

graze

SOUP OF THE DAY \$11
always fresh / always delicious

ROASTED ALMONDS V GF \$8
our signature sweet and smoky flavour
almonds

MARINATED OLIVES V GF \$9
Castelvetro olives / rosemary / juniper
berries / orange

DEVILED EGG GF OPTION \$3 EA
caesar salad style with homemade caesar
dressing / homemade crouton / double
smoked Valbella speck / anchovies


CORN ON THE COB V & GF OPTIONAL \$7
market-fresh corn / chimichurri mayo/
chili dust, fried onions


BABA GANOUSH V & GF OPTIONAL \$13
roasted eggplant / Broxburn (AB)*
tomatoes / warm crostini


DEEP FRIED CHEESE \$12
double-breaded Block and Barrel (PQ)
cheddar / sweet tomato chutney /
Chefs Micro-Greens (AB)*

MEAT AND CHEESE BOARD GF OPTIONAL \$34
Chef's choice of 3 cheeses; hard, soft, blue / 2 Empire Provisions (AB)* meats /
maple-smoked candied salmon (BC) / roasted garlic / house pickles / house olives /
house almonds / grainy mustard / jam / fresh baguette

SALT & PEPPER DUCK WINGS \$14
Brome Lake (PQ)* confit duck wings /
salt and pepper / lime / cilantro mayo

DRUNKEN CALAMARI \$15
Oceanwise* squid / Eau Claire (AB) vodka
/ sambal marinade / tobiko aioli
cilantro / fresh lemon 

OCTO-POKE GF \$16
braised BC Oceanwise* octopus
puffed rice paper / green onion
cilantro / sushi rice / nori / poke dressing 

FRESH PEI MUSSELS GF OPTIONAL \$18
fresh Oceanwise* PEI mussels /
green thai curry sauce / cilantro
/ fresh baguette 

MIXED BEAN TACOS GF OPTIONAL \$12
kidney, turtle and black beans / chili
spices / sweet corn / jalapeno / crisp
lettuce / fresh lime / cilantro mayo /
sour cream / flour tortilla

BEEF TONGUE TACOS GF OPTIONAL \$14
braised beef tongue / Jacek Chocolate*
molé / fresh pico de gallo / lettuce /
flour tortilla

Made with love and passion by chef Kris Lowes

roam

DUCK CONFIT CREPES \$18

Brome Lake (PQ)* duck confit / fresh cilantro / cucumber / carrots / house-made hoisin sauce

MARINARA MEATBALLS \$14

Top Grass (AB)* ground beef / house made marinara / melted Oka (PQ) cheese / fresh baguette

BABY BACK \$28

PORK RIBS GF OPTIONAL

Half rack of pork ribs / Bow Valley* bbq sauce / pineapple salsa / parsnip puree

CUBANO PANINI \$16

Bear and the Flower (AB)* pulled pork / Block & Barrel swiss cheese / yellow mustard / house-made pickles / mojo verde aioli / fresh baguette

CHICKEN SCHNITZEL \$25

Heritage Farms (BC)* panko breaded chicken breast / roasted garlic mashed potatoes / green beans / wild mushroom cream sauce / fresh lemon

salads

CAPRESE GF \$14

Broxburn (AB)* tomatoes / buffalo mozzarella / fresh basil / carrot orange vinaigrette

APPLE ASPARAGUS GF \$16

apple / asparagus / fennel / orange / raddish / frisee / Windset Farms (BC)* mixed lettuce / goat cheese / honey citrus vinaigrette

kids or the kid in you

TATER TOTS \$7

with ketchup

GRILLED CHEESE \$10

KIDS PASTA \$10

tomato or cream sauce

KIDS CORN ON THE COB \$5

with butter

dessert

Changes daily

cocktails (2oz)



BUFFALO SOUR \$13

Buffalo trace bourbon / fresh lemon juice / honey sage juniper syrup / egg white

PISCO SOUR \$13

ABA pisco / fresh lime juice / simple syrup / egg white / Angostura bitters

OLD FASHIONED \$13

Bulleit bourbon / demerara syrup / orange and black walnut bitters / orange peel / cherry garnish

MIDNIGHT COWBOY \$14

Matusalum rum / Blanton's bourbon / DOM Benedictine / Cocchi red / cinnamon smoked glass / cherry garnish

CORPSE REVIVER \$15

Pierre de Segonzac cognac / Calvados / Dolins red vermouth / cherry garnish

SAZERAC \$15

Sazerac rye / Herbsaint / sugar / Peychauds bitters / lemon peel

RANSOM NEGRONI \$12

Old Tom Ransom gin / Ransom sweet vermouth / Campari / orange peel

FRENCH NEGRONI \$12

Noteworthy gin / Lillet Blanc / Carpano Antica / lemon peel

MEZCAL OLD FASHIONED \$14

Los Siete Misterios mezcal / Sailor Jerry spiced rum / agave / Fire and Damnation bitters / hickory smoked glass

MEXICO AT NIGHT \$12

Cabritos tequila / Campari / fresh lime and lemon juice / chili syrup

MISTY MOUNTAIN HOP \$14

Eau Claire Parlour gin / Eau Claire Prickly Pear vodka / lemon / simple syrup / basil / fennel / hops bitters

GREEN BEAST \$12

St George absinthe / fresh lime juice / cucumber / simple syrup

DARK AND STORMY \$13

Koloa dark rum / ginger beer / fresh lime juice / Jamaican bitters

BUFFALO MULE \$12

Zubrowka vodka / ginger beer / fresh lime juice

MEXICAN MULE \$12

Cabritos tequila / ginger beer / fresh lime juice

DEAD MAN'S MULE \$14

Absente absinthe / orgeat / falernum / fresh lime juice / ginger beer

“Anybody with a good record collection will always be in love.”

{ ANONYMOUS }

island drinks

BITTER MAI TAI \$13

Campari / Plantation rum / orange
curacao / orgeat / fresh lime juice

STAG AND CROSS \$12

Jagermeister / Aperol / orgeat / fresh
lemon juice

WALK ON THE WILDSIDE \$13

Koloa dark rum / Calvados / mint / fresh
lemon juice / pineapple juice

CHOKE HOLD \$13

Old Port rum / Cynar / St. Germain /
orgeat / fresh lime juice

summer spritz & sippers

STAIRWAY TO LEMON \$12

Wildlife vodka / St Germain /
fresh lemon juice / simple syrup

BRAMBLE ON \$13

Zubrowka vodka / Chambord / crème de
cassis / fresh lemon juice / simple syrup
/ cherry bark vanilla bitters / blackberries
/ raspberries

EASTERN STANDARD \$12

Black Stallion vodka / fresh lime juice /
cucumber / mint / simple syrup

MARGARITA \$12

Cabritos tequila / Cointreau / fresh lime
juice / simple syrup

BLACKBERRY MOJITO \$13

Bayou white rum / simple syrup / mint /
fresh lime juice / blackberries

COCONUT LIME DAIQUIRI \$12

Koloa coconut rum / Cointreau / simple
syrup / fresh lime juice

PIMMS CUP \$12

Pimms / cucumber / mint / raspberry /
lemon / simple syrup / gingerale

APEROL SPRITZ

Aperol / cremant de bourgogne prosecco
/ soda water

FRENCH COCKTAIL \$15

Cremant de Bourgogne / Pierre de
Segonzac cognac / Angostura bitters /
sugar / orange peel / cherry garnish

SANGRIA \$12

red or white made fresh

“If you think adventure is dangerous, try routine. Its lethal.”

{ PAULO COELHO }

beer

BUENAS DIAS, GRUIT \$12**

Beau's Brewery, ON

Brewed with organic lime juice, Organic orange and lime peel, and sea salt. Zippy lime flavor accented with a hint of sea salt. 4.5% / 600ml

HIGH COUNTRY, KOLCSH \$6

Mt. Begbie Brewery, BC

A pale, mildly hopped beer. Yeast and wheat malt give this beer its unique delicate flavor. 4.5% / 355ml

BOMBER, PILSNER \$6

Bomber Brewery, BC

Czech style pilsner. floral aroma and finish to this clean drinking lager – Gold Medal. 4.8% / 355ml

S&O, DARK LAGER \$12**

Steel and Oak, BC

This unfiltered lager has a dominant malt flavour accented by notes of almonds, toast and a touch of caramel. 5% / 650ml

OFF TRAIL, PALE ALE \$6

Old Yale Brewery, BC

A generous heaping of whole leaf cascade hops are carefully balanced with malted barley. 5% / 355ml

A TOUT LE MONDE, SAISON \$15**

Unibroue, PQ

A Belgian style golden Saison / Farmhouse Ale with hoppy and spicy notes. Topped by an unctuous head, fresh taste and a crisp dry finish. 4.5% / 750ml

SIMPLICITY, BLONDE ALE \$12**

Category 12, BC

Showcasing organic spelt grain, this ale starts with a lightly fruity and floral nose that leads into a subtle body with a crisp, dry finish. Clean and slightly bitter. 5% / 650ml

VELVET FOG, WHEAT ALE \$6

Wild Rose Brewery, AB

Unfiltered wheat beer with a golden hue, fresh tangy bite with notes of citrus. 4.5% / 355ml

WRASPBERRY, WHEAT ALE \$6

Wild Rose Brewery, AB

A crisp, easy-drinking beer with a raspberry twist. Raspberries are the beauty and the beast of fruit – tough and thorny, delicate and tasty. 4.5% / 355ml

SUMMER HAZE, HONEY HEFE \$12**

Hoyne Brewing, BC

Light in colour, hops and malt. nice honey wheat beer using prairie wheats and honey made at the Empress Hotel in Victoria. 5.1% / 650ml

RED RAGE, RED ALE \$7

Tool Shed Brewery, AB

Dark red, roasty like coffee, toasty like fresh bread. Medium bodied and easy drinking. 5.6% / 355ml

**Our beers are
all Canadian, all craft**

****GREAT FOR SHARING**

beer

REAL PEEL, GRAPEFRUIT IPA \$6

Fernie Brew BC

A light-colored IPA, with bold citrusy and grapefruit flavours. 6.4% / 355ml

ELECTRIC UNICORN, WHITE IPA \$6

Phillips Brew, BC

Sweet fruit flavors are balanced against a citrus hop background that's slightly spiced and finishes dry. 6.5% / 341ml

FAT TUG, IPA** \$11

Driftwood Brew, BC

An intense hop profile featuring notes of grapefruit, mango, melon and passion fruit. 7% / 650ml

DANDY, OYSTER STOUT** \$12

The Dandy Brewing Company, AB

Dark in colour with a smooth, light body. Present sweetness, notes of coffee, chocolate and light roast. 5% / 650ml

“Good people drink good beer.” [Hunter s. Thompson]

ciders, meads & shandys

LEMON SHADY \$6

Grizzly Paw Brewery, AB

Refreshing blend of a traditional witbier and fresh home-made lemonade. 3% / 473ml

POMMIES, DRY CIDER GF \$9

Southern Cliff, ON

Refreshing, light bodied, crisp with a lasting finish. 100% Ontario Heritage apples G/F, no artificial flavor or colour. 5% / 355ml

GINGER MEAD GF \$14

Fallen Timber Meadery, AB

This session mead had been created to be very light and easy drinking. Brewed with Alberta honey and just the right amount of ginger. 6% / 500ml

RUBY ROSE, \$29

SPECIALTY CIDER** GF

Sea Cider Farm & Ciderhouse, BC

A captivating semi-sweet cider using BC apples infused with rose hip and rhubarb resulting in a sharp yet balanced fruit-infused cider. 9.9% 750ml

**GREAT FOR SHARING

wine



BUBBLES

	150ML	750ML
2012 / CAVE DE LUGNY / CREMANT DE BOURGOGNE BRUT <i>Lugny, Bourgogne, France</i>	\$9	\$45
2015 / PALTRINIERI DI SORBANA PIRIA / LAMBRUSCO <i>Sorbano di Bompoto, Modena, Italy</i>	\$9	\$45
2016 / BENJAMIN BRIDGE, NOVA 7 / MUSCAT BLEND <i>Gaspereau Valley, NS, Canada</i>	\$11	\$55

THE WHITES

	150ML	500ML	750ML
2016 / TOURAINE GIBAUT / SAUVIGNON BLANC ATP <i>Touraine, Loire, France - Sustainable</i>	\$9	\$30	\$45
2015 / FATTORI / PINOT GRIGIO DELLE VENEZIE IGT <i>Veneto, Italy - Organic</i>	\$9	\$30	\$45
2016 / JOIE FARMS / UNOAKED CHARDONNAY VQA <i>Naramata Bench BC, Canada - Sustainable</i>	\$12	\$40	\$60
2015 / TERRAVISTA / FANDANGO, ALBARINO VERDEJO <i>Okanagan Valley, BC, Canada - Sustainable</i>	\$12	\$40	\$60
2015 / MENDRAKA / BIZKAIKO TXAKOLINA DO <i>Basque Country, Spain - Organic</i>	\$10	\$34	\$50
2015 / VINELAND ESTATES / SEMI-DRY RIESLING VQA <i>Niagara Peninsula ONT, Canada - Sustainable</i>	\$9	\$30	\$45

Our wine selection *is* all organic, sustainable or biodynamic

wine



ROSE

	150ML	500ML	750ML
2016 / TH WINES / CABERNET FRANC, MERLOT <i>Rioja, Spain - Organic</i>	\$12	\$40	\$60
2016 / NAVARRSOTILLO, NOEMUS / GARNACHA <i>Okanagan Valley, BC, Canada - Sustainable</i>	\$8	\$27	\$40

THE REDS

	150ML	500ML	750ML
2015 / CHAKANA / MALBEC <i>Agrelo, Mendoza, Argentina - Organic</i>	\$10	\$33	\$50
2015 / JOYA / CABERNET SAUVIGNON, SYRAH <i>Lisbon, Portugal - Sustainable</i>	\$8	\$27	\$40
2014 / BLACK MARKET / SYRAH-VIOGNIER <i>Okanagan Valley, BC, Canada - Sustainable</i>	\$13	\$43	\$65
2014 / MANOIR DU CARRA / GAMAY NOIR <i>Beaujolais, France - Organic</i>	\$10	\$33	\$50
2012 / STARMONT / PINOT NOIR <i>Carneros, CA, USA - Sustainable</i>	\$13	\$43	\$65
2014 / NOELIA RICCI / SANGIOVESE SUPERIORE <i>Emilia-Romagna, Italy - Sustainable Organic</i>	\$11	\$37	\$55
2015 / CHATEAU RICARDELLE / GRENACHE BLEND <i>Languedoc, France - Organic</i>	\$10	\$33	\$50
2015 / CATANGA / TEMPRANILLO <i>Castilla, Spain - Organic</i>	\$8	\$27	\$40

sunday brunch (10AM - 2PM) →

YOGURT AND GRANOLA \$12
All-natural Alberta yogurt with
homemade granola / honey / fresh berries
/ side toast

CHICKEN & WAFFLES \$16
EGGS BENNY
Bacon buttermilk waffles / deep-fried
Heritage Farms (BC)* chicken breast /
free-range poached eggs / chicken gravy
hollandaise sauce / side tater tots

ROASTED TURKEY CREPES \$16
Valbella, Canmore (AB)* smoked turkey /
pear cream sauce / melted oka cheese /
side tater tots

STUFFED FRENCH TOAST \$14
Egg-fried texas toast / cream cheese /
mixed fresh berries / vanilla ice cream /
berry coulis / maple syrup

SCOTCH AND TOTS \$14
Chorizo sausage scotch egg / tater tots
/ side smoothie

DRINKS

MIMOSA \$8
THE HEMMINGWAY \$14
RED EYE \$7
SALOON CAESAR \$12
SHAFT \$12
IRISH COFFEE \$12

BREAKFAST GF OPTIONAL \$16
BEAN TACOS
2 free-range fried eggs / kidney, turtle
and black beans / chili spices / sweet
corn / jalapeno / crisp lettuce / fresh
lime / cilantro mayo / sour cream / flour
tortilla / side tater tots

EGGS IN PURGATORY GF OPTIONAL \$16
2 free-range shirred eggs / house made
marinara sauce / onions / chili flakes /
fresh parsley / parmesan / side toast

CUBANO PANINI \$16
Bear and the Flower (AB)* pulled pork /
swiss cheese / yellow mustard / house-
made pickles / mojo verde aioli / fresh
baguette

FRESH PEI MUSSELS GF OPTIONAL \$18
fresh Oceanwise* PEI mussels /
green thai curry sauce / cilantro
/ fresh baguette



NON-ALCOHOLIC

JUICE \$4.75
FEATURE YOGURT SMOOTHIE \$8
HOMEMADE ICED TEA \$5.25
HOMEMADE LEMONADE \$5.25
AMERICANO \$4.25
LATTE \$5.5
CAPPUCCINO \$5.25
HOT CHOCOLATE \$5.25

proudly supporting



BEAR AND THE FLOWER FARM IRRICANA, ALBERTA

Upholding the highest standards in the pork industry. Free-range Alberta pork raised without the use of hormones, antibiotics, GMOs, or animal by-products. www.bearandtheflower.com

EMPIRE PROVISIONS CALGARY, ALBERTA

Artisanal Butchery and Charcuterie. Highlighting animals raised in Alberta free from hormones, steroids, or animal by-products. www.empireprovisions.com

TOP GRASS CATTLE DRUMHELLER, ALBERTA

Alberta raised free-range beef. Top grass fed without hormones, antibiotics, animal by-products or grains. www.topgrass.ca

BROXBURN FARM LETHBRIDGE, ALBERTA

'From Plant to Plate'. www.broxburn-vegetables.com

CHEFS MICRO GREENS CANMORE, ALBERTA

Organic, non-gmo greens grown right in Canmore - fb @chefsmicrogreens

BROME LAKE DUCKS BROME LAKE, QUEBEC

Since 1912, they are the oldest company in North America specializing in the production of Peking duck. From the farm to the table, every stage of production, with respect for the birds and the environment. www.canarddelabrome.com

HERITAGE FARMS FRASER VALLEY, BC

Free range chickens from the Fraser Valley raised without the use of antibiotics or animal by-product and are fed a 100% vegetable diet. www.heritagefarmschicken.ca

BOW VALLEY BBQ CANMORE, ALBERTA

Gourmet sauces and condiments from Canmore Alberta. www.bowvalleybbq.com

VALBELLA GOURMET FOODS CANMORE, ALBERTA

Quality meats and specialty products with European tradition. In Canmore since 1978 - www.valbellagourmetfoods.ca

JACEK CHOCOLATE COUTURE CANMORE, ALBERTA

Multiple award winning chocolatier from Edmonton, Alberta now located in Canmore - www.jacekchocolate.com.

OCEANWISE

'Ensuring healthy oceans for generations to come' - www.oceanwise.ca

At Where the Buffalo Roam Saloon, we source our produce locally whenever possible and offer the finest, cleanest, ethical meats and seafood from Canada.

www.canmoresaloon.ca