

# OUR STORY

THE JUNIPER BISTRO offers unsurpassed and majestic southerly views of the Bow Valley in the Banff National Park. The first peoples word to describe our bistro is "*muk a muk*" which is Chinook for "food" or "feast". The Juniper Bistro & Lounge offers a tranquil atmosphere and breath-taking Rocky Mountain views. Guests from all around meet at the Juniper Bistro to experience memorable dining.

Inspired by the Bow Valley corridor bridging two abundant food baskets from the prairie grasslands to the Fraser Valley Delta the Juniper Bistro features "cross roads" cuisine. "Cross Roads" is drawn from the memory of the first peoples who traveled between the salmon region to the west and the buffalo plains to the east.

We are proud to weave the stories of regional growers and producers in to our menus. You will find a sampling of the following purveyors on our seasonal menus:

## OUR LOCAL FARMS



**SPRING CREEK BEEF** Spring Creek Ranch Premium Beef is produced by the Kotelko family near Vegreville, Alberta. We are a fourth generation family ranch with our roots deep in the Alberta countryside. Spring Creek is our livelihood and our home. Our family is committed to sustainable farming practices that maintain the natural environment for future generations. We embrace advances in modern technology that promote efficiency in our operation while ensuring that agriculture's resources remain renewable [www.springcreek.ca](http://www.springcreek.ca)

**WAPITI WAYS** Wapiti or "white rump" is derived from the Shawnee word meaning elk. Our ranches elk are naturally raised on pasture grasses, hay and oats. We choose not to use antibiotics, preservatives or non-organic additives in either our animals or meat products. Wapiti Ways elk meat is lean, dense, tender and juicy. It is low in cholesterol, calories and fat, but high in protein and iron. This makes it a perfect, tasty choice for health and weight-conscious consumers. [www.wapitiways.com](http://www.wapitiways.com)

**CARMEN CREEK BISON** are raised by a carefully selected team of producers. Each is committed to uncompromised animal husbandry, ethical animal care and exceptional quality. Carmen Creek Approved Producers belong to the Carmen Creek Premium Producers and participate in a value chain of quality that connects Carmen Creek bison from birth to finished gourmet meat. Carmen Creek vegetable fed bison are raised naturally, on open plains with unrestricted access to fresh water and crisp northern air.

**HIGHWOOD CROSSING FARMS** Highwood Crossing is a family owned, certified organic grain farm located next to the Highwood River south of Calgary, Alberta. When owners Tony and Penny Marshall switched over to sustainable organic farming methods in 1989, they were returning to agricultural practices that were similar to those used on the same farm by Tony's great-grandfather nearly 100 years earlier. The name "Highwood Crossing" refers to a shallow portion of the Highwood River on the farm where travelers used to cross before there were bridges or roads. Today, Highwood Crossing Farm is certified organic by design and produces only 100% organic crops that include wheat, rye, flax, canola, oats, barley, peas, hay and sweet clover. [www.highwoodcrossing.com](http://www.highwoodcrossing.com)

**BLES-WOLD FARMS DAIRY** Our Dairy was one of the first farms in Canada to be certified under The Canadian Milk Quality Program. We take pride in keeping the farm clean and organized. With our strict operating procedures, this ensures high quality milk going into the red barn for yogurt production. [www.bles-wold.com](http://www.bles-wold.com)



## APPETIZERS | SHARING

SIGNATURE TOMATO SOUP with 'juniper green' organic gin	7
SPINACH SALAD fresh strawberries, goat cheese, black pepper balsamic dressing	10
ORGANIC FIELD GREENS spiced pecans, pear ginger vinaigrette, stilton cheese, grape tomatoes	10
BABY ARUGULA SALAD red wine poached seckel pear, candied walnuts, stilton cream	11
BLUE CRAB CAKES Cornmeal crusted, smoked tomato chutney, basil aioli, pea shoots	14
PAN SEARED QUALICUM BEACH SCALLOPS parsnip vanilla puree, bison broth, white truffle oil, fresh chervil 	16
GRILLED CALAMARI capers, kalamata olives, roasted garlic butter & lemon chili oil 	11
HONEY CHILI LIME CHICKEN WINGS	11
HAZELNUT CRUSTED VENISON CARPACCIO padano crisp, baby arugula salad, lemon infused truffle oil	13
ROCKY MOUNTAIN CHARCUTERIE elk pastrami, bison whiskey sausage & Indian candied salmon, artichokes, kalamata olives, chutney, pickle, assorted cheeses & grilled flatbread	24

## MAINS

BACON WRAPPED WAPITI WAYS ELK ROAST dauphinoise potato, saskatoon berry compote, sage scented jus	32
ROAST ALBERTA PORK TENDERLOIN espresso rubbed, sweet potato puree, cranberry ginger chutney	27
CARMEN CREEK BISON SHORT RIBS braised in dark ale, blueberries, crushed organic agria potatoes	30
BROME LAKE DUCK "TWO WAYS" Crispy skin breast and confit leg, vanilla poached seckel pear, braised swiss chard, star anise jus	28
GRILLED SPRING CREEK BEEF RIB EYE herb roasted organic agria potatoes, foie gras butter, cabernet reduction	36
WEST COAST SEAFOOD HOT POT qualicum beach scallops, arctic char, haddock, prawns & mussels in a light tomato fennel broth	46 for two
PAN SEARED ARCTIC CHAR pesto topped, roasted cipolini onions, double smoked bacon, green peas, red wine jus, 	26
HOUSE MADE POTATO GNOCCHI wild mushroom and black truffle cream, fresh padano slivers	25
JUNIPER BEEF CHUCK BURGER caramelized onions, applewood smoked cheddar, house made bbq sauce, frites basil pesto aioli	15

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Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.