SANTA MARGHERITA prosecco, Italy  VEUVE CLICQUOT BRUT champagne, France	-
	5
champagne, manec	
WHITE & ROSÉ 60z   90z   750	)ml
JACKSON TRIGGS 111/4 16 <sup>3</sup> / <sub>4</sub> 4 pinot grigio, Canada	7
CAPOSALDO 11¾ 17½ 4 pinot grigio, Italy	9
LA MANUFACTURE 9 petit chablis, France	5
SELAKS 11¾ 17½ 4 sauvignon blanc, New Zealand	9
<b>KIM CRAWFORD</b> 13¾ 20½ 5 sauvignon blanc, New Zealand	7
FLAT ROCK CELLARS VQA riesling, Canada 4	9
<b>FAMILY TREE THE GOAT LADY VQA</b> 11¾ 17½ 4 chardonnay, Canada	9
QUINTA DA AVELEDA 12¾ 18¾ 5. vinho verde, Portugal	2
<b>GÉRARD BERTRAND</b> 6 orange gold, France	9
GRIS BLANC ROSÉ BY GÉRARD BERTRAND gris blanc rosé, France	7
SAINTLY VQA 5 rosé, Canada	7
standard alcoholic spirits regular beer white wine red wine beverage (40%) (5%) (12%) (12%)	:
standard serving         1 shot (43ml/1.5oz)         1 bottle (34lml)         1 glass (142ml/5oz)         1 glass (142ml/5oz)	z)
approx. avg. calories per standard serving 100 150 120 130	

Note: actual calories of alcoholic beverages may vary; the addition of mixes will increase the calories of these beverages. Standard serving sizes are based on one drink as outlined in canada's low-risk alcohol drinking guidelines.

Adults and youth (ages 13 and older) need an average of 2000 calories a day, and children (ages 4 to 12) need an average of 1500 calories per day. However, individuals needs vary.



RED	6oz	9oz	750ml
JACKSON TRIGGS cabernet sauvignon, Canada	11¼	16¾	47
<b>FLAT ROCK CELLARS VQA</b> pinot noir, Canada	13¾	20½	57
FRESCOBALDI NIPOZZANO RISERVA CHIANTI RÚFINA sangiovese, Italy	13¾	20½	57
FAMILLE PERRIN RÉSERVE CÔTES DU RHÔNE grenache blend, France	12¾	18¾	52
19 CRIMES shiraz, Australia	12¾	18¾	52
TENUTA MONTETI CABURNIO red blend, Italy			95
<b>BELLA TERRA VINEYARDS VQA</b> cabernet merlot, Canada	12¾	18¾	52
<b>FLAT ROCK CELLARS VQA</b> cabernet merlot, Canada	13¾	20½	57
POSTALES DEL FIN DEL MUNDO PATAGONIA malbec, Argentina	12¾	18¾	52
<b>CANCILLER</b> malbec, Argentina			63
<b>VILLABELLA</b> ripasso, Italy	18½	27¾	78
<b>BATASIOLO BAROLO</b> nebbiolo, Italy			88
CAMPO VIEJO RESERVA rioja, Spain	13¾	20½	57
MASI COSTASERA amarone, Italy			120



RESERVE WINE LIST	750ml
DANIEL CHOTARD sancerre blanc, France	98
COLLEMATTONI BRUNELLO DI MONTALCINO sangiovese, Tuscany, Italy	195
CHÂTEAU BOYD-CANTENAC JACQUES BOYD MARGAUX bordeaux blend, France	180
TRIUS GRAND RED red blend, Canada	170
THIRTY BENCH cabernet sauvignon, Canada	120
OSOYOOS LAROSE LE GRAND VIN bordeaux blend, Canada	135
CHÂTEAU DE BEAUCASTEL chateauneuf-du-pape, France	225
VILLABELLA FRACASTORO amarone, Italy	200

standard alcoholic beverage	white wine (12%)	red wine (12%)
standard serving	1 glass (142ml/5oz)	1 glass (142ml/5oz)
approx. avg. cals per standard serving	120	130

Note: actual calories of alcoholic beverages may vary; the addition of mixes will increase the calories of these beverages. Standard serving sizes are based on one drink as outlined in canada's low-risk alcohol drinking guidelines.

Adults and youth (ages 13 and older) need an average of 2000 calories a day, and children (ages 4 to 12) need an average of 1500 calories per day. However,

individuals needs vary.

