

# WINES

## White

	6oz	Bottle
Sauvignon Blanc   Yali «Wild Swan»   Central Valley   Chile	11	39
Chardonnay   Oakbank   South Australia	11	39
Vinho Verde   Espiral   Portugal	11	39
Pinot Grigio   Quadri   Veneto   Italy	12	42
Chenin Blanc/Viognier   Bees Knees   Western Cape   South Africa		52
Chardonnay   Montes Classic Series   Maipo Valley Chile		52
Riesling   Tawse   Niagara Peninsula   Canada		60
Sauvignon Blanc   Yealands   Marlborough   New Zealand		60
Malagouzia (mah-lah-gou-ZYA)   Alpha Estate   Florina   Greece		68
Pinot Grigio   Terlan   Alto Adige   Italy		79

## Sparkling

Moscato   Frizzante   Oggi   Veneto   Italy	12	42
Brut   Cava   Codorniu «Mediterrania»   Spain	12	42
Spumante   Prosecco   Bianco Nero   Italy	12	42
Brut   Champagne   Ployez Jacquemart «Extra Quality»   France		130

## Rosé

	6oz	Bottle
Grenache, Cinsault, Syrah   Claude Val   Pays D'Oc   France	11	39
Syrah, Cinsault   Felines   Languedoc   France		60

## Red

Shiraz   Tempus Two   South Eastern   Australia	11	39
Pinot Noir   Ventisquero «Reserva»   Casablanca Valley   Chile	12	42
Cabernet Sauvignon   Redwood Creek   California   USA	12	42
Malbec   Pascual Toso   Mendoza   Argentina	13	46
Red Blend   Farmhouse   California   USA	15	55
Tempranillo   Viña Zorzal   Navarra   Spain		47
Merlot   Nk' Mip   Okanagan Valley   Canada		62
Cabernet Sauvignon   McManis   California   USA		68
Pinot Noir   Kalfu   Leyda Valley   Chile		68
Sangiovese/Merlot   Tolaini «Al Passo»   Tuscany   Italy		90

# COCKTAILS

\$15

Our artisanal cocktails are made with the highest quality ingredients, carefully handcrafted to compliment your spa experience and contain 1.5oz of spirits.

## **ORANGE SORBET MIMOSA**

Mediterranea Cava | House Orange Sorbet

## **RED SANGRIA**

Red Wine | White Rum | Peach Schnapps | Apricot Brandy | Triple Sec  
Crème de Cassis | Orange Juice | Lemon | Lime | 7Up | Raspberry Puree

## **STRAWBERRY RHUBARB SANGRIA**

Strawberry Wine | Rhubarb Liqueur | Pineapple Juice Lemon | Lime | 7Up  
Strawberry Puree

## **WHITE SANGRIA**

White Wine | Peach Schnapps | Apricot Brandy | Triple Sec  
Pineapple Juice | Lemon | Lime | 7Up | Mango Puree

## **CLASSIC CAESAR**

Vodka or Gin | Clamato | Tabasco | Worcestershire | Pickle  
Dehydrated Lime Salt

## **PALOMA**

Tequila | Campari | Lime | Lemon | Grapefruit Juice | Dehydrated Lime Salt  
Sliced Grapefruit

## **BOURBON PEACH CORDIAL**

Bourbon | Peach Schnapps | Lemon | Simple Syrup  
Angostura Bitters

## **SPICED PINEAPPLE GINGER BEER**

Spiced Rum | Pineapple Juice | Ginger Beer | Pineapple

## **BLUEBERRY BRAMBLE**

St. Germain Liqueur | Vodka | Vanilla Simple Syrup | Mint Leaves  
Blueberries

## **VERY BERRY**

Rosé Wine | Gin | Crème de Cassis | Cranberry Juice | Soda Water

# BEERS

\$9

## **1919 | LITTLE BROWN JUG**

Spicy, herbal and low bitterness with malt flavours and a dry finish

## **LUG TREAD | BEAU'S**

Graham Cracker malt taste with freshly cut hay and apple flavours

## **TOM GREEN SEASONAL STOUT | BEAU'S**

Please ask your server about our seasonal stout tasting notes

## **KISSMEYER NORDIC ALE | BEAU'S**

Dry hoppiness, herbal, hints of caramel with an intense finish

## **PREMIUM LAGER | FARMERY**

A clear, crisp lager made with local hops and barley with a clean and clear finish

## **NORTHERN LIGHT LAGER | FARMERY**

A smooth lager with delicately infused, locally grown hops and barley

## **RADLER | STIEGL**

Intense, fresh aromas of grapefruit that leads to a sweet and tart finish

## **ROTATING LOCAL DRAFT**

Ask your server about our current local draft

# COFFEE / DRINKS

<b>COLD BREW</b>	4
<b>AMERICANO</b>	4
<b>ESPRESSO</b>	4
<b>LATTE</b>	4.5
<b>CAPPUCCINO</b>	4.5
<b>CAFÉ MOCHA</b>	5
<b>HOT COCOA</b>	3
<b>ORANGE JUICE</b>	4
<b>LEMONADE</b>	4
<b>BLOOD ORANGE PU-ERH ICED TEA</b>	4
<b>WOLSELEY KOMBUCHA</b>	8

Ask your server about available flavours!

## **VERDE COLD PRESSED, RAW & ORGANIC JUICE**

<b>INDOOR RECESS</b>	11
Apple, Cucumber, Beet and Lemon	

<b>ROAD TRIP</b>	11
Orange, Lemon, Tumeric, Chia Seeds	

<b>LAKE LIFE</b>	11
Cucumber, Celery, Spinach, Green Apple, Kale, Lemon and Ginger	

<b>Q WATER - ONE LITRE OF STILL OR SPARKLING</b>	3
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Fruit infusions available!

Please ask your server what is fresh and available to infuse into your Q water today. Q water is filtered to order on site, the 4 tiered Q water filtration system provides the cleanest tasting water available. The eco-friendly sustainable system eliminates the need for bottles and delivery.

# LOOSE LEAF TEA

- BLOOD ORANGE PU-ERH** 3.5  
The base aged tea in this blend is called pu-ERH and its health value comes from special fermentation of green tea to create a dark or black tea with less acidity for better digestion. The addition of orange to the blend delivers a sweet palate pleaser.
- BLUELINE ROOIBOS** 3.5  
A Manitoba Jet blend of organic hearty rooibos with rose hips and petals, lavender flowers, red currants, blueberries, seabuckthorn leaves, hibiscus flowers and labrador leaves bring out the high antioxidants as well as a full fruity flavour profile.
- GYOKURO JADE DEW** 3.5  
The healthiest green tea on the market; grown in the shade to avoid the full strength of the sun ensures a full green colour and highest quality taste.
- MICRO GROUND CHAI LATTE** 4.5  
This unique process is done by hand with large rotating stone grinders that pulverize the spices and the black tea, thus delivering the spiciest chai in the market.
- NEPAL HIGH GROWN** 3.5  
This tippy, high mountain grown green/black tea is very light and aromatic due to its short growing season and delicate environmental elevation in the Himalayas. Hardly visible in the cup, it delivers a light sweet taste to any meal.
- SACRED BLEND** 3.5  
A Canadian Boreal blend, it is harvested in Manitoba and is ethically hand-picked by Northern harvesters to bring you a taste of the North with pine needles, sage, and sweetgrass that is often used in ceremony.
- BOREAL MORNING** 3.5  
A Canadian boreal blend original, this breakfast blend produces a balanced and uplifting tea that energizes without the caffeine due to the labrador leaves, mint, angelica, joe-pye, astragalus, ginseng, nettle, and alfalfa in the mix.