



NATIONAL BRANDS

Served from sea to shining sea.

(L) BUDWEISER

The King Of Beers! Needs no further introduction. - \$5.75

(L) BUD LIGHT

The sure sign of a good time. Here we go! - \$5.75

(L) CANADIAN 67

Premium light beer specially brewed to only 67 calories; clean, crisp and fresh taste. - \$6.00

(L) COORS LIGHT

Gold Medal Winner of the Light Lager Category for the 2005 Canadian Brewing Awards! - \$5.75

(PI) LABATT BLUE

Canada's foremost pilsner, named in honour of the Winnipeg Blue Bombers. - \$5.75

(L) MOLSON CANADIAN

Past winner of the Gold Medal for "North American Style Lager". - \$5.75

CANADA WEST

(IPA) FAT TUG IPA

At 7 % alc/vol and 80+ IBUs this Northwest style India Pale Ale delivers layers of aroma and flavor that are sure to satisfy anyone with a thirst for all things hoppy! - \$10.50

(PA) GRANVILLE ISLAND PALE ALE

Smooth, mild flavour brimming with West Coast character and a caramel malt aroma. - \$6.00

(MN) DOMINION DARK LAGER

Consistently recognized as one of the world's best dark lagers, this refreshing beer has a toasty malt body, yet is very smooth and finishes clean. Prosit! - \$6.00

(L) KOKANEE LAGER

2004 Silver Medal Winner, International Lager Competition in London, England. - \$5.75

(IPA) LIGHTHOUSE SHIPWRECK IPA

A solid IPA with a nice balance between citrusy and pine-scented hops. Refreshing and quaffable. - \$6.00

(P) OKANAGAN OLD ENGLISH PORTER

8.5% B.C.'s Best Porter 3 years in a row. - \$6.25

(A) PARALLEL 49's GYPSY TEARS ALE

Give me your tears, Gypsy! This ruby red ale will mesmerize you with a caravan of malt flavour and entrancing hop presence. - \$6.25

(A) PHILLIPS BLUE BUCK ALE

This amber-red ale was the Gold Medal Winner at the 2007 Canadian Brewing Awards. - \$6.00

(PA) POSTMARK PALE ALE

Think West Coast in a bottle. Fresh citrus-floral aroma, gentle copper colour and a soft malty finish. - \$10.50

(IPA) RED TRUCK IPA

An easy drinking India Pale Ale that showcases five of the best hop varieties from the Pacific Northwest. Hints of toffee malt, with a dry, fresh finish. - \$6.00

LEGEND

- (BA) Brown Ale: Sweet brewing style of Britain (BW) Barley Wine: Strong ale, 8-12% by volume

- (D) Dortmunder: Bigger bodied and less dry than a Pilsner (DB) Dopplebock: Extra strong beer
- (F/V) Fruit/Vegetable Beer: A harmonious marriage of fruit and beer

- (L) Lager: German style beer, bottom fermented (LB) Lambic Beer: Fruity, fermented with wild naturally occurring yeast
- (MN) Munchener: Dark and malty, not too sweet (P) Porter: Dark London brew, well hopped
- (PA) Pale Ale: Pale amber, hop flavour
- (ST) Steam: Similar to pale ale in taste
- **(TA)** Trappiste Ale: Extra strong Belgian Abbey ale
- (W) Wheat Beer: Golden, brewed using a varying amount of wheat

(W) RICKARD'S WHITE

Unfiltered Witbier. Mild hints of ground coriander with dried orange peel mingle for a light spiciness that ends with a refreshing, smooth finish. - \$6.25

(A) RUSSELL'S WEE ANGRY SCOTCH ALE

Not too far from being epic, it grabbed a bronze at the 2010 World Beer Cup. A strong, dark ale with a smoky character thanks to the use of peated malt. - \$10.50

(A) STANLEY PARK 1897 AMBER ALE

A naturally crafted, unpasteurized, Belgian style amber. The mellow toasted malt and even body is perfectly balanced with a soft bitterness and mild hop aroma. - \$6.00

(PI) STEAMWORKS PILSNER

From Gastown, with love! A homage to the original Pilsners of the Czech Republic, this full-bodied beer has a spicy, herbal finish with hints of lemon. Na zdravi! - \$6.00

(PA) YUKON GOLD

This Whitehorse Brewery was originally named the Chilkoot Brewery. - \$6.25

CANADA EAST

(A) ALEXANDER KEITH'S IPA

All of Nova Scotia celebrates Alexander Keith's Birthday every October 5th. - \$6.00

(A) LA FIN DU MONDE 9% (750 ml)

"The End of the World" Triple fermented with a spicy and slightly tart finish. - \$12.00

(L) MOOSEHEAD LAGER

This beer is a popular one, over 110,000 bottles were stolen in transit 3 years ago. - \$6.00

(CA) SLEEMAN'S CREAM ALE

First brewed in 1898, this is the flagship brew for Sleeman's Brewery. - \$6.00

(W) ST. AMBROISE APRICOT WHEAT

Consistent winner of "People's Choice Awards" at the Montreal Beer Festival. - \$6.25

(S) ST. AMBROISE OATMEAL STOUT

Well hopped, intensely black ale - hints of espresso and chocolate. - \$6.25

(PI) STEAM WHISTLE PILSNER

Floral hop aroma and sweet graininess with distinctive grassy notes, balanced by a clean, crisp finish and pleasant lingering bitterness. - \$6.25



AUSTRIA

(F/V) RADLER GRAPEFRUIT

Originally brewed for thirsty cyclists in Austria who wanted a great tasting, low alcohol beer they could take along on bike rides. Only 75 calories in this all-natural Shandy! - \$7.50

(L) STIEGL GOLDBRAU

A delicious Salzburg beer specialty, Stiegl boasts a well rounded, mildly hopped and balanced thirst-quenching flavour. - \$7.25

BELGIUM

(TA) CHIMAY BLUE CAP

This 9% ale is a deep copper-brown with a creamy head and a slightly bitter taste. This bottle-conditioned beer will show some sediment and will age for up to 15 years. - \$9.00

This Devil at 8.5% is fermented twice in the brewery, again in the bottle and will last up to three years. Say "Doov'l" in Belgium but pointing will work at Frick & Frack. - \$8.50

(F/V) FRULI

A unique blend of white beer and strawberry juice. The result is a balanced and refreshing brew packed with strawberry fruit flavour. - \$6.75

(TA) GRIMBERGEN DOUBLE-AMBREE

This burgundy double fermented "dubbel" has a full bitter-sweet flavour with hints of caramel. - \$7.50

(BW) GULDEN DRAAK

A dark brown Triple Ale that balances a natural malt toffee-like sweetness with mellow, hoppy accents. Strong in content, at 10.5%, yet velvety in texture and aroma, it was named after the golden dragon at the top of the belfry in Ghent. - \$8.50

(W) HOEGAARDEN WHITE

In Belgium, the first (Hoo-garden) upon ordering must be finished in three gulps. These classic "Whit" or wheat beers are perfect for thirst quenching, especially in the summer. - \$6.75

(TA) LEFFE BLONDE

An Abbey Ale originating in 1152. At 6.6%, this is an easy introduction to Belgian beers - not too hoppy, with banana, citrus, spice and clove flavours. - \$6.75

(PI) STELLA ARTOIS

Originally brewed as a Christmas beer (Hence the Stella/star) in 1926 by the Artois Brewery that dates back to 1726. This crisp, refreshing Lager is the best selling beer in Belgium. - \$6.50

CHINA

(L) TSINGTAO LAGER

This #1 export of China comes from the 10th largest brewery in the world. - \$6.25

CZECH REPUBLIC

(MN) BARON BOHEMIA DARK LAGER

A huge Lager from the Lobkowicz family brewery (est. 1466). - \$7.50

(PI) CZECHVAR LAGER

The original "Budvar" from the country boasting the largest per capita beer consumption in the world. - \$8.00

(PI) KOZEL

Brewed since 1874 in Velke Popovice-close to Prague, this premium pilsner has a pleasantly bitter taste, gentle malt, hops aroma and a perfect spark. - \$7.25

Harry always drank us under the table!

(PI) PILSNER URQUELL

From Pilsen, 1842, the Pilsner brew that would spread around the world. - \$6.50

DENMARK

(L) CARLSBERG

Hamlet, The Little Mermaid and THIS beer are Denmark's most famous symbols. - \$6.25

(L) TUBORG PILSNER

The blonde bombshell from Copenhagen—Tuborg, or not Tuborg ... - \$6.25

ENGLAND

(B) FULLER'S ESB

Champion Beer of Britain: Beer of the Year 5 times a legendary Extra Special Bitter. - \$9.00

(A) FULLER'S ORGANIC HONEY DEW

UK's best selling organic beer. With a zesty edge and a bitter-sweet flavour, this ale offers both refreshment and an unbeatable taste. - \$9.00

(BA) NEWCASTLE BROWN

Won the first of its Gold Medals at the International Brewers' Exhibition in 1928. - \$6.50

(A) WYCHWOOD HOBGOBLIN

Full bodied and well balanced with a chocolate

toffee malt flavour, moderate bitterness and a distinctive fruity character with a ruby red glow. - \$9.00

(S) YOUNG'S DOUBLE CHOCOLATE STOUT

Luxurious and at the same time with a hint of decadence, this stout has it all, delivering a satisfying, indulgent taste without ever becoming overly sweet. - \$9.00

FRANCE

(W) 1664 BLANC

A smooth and sparkling white beer with ripe grapefruit and citrus notes; different, fresh and fruity. - \$6.50

(PI) KRONENBOURG

Brewed since 1664, this is France's #1 selling premium Lager. - \$6.50

GERMANY

(PI) BECK'S PILSNER

The world's number one selling German beer. - \$6.50

(PI) BECK'S BOMBER (660 ml.) - \$10.00

(D) DAB ORIGINAL

This beer is perfect for that bad hair day because a little Dab will do you. - \$7.00

(W) KONIG LUDWIG

Frick and Frack were well Travelled The "Beer of Royal Highness" had a monopoly on Weiss beers for 200 years. - \$7.50

(MN) LOWENBRAU

Once brewed under license world-wide, it is now brewed only in Munich for export. - \$7.25

(PI) RADEBERGER PILSNER

The quintessential quality German pilsner. Bismarck, the first German chancellor, elevated Radeberger to "Kanzler-Bräu" (Chancellor's Brew) in 1887. - \$7.00

(MN) WARSTEINER DUNKEL

"Fvarshteiner", because the "W" is pronounced like "FV". The "Dunkel" means "Dark", as opposed to "Helles" for not dark. Verstehen sie nicht? - \$7.25

(PI) WARSTEINER FRESH

This non-alcoholic version is brewed like a pilsner. Only 80 calories per bottle. - \$5.00

(PI) WERNESGRUNER

Has been brewed since 1436 in the Eastern German state of Sachsen; very drinkable, relatively light bodied beer with a hoppy flavour. - \$6.50

GREECE

An authentic Greek Heritage beer brewed in Thessaloniki, with a pleasant, refreshing taste – a guarantee of enjoyment for those who choose to drink it. Hopa! - \$6.50

ICELAND

(PI) BRIO

This award-winning pilsner hails from the land of geysers and hot springs. Order a Brio and save yourself the cost of the plane ticket to Reykjavik! - \$7.25

(PI) KINGFISHER PILSNER

Silver Medal Winner at the 2006 World Beer Cup for German-Styled Pilsner. - \$7.00

IDFI AND

(L) HARP LAGER

Ireland's best selling Lager and Gold Medalist of the Monde Selection beer competition. - \$7.25

(A) SMITHWICK'S

Has been Ireland's biggest selling beer since 1920. - \$7.25

ITALY

(PI) BIRRA MORETTI

More Italian! A quality beer made in the traditional way. Perfect for drinking at lunch, at dinner or for evenings out with friends. - \$6.50

(PI) PERONI NASTRO AZZURO

The name translates to Blue Ribbon, the number one selling beer in Italy. - \$6.50

JAMAICA

(L) RED STRIPE

The taste of Jamaica, mon! Are you thirsty? Red Stripe! It's beer! HOORAY BEER! - \$6.50



(PI) SAPPORO

A German-trained brewer named Nakagawa brewed the first batch in 1871! - \$6.50

MEXICO

(L) CORONA

The best selling import beer in Canada and the 4th best seller in the world. - \$6.25

(L) CORONA GRANDE (710 ml.) - \$10.00

(MN) DOS EQUIS AMBER

Originally named in 1900 to celebrate the beginning of the Twentieth Century. - \$6.50

(L) DOS EQUIS LAGER

The face on the label is that of Montezuma, the 16th century Aztec emperor. - \$6.50

(L) SOL LAGER

This "sun" beer was first brewed in 1899 by a German immigrant. - \$6.25

(MN) NEGRA MODELO

This dark Munich style beer sells well internationally -even in Germany! - \$6.50

NEIHERLANDS

(PI) BAVARIA

Brewing suds since 1719 in Lieshout, Bavaria Brouwerij is Holland's second largest beer maker and this is their flagship pilsner. - \$7.25

(L) GROLSCH LAGER

The best selling beer in Holland has come in swing top bottles since 1897. - \$7.50

(L) HEINEKEN

Europe's largest brewery, Heineken beer is sold in over 170 countries around the world. - \$6.50

(L) HEINEKEN 710 ml. - \$10.00

NEW ZEALAND

(L) STEINLAGER

Never brewed by the native Maori, beer was introduced by Europeans in the mid 1800's. - \$6.50

(L) STEINLAGER (750 ml.) - \$10.00

DHILIDDINES

(L) SAN MIGUEL

The Thrilla from Manila. - \$6.50

DOLAND

(PI) ZYWIEC

"Ji-vee-its" is Poland's most popular brewery and most popular selling beer. - \$8.00

RUSSIA

(L) BALTIKA Russia's most popular beer won over 30 awards in national and international contests. - \$7.50

SCOTLAND

(F/V) CRABBIE'S GINGER BEER

A unique brew containing real ginger and a secret blend of Asian spices, steeped for up to 6 weeks to produce its deep, delicious flavour. They still follow John Crabbie's original recipe created in 1801! - \$8.50

(A) FRAOCH HEATHER ALE

Pre-dating the use of hops, bittering herbs like heather flowers and meadowsweet were long used as a preservative. Fra-och (Gaelic for heather), was brewed by the Picts about 5000 years ago. It is no doubt the oldest style of beer still brewed in the world today. - \$9.00

(A) INNIS & GUNN OAK AGED

Aged in whisky barrels, this complex beer has vanilla, toffee and orange aromas. - \$8.00

(BW) MCEWAN'S SCOTCH ALE

Proudly bearing its Highland roots, Scotland's most iconic Scotch Ale has a deep brown colour with a chocolate and caramel body and a lingering sweet finish. Beware! At 8% ABV it might make you lose your kilt. - \$6.75

SINGAPORE

(L) TIGER BEER

Created by a chance meeting between a soda maker and a Heineken brew master in the 1930's. - \$7.00

SOUTH AFRICA

(L) CASTLE LAGER

Brewed since 1884 and sponsor of the famed Springboks Rugby team. - \$6.50

SDAIN

(L) ALHAMBRA RESERVA 1925

A benchmark beer for a sophisticated beer market. Complex and very tasty. - \$6.75

(PI) ESTRELLA DAMM

August Damm, a German immigrant, started brewing this exceptional pilsner in Barcelona in 1876. Many decades and awards later, Estrella remains a symbol of quality and prestige in the beer world. - \$7.25

THAILAND

(L) SINGHA

The brewery has the capacity of producing 1 billion litres of this full bodied beer annually. - \$6.50

TRINIDAD

(L) CARIB

"Know who you are, drink what you like". Refreshing drinkability for a parched and thirsty palate. - \$6.25

UNITED STATES

(ST) ANCHOR STEAM

This San Francisco "Steam" style Ale is robust with a rich, creamy head. - \$7.00

(L) COORS BANQUET

Brewed with Rocky Mountain water and high country barley, just as it was in 1873. A crisp, full-flavoured beer. - \$6.00

(IPA) LAGUNITAS

Go ahead, spend the next few minutes with this special homicidally hoppy ale! Savour the moment as the raging hop character engages the imperial qualities of the malt foundation in mortal combat on the battlefield of your palate. - \$7.25

(PI) LAKEFRONT'S NEW GRIST

Certified gluten free! It pours a brilliant gold colour, with a bubbly head and light, fruity aroma. Hints of green apple slice through the maltiness of the sorghum, making this an extremely quaffable beer. - \$6.75

(P) MAUI COCONUT PORTER

A trip to Hawaii in a can! It begins with a malty-toasted coconut aroma followed by a rich, silky taste of dark malt, chocolate, and hints of coffee. It finishes with a hoppy spice for balance. Aloha! - \$7.50

(L) MILLER GENUINE DRAFT MGD

"Cold Filtered" to remove bitter elements and keep the beer smooth. - \$6.25

(L) ROLLING ROCK

"Born small town", this classic American extra pale lager is as well-known for its distinctive, full-bodied taste as it is for its craftsmanship and heritage. - \$7.50

(PA) SIERRA NEVADA PALE ALE

A delightful interpretation of a classic style with an exceptionally full-bodied and complex character. Generous quantities of premium Cascade hops give the Pale Ale its fragrant bouquet and spicy flavour. - \$7.25

BEERS ON TAP

PREMIUM DRAFT

Dead Frog Nut Brown Ale

Feature Draft (ask your server for details)

Four Winds India Pale Ale

Granville Island Cypress Honey Lager

Hoyne's Dark Matter

Okanagan Spring's 1516 Bavarian Lager

Okanagan Spring's Pale Ale

Red Truck Amber Ale

Rickard's Red Irish Ale

Russell's Blood Alley Extra Special Bitter Seasonal Tap (ask your server for details)

Sleeman's Honey Brown Lager

Sleeve - \$6.50 Tower - \$21.00

DOMESTIC DRAFT

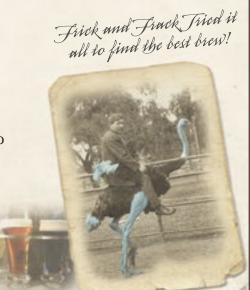
Coors Light Lager Molson Canadian Lager Old Style Pilsner

Sleeve - \$5.75 Tower - \$17.00

IMPORT DRAFT

Guinness Stout Hop House 13 Lager Kilkenny Irish Cream Ale

200z Pint - \$7.75 Tower - \$25.00



Can't decide? Get brave and swill back our Six Pack Sampler. Six taster glasses of any beer on tap - \$13.00!! Then you'll make your Mom proud.

WHITE WINES

HOUSE WINE

(o) Chardonnay - MISSION HILL (CANADA)

60z - \$6.25 90z - \$9.00 ½ LITRE - \$16.00 LITRE - \$28.00

VARIETALS

(1) Pinot Grigio – YELLOW TAIL (AUSTRALIA)

60z - \$7.25 90z - \$10.50 1/2 LITRE - \$19.50 BOTTLE - \$29.50

(1) Semillon – MT BOUCHERIE VQA (CANADA)

60z - \$8.25 90z - \$12.00 ½ LITRE - \$22.50 BOTTLE - \$34.00

(2) Rose – MATEUS (PORTUGAL)

6oz – \$6.50 9oz - \$9.25 ½ LITRE - \$17.00 BOTTLE - \$25.00

(2) Riesling – BLACK TOWER (GERMANY)

60z - \$7.00 90z - \$10.00 ½ LITRE - \$18.50 BOTTLE - \$28.00

(1) Gewurtztraminer – QUAIL'S GATE VQA (CANADA)

60z - \$8.25 90z - \$12.00 ½ LITRE - \$22.50 BOTTLE - \$34.00

(o) Sauvignon Blanc – STONELEIGH (NEW ZEALAND)

60z - \$8.75 90z - \$13.00 ½ LITRE - \$24.00 BOTTLE - \$36.00

(o) Chardonnay – WYNDHAM ESTATE (AUSTRALIA)

60z - \$8.00 90z - \$11.50 ½ LITRE - \$21.50 BOTTLE - \$32.00

BY THE BOTTLE ONLY

(1) Champagne - YELLOW TAIL (AUSTRALIA)

BOTTLE - \$32.00

(2) Gewurtztraminer - SUMMERHILL VQA (CANADA)

BOTTLE - \$38.00

RED WINES

HOUSE WINE

(1) Cabernet Sauvignon – MISSION HILL (CANADA)

60z - \$6.25 90z - \$9.00 ½ LITRE - \$16.00 LITRE - \$28.00

VARIETALS

(o) Red Zinfandel – BAREFOOT CELLARS (USA)

60z - \$7.00 90z - \$10.00 ½ LITRE - \$18.50 BOTTLE - \$28.00

(o) Shiraz-YELLOW TAIL (AUSTRALIA)

6oz – \$7.25 9oz - \$10.50 ½ LITRE - \$19.50 BOTTLE - \$29.50

(o) Pinot Noir - CONO SUR (CHILE)

60z - \$7.00 90z - \$10.00 ½ LITRE - \$18.50 BOTTLE - \$28.00

(o) Merlot – LINDEMAN'S BIN 40 (AUSTRALIA)

60z - \$7.25 90z - \$10.50 ½ LITRE - \$19.50 BOTTLE - \$29.50

(o) Malbec – JACKSON TRIGGS (CANADA)

60z - \$6.50 90z - \$9.25 1/2 LITRE - \$17.00 BOTTLE - \$25.00

(1) Blueberry – NORTHERN LIGHTS (CANADA)

60z - \$8.25 90z - \$12.00 1/2 LITRE - \$22.50 BOTTLE - \$34.00

(o) Sangiovese – FARNESE (ITALY)

6oz - \$7.25 9oz - \$10.50 1/2 LITRE - \$19.50 BOTTLE - \$29.50

(o) Cabernet Sauvignon - CONCHAYTORO (CHILE)

60z - \$8.00 90z - \$11.50 1/2 LITRE - \$21.50 BOTTLE - \$32.00

(o) Garnacha – CASTILLO DE MONSERAN (SPAIN)

6oz - \$7.00 9oz - \$10.00 ½ LITRE - \$18.50 BOTTLE - \$28.00

BY THE BOTTLE ONLY

(o) Chianti – FRESCOBALDI CASTIGLIONI (ITALY)

BOTTLE - \$34.00

(1) Malbec – 1884 RESERVADO (ARGENTINA)

BOTTLE - \$35.00



- \$7.00 **(2 oz)**

THE CLASSIC

Smirnoff or Beefeater, Vermouth and an olive or a twist.

FRENCH

Smirnoff, Chambord, Pineapple juice.

KERMIT'S THIRD LEG

Malibu, Banana Liqueur, Blue de Curacao, 7-Up, Orange and Pineapple juices.

SEX AT SUNSET

Smirnoff, Triple Sec, Peach Schnapps, Orange, Pineapple and Cranberry juices.

CREAMSICLE

Smirnoff Citrus, Whipped Cream Vodka, Triple Sec, Orange juice and cream.

SHARK ATTACK

Hpnotique, Melon Liqueur, Blue de Curacao, Cranberry juice and Tonic.

APPLE PIE

Crown Royal Apple, Apple Sourpuss, Butter Ripple Schnapps and Apple juice.

VELVET ROPE

Smirnoff Raspberry,

Raspberry Sour Puss, Peach Schnapps, Melon Liqueur and Cranberry juice.

CRISPY CRUNCH

Smirnoff Vanilla, Frangelico and White Crème de Cacao.

FEATURE COCKTAILS

CAIPIRINHA GRANDE (20Z)

Cachaca 51, crushed lime, lemonade and sugar. -\$7.50

FRACK'S POTION #9 (a.k.a. POM MOJITO)

Captain Morgan, Pomegranate and Cranberry juices, Soda and Mint leaves. - \$5.25 (Frack Size - \$7.50)

FRICKIN' KOOL-AID

Smirnoff, Melon Liquor, Amaretto, 7-Up and Cranberry juice. - \$5.25 (Frack Size - \$7.50)

BLUE HIPPO (a F&F signature cocktail) Melon Liquor, Citrus and Vanilla Vodka, Blue raspberry slush and a bottle of Mike's Hard. - \$10.00

DAIQUIRIS, MARGARITAS

Glass - \$4.75 **(1 oz)** Pitcher - \$16.00 **(5 oz)**

FLAVOURS

Lime, Strawberry, Raspberry, Blackberry, Blue Raspberry, Peach & Banana

