	\$65	<i>Chef Welbert’s choice</i>
Pinot Blanc Clos du Soleil Winery ‘Grower’s Series Middle Bench Vineyard’ 2015	\$50	
Pinot Blanc Lake Breeze Vineyards 2015	\$50	
Pinot Blanc Okangan Crush Pad ‘House of Margot’ 2016	\$45	
Pinot Gris Black Widow Winery ‘Single Vineyard’ 2016	\$55	
Pinot Gris Burrowing Owl Estate Winery 2016	\$55	<i>Cory’s choice</i>
Pinot Gris Garry Oaks Winery 2015	\$50	
Pinot Gris Liquidity Wines 2015	\$55	<i>Nick’s choice</i>
Pinot Gris Haywire ‘Switchback Vineyard’ 2016	\$55	
Sauvignon Blanc Maverick Estate Winery 2016	\$50	
Sauvignon Blanc Sémillon Howling Bluff Estate Winery 2015	\$60	
Sauvignon Blanc Fumé Blanc Clos du Soleil Winery 2016	\$60	

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, and even sometimes petrol in certain vintages. Pairs best with Sea and Soil, cheese—soft, strong & aged, brie, blue; asian spiced dishes, curry, ginger, pork, sausage, smoked food, spicy food, apples, duck, fruit, salad.

Gewürztraminer Averill Creek Vineyard 2014	\$50	
Gewürztraminer Sage Hills Vineyard ‘Small Lot’ 2014	\$65	
Muscat JoieFarm Winery 2016	\$50	
Riesling JoieFarm Winery ‘En Famille’ Reserve 2015	\$60	<i>Jackson’s choice</i>
Riesling Orofino Winery ‘Home Vineyard Wild Ferment’ 2014	\$70	
Riesling Little Farm Winery ‘Pied de Cuve’ 2015	\$70	<i>Darice’s choice</i>
Riesling Sperling Vineyards ‘Old Vines Riesling’ 2011	\$70	
Riesling Synchronmesh Wines 2015	\$60	<i>Chef Whittaker’s choice</i>
Riesling Tantalus Vineyards 2016	\$55	<i>Matthew’s choice</i>
Riesling Culmina Family Estate Winery ‘Haut Plateau’ 2015	\$80	<i>Peter’s choice</i>

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	
Chardonnay Blue Mountain Vineyard & Cellars Reserve 2014	\$65	<i>Peter’s choice</i>
Chardonnay Coolshanagh 2015	\$65	
Chardonnay Little Farm Winery ‘Pied de Cuve’ 2015	\$80	
Chardonnay NK’MIP Cellars ‘Qwam Qwmt’ 2015	\$55	<i>Brandon’s choice</i>
Chardonnay Privato Vineyard & Winery ‘Woodward Family’ 2013	\$65	
Chardonnay Time Winery ‘McWatters Collection’ 2014	\$70	<i>JD’s choice</i>
Chardonnay Seven Stones Winery ‘Speaking Rock’ 2012	\$65	
Chardonnay Henricsson Vineyard ‘Kajsa’ 2016	\$160	

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	
Roussanne/Marsanne/Viognier Pentâge Winery ‘Dirty Dozen Vineyards’ 2011	\$65	
Roussanne/Viognier/Marsanne Moon Curser Vineyards ‘Afraid of the Dark’ 2016	\$50	
Sémillon Bartier Bros. Vineyard & Winery ‘Cerqueira Vineyard’ 2014	\$60	
Sémillon La Frenz Winery ‘Knorr Vineyard’ 2015	\$50	
Viognier Pentâge Winery 2015	\$60	
Viognier Syrah Pareto’s Blend 2016	\$80	
Viognier Kanazawa Wines ‘Nomu’ 2013	\$55	
White Pinot Noir Tinhorn Creek Vineyards ‘Innovation Series’ 2016	\$90	

OKANAGAN FALLS	④
GOLDEN MILE BENCH	④
OLIVER	④
SIMILKAMEEN VALLEY	④
NARAMATA BENCH	④
OLIVER	④
NARAMATA BENCH	④
OLIVER	④
SALT SPRING ISLAND	②
OKANAGAN FALLS	④
SUMMERLAND	④
OLIVER	④
NARAMATA BENCH	④
SIMILKAMEEN VALLEY	④

COWICHAN VALLEY	①
SUMMERLAND	④
NARAMATA BENCH	④
NARAMATA BENCH	④
SIMILKAMEEN VALLEY	④
SIMILKAMEEN VALLEY	④
KELOWNA	④
CENTRAL OKANAGAN	④
KELOWNA	④
OLIVER	④

OLIVER	④
OKANAGAN FALLS	④
NARAMATA	④
SIMILKAMEEN VALLEY	④
OSOYOOS	④
KAMLOOPS	③
BLACK SAGE BENCH	④
SIMILKAMEEN VALLEY	④
NARAMATA BENCH	④

OLIVER	④
SKAHA BENCH	④
OSOYOOS	④
OLIVER	④
NARAMATA BENCH	④
SKAHA BENCH	④
CENTRAL OKANAGAN	④
NARAMATA BENCH	④
BLACK SAGE BENCH	④