



**GRAY MONK™**  
ESTATE WINERY

**Lunch Menu**

**Start**

**Summer Soup**

Made daily from locally sourced, seasonal produce

10\$

**Seared Oceanwise Albacore Tuna**

Harissa Cream Fraiche, Toasted Almonds, Black Kale, Honey Garlic Dressing, Baby Potato Salad

19\$

**Unearthed Farms Pea Salad**

Smoked Ricotta, Snow Peas, Snap Peas, Pea Shoots, Oven Dried Tomato Vinaigrette, Crispy Chorizo

14\$

**Okanagan Greens**

Lightfoot Farms Mixed Greens, Blue Cheese Crumble, Diced Bacon, Cherry Tomatoes, BC Strawberries

16\$

**Woodland Mushrooms**

Duggan Farms Asparagus, Soft Poached Egg, Grassroot Gouda, Shaved Radish, Cured Yolk

18\$

**Share**

**Artisanal Cheese Plate**

Local Cheese, House Made Pickles, Wine Jelly, Crunch Mustard, Fresh Baguette, Seasonal Compote

15\$ for small Cheeses, 25\$ for large Cheeses

**Hand-Crafted Charcuterie Board**

Two Rivers Charcuterie, Wine Jelly, Crunch Mustard, House Made Pickles, Seasonal Compote

20\$ for a small board, 30\$ for a large board

**Warm Artisanal Bread & Seasonal Butter and Compotes**

Locally Made Warm Sour Dough, House Flavored Seasonal Butter, Compotes

10\$

## **Main**

### **BBQ Glazed Fraser Valley Pork Belly**

Carrot & Sunflower Seed Puree, Blue Barley, Watermelon Radish, Toasted Peanuts

28\$

### **Yarrow Meadows Farm Duck Confit**

Black Pepper Spätzle, Jalapeno and Riesling Choucroute, Honey Carrots, Cherry Jus

29\$

### **Sterling Springs Chicken Paprikash**

Fresh Tagliatelle Pasta, Candied Chilis, Smoked Mushrooms, Cherry Tomatoes, Sour Cream

27\$

### **Seared Trout Fillet**

Red Fife Grain, Wasabi Beurre Blanc, Celeriac Puree, Broccoli, Sautéed Rainbow Swiss Chard

28\$

### **The Abbey Bowl**

Grilled Tofu, Sautéed Chick Peas, Wild Rice, Bok Choy, Red Wine Scallion, Farm Fresh Vegetables

23\$

### **Seared Flank Steak Focaccia**

Horseradish Cream, Caramelized Onions, Tanto Latte Provolone Cheese, Mixed Green Salad

24\$

## **Sweet**

### **Okanagan Apple Strudel**

Smoked Ricotta, Odyssey Port Caramel, Fennel Icing Sugar, Coffee Meringue

10\$

### **Chocolate Ganache Bar**

Roasted Pecan Brittle, Goat Cheese Mousse, Cherry Reduction, Cocoa Nibs

11\$

### **Okanagan Fruit Crumble**

Chantilly Cream, Hemp seed, Bee Pollen, Puffed Quinoa, Parlor Ice Cream

9\$