

# KELOWNA

Okanagan Valley, BC

## LOCAL FLAVOURS

FARM TO TABLE & GLASS

**2018**

INCLUDES: KELOWNA | LAKE COUNTRY  
WEST KELOWNA | WESTBANK FIRST NATION





## SAVOUR KELOWNA FROM THE GROUND UP

This self-guided tour will take you through Kelowna's spectacular landscapes to farms and agri-related sites, fabulous restaurants, craft breweries, distilleries, cideries, and renowned wineries. Take your time along the way; meet locals and talk to the chefs, winemasters, and artisans of fine brews, ciders, and spirits. Find inspiration and share your own experiences with [#exploreKelowna](#).

**Lift here to view the Farm to Table & Glass map ↗**

# FARM

Quaint fruit stands and markets

Farms | Gardens | Orchards

U-pick seasonal fruits and veggies





## 1. Arlo's Honey Farm

Unwind, cherish the fresh air, learn about honeybees, sample award-winning honey, and shop the farm's products.

**May-Oct: Mon-Sat 11 am-4 pm**  
**Open Long Weekends**

4329 Bedford Lane | t 250-764-2883  
[arloshoneyfarm.com](http://arloshoneyfarm.com)

## 2. Arndt Orchards



Enjoy a fun and authentic farm experience at our u-pick cherry orchard. Growing quality cherries since 1946.

**Early-Jul To Mid-Aug**

1555B Teasdale Road | 250-765-9568  
[arndtorchards.com](http://arndtorchards.com)



## 3. BC Tree Fruits Cooperative Market

Home to fresh fruit grown by over 430 member growers. Okanagan vegetables available in season.

**Open Daily Year Round**  
**Mon-Sat 9 am-6 pm | Sun 10 am-5 pm**

826 Vaughan Avenue | 250-763-8872  
[bctreefruits.com](http://bctreefruits.com)



## 4. Carmelis Goat Cheese Artisan

Unique, handmade goat cheese and gelato with rich flavours and natural ingredients. Organized tours for groups of eight or more.\*

**Open Daily**  
**Mar-Apr: 11 am-5 pm | May-Aug: 10 am-6 pm**  
**Sept-Oct: 11 am-5 pm | Nov-Feb: Closed**

170 Timberline Road | 250-764-9033  
[carmelisgoatcheese.com](http://carmelisgoatcheese.com)

*\*based on availability*



★ U-pick location – check for details and availability.



## 5. Don-O-Ray Fruits & Vegetables



Select fresh-picked fruits and vegetables, homemade hot sauce, butter chicken sauce, juices, jams, and tasty snacks.

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**Open Daily 9 am-7 pm**

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3443 Benvoulin Road  
250-860-2557 | cell 250-575-7806  
[facebook.com/DonORayFarms](https://www.facebook.com/DonORayFarms)



## 6. Duggan Farms



Berries, fruits, and vegetables — enjoy picking your own fresh produce, or we can do the work for you.

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**Open Jun-Oct | Phone For Hours**

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2651 Camp Road, Lake Country  
250-766-2628



## 7. Gambell Farms



Select fresh-picked fruits and vegetables from our 30-acre farm. We also sell honey, fruit pies, scones, and preserves. *Interac*®

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**Jun To Early-Nov: Mon-Sun 9 am-6 pm**

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12133 Okanagan Centre Rd E, Lake Country  
250-766-4036 | 250-766-3131 (off season)  
[pengam@telus.net](mailto:pengam@telus.net)



## 8. Gatzke Orchard



Foodism events, weddings, accommodation, farm, market, and our bakery and café, which use our gardens and orchards for ingredients.

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**Jun: 8:30 am-5:30 pm | Jul-Aug: 8 am-8 pm  
Sept-Oct: 8:30 am-5:30 pm**

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15686 Pelmevash Pkwy, Oyama, Lake Country  
250-548-3444 | [gatzkeorchard.com](https://www.gatzkeorchard.com)



## 9. Hillcrest Farm Market

Offering farm fresh fruits and veggies, a café with delicious Indian and Western cuisine, and modern luxury at our bed & breakfast.

**May-Sept: Open Daily**  
**Oct-Apr: Closed Tues With Winter Closures**

700 Highway 33 East | 250-765-8000  
[hillcrestfarmmarket.com](http://hillcrestfarmmarket.com)



## 10. Kelowna Farmers' & Crafters' Market

165 vendors – farmers, bakers, artisans, and concessions. Fresh, local produce. Handmade items. *Feeding the community since 1995.*

**Apr-Oct: Wed & Sat 8 am-1 pm**  
**Nov-Mar: Sat 9 am-1 pm (Parkinson Rec Centre)**

Summer/Fall: Corner of Springfield & Dilworth  
250-878-5029  
[kelownafarmersandcraftersmarket.com](http://kelownafarmersandcraftersmarket.com)



## 11. Okanagan Lavender & Herb Farm

Tour our working herb farm and discover the award-winning essential oils, hydrosols, and botanical products we craft from the land.

**May 1-Thanksgiving: Open Daily**  
**Oct 9-Dec 15: Tues-Sat**

4380 Takla Road | 250-764-7795  
[okanaganlavender.com](http://okanaganlavender.com)



## 12. Quality Greens Farm Market

The Okanagan's everyday farmer's market. Full dairy/deli department with homemade lunches! Also in West Kelowna & the Mission.

**Open Year Round**  
**Mon-Sat 8 am-7 pm | Sun 9 am-6 pm**

101-1889 Spall Road | 250-763-8200  
[qualitygreens.com](http://qualitygreens.com)



### 13. Rose Family Orchard ★

Offering cherries, apples, peaches, plums, veggies, and much more. Visit our bakery for ice-cream with fruit and farm-fresh paninis.

**Open Daily: 9 am-7 pm (off season until 6 pm)**

11911 Okanagan Centre Rd E, Lake Country  
250-801-1273 | [vieworchard.com](http://vieworchard.com)



### 14. YLW Farm to Flight

The Kelowna International Airport (YLW) Farm to Flight program offers domestic travellers the opportunity to purchase premium, fresh, in-season Okanagan fruit conveniently in the departure lounge. Ready and specially packed for transport.

5533 Airport Road | 250-807-4300

**For details: [ylw.kelowna.ca/passengers/shops-services/farm-flight](http://ylw.kelowna.ca/passengers/shops-services/farm-flight)**



## FRESH FROM KELOWNA

You want fresh? Well, you have come to the right place. Kelowna is internationally renowned for its exceptional fruit and produce. Stop at a roadside fruit stand. Visit a farm or orchard. Gorge on cherries and stomp grapes. Our region's micro-climate and long, hot growing season give you plenty of opportunities to enjoy gorgeous floral gardens, take tractor tours through orchards, and stroll through vineyards.

**Visit [tourismkelowna.com](http://tourismkelowna.com) for more fresh ideas.**

# TABLE

Award-winning chefs  
Outdoor patios | Lakeside dining  
Fresh and delicious foodie options







## 1. 19 Okanagan Grill + Bar at Two Eagles Golf Course

West Kelowna's ultimate choice for casual dining. Fresh local ingredients, friendly staff, extensive wine list. Westside's largest patio.

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**Open Year Round**  
**Lunch & Dinner Daily: 11 am-10 pm**

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3509 Carrington Road, West Kelowna  
250-768-3133 | [dine19.com](http://dine19.com)



## 2. Basil and Mint Restaurant and Bar

West Coast contemporary cuisine inspired by fresh, simple BC ingredients in a modern, vibrant environment. Seasonal outdoor patio.

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**Open Year Round | Daily From 5 pm**

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3799 Lakeshore Road | 236-420-2100  
[basilmint.ca](http://basilmint.ca)



## 3. Bohemian Café & Catering Company

We offer an eclectic and relaxed escape for breakfast and lunch. We cater breakfast, lunch, cocktail parties, and dinners.

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**Wed-Fri 7:30 am-2:30 pm | Weekends/Stat Holidays**  
**8:30 am-2 pm | Catering: Seven Days A Week**

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524 Bernard Avenue | 250-862-3517  
[bohemiancater.com](http://bohemiancater.com)



## 4. Bonfire Restaurant at The Cove Lakeside Resort

Fresh, locally-inspired cuisine complemented by Bonfire's own culinary garden, extensive Okanagan wine list, and Okanagan Lake views.

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**Open Daily 7:30 am-Close**

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4205 Gellatly Road, West Kelowna  
250-707-1810 | [bonfirerestaurant.ca](http://bonfirerestaurant.ca)



## 5. Gulfstream

Four Points by Sheraton Kelowna Airport

Fresh, hand-selected ingredients and locally-inspired creations, direct from the farm to your table. Taste. Sip. Social.

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**Open Daily 6:30 am-Close**

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5505 Airport Way | 250-807-7427  
[gulfstreamkelowna.com](http://gulfstreamkelowna.com)



## 6. Krafty Kitchen + Bar

Cuisine by Chris Shaften of *Top Chef Canada*. Local wines, seasonal cocktails, chef's table menu. The West Coast's only hip-hop brunch!

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**Mon-Fri 12 pm-10 pm**  
**Sat-Sun & Holiday Mondays 10:30 am-10 pm**

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281 Lawrence Avenue | 250-868-7228  
[kraftykitchen.ca](http://kraftykitchen.ca)



## 7. Lakeside Dining at Hotel Eldorado

Nothing beats "The El's" Lakeside Dining Room, Boardwalk Patio, and El Bar — all featuring local, seasonal, and organic products.

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**Open Daily 7 am-Close**  
**Boardwalk Patio: Seasonal May-Sept**

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500 Cook Road | 250-763-7500  
[eldoradokelowna.com](http://eldoradokelowna.com)



## 8. OAK + CRU Social Kitchen & Wine Bar

Located on the water, and in the heart of downtown, our inspiration draws from the Okanagan's many farmers and winemakers.

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**Open Daily: 6:30 am-Late**  
**Reservations Recommended**

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1310 Water Street | 250-869-3508  
[oakandcru.com](http://oakandcru.com)

## 9. Old Vines Restaurant at Quails' Gate Winery

Consistently recognized as one of BC's top restaurants. Fresh flavours, exceptional wine, and beautiful vistas await.

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**Open Daily | Lunch & Dinner From 11 am**  
**Reservations Recommended**

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3303 Boucherie Road, West Kelowna  
250-769-2500 | [oldvinesrestaurant.com](http://oldvinesrestaurant.com)

## 10. RauDZ Regional Table

The menus at RauDZ reflect organic, sustainable, and naturally-raised ingredients. Fresh, local, comfortable.

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**Open Daily From 5 pm**  
**First Come — First Seated**

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1560 Water Street | 250-868-8805  
[raudz.com](http://raudz.com)

## 11. Red Fox Club at Indigenous World Winery

A casual, aboriginal-inspired restaurant at award-winning Indigenous World Winery. Menu is designed around modern native fare.

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**Indoor Restaurant Open Year Round**  
**Patio Open May-Sept**

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2218 Horizon Drive E., West Kelowna  
778-755-6360 | [redfoxclub.ca](http://redfoxclub.ca)

## 12. Smack DAB at Manteo Resort

A lively kitchen and bar located on Kelowna's largest lakeside patio. Open daily for breakfast buffet, lunch, and dinner.

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**Open Daily 7 am-10 pm**

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3762 Lakeshore Road | 250-860-4488  
[smackdabmanteo.com](http://smackdabmanteo.com)





### 13. Sunset Organic Bistro at Summerhill Pyramid Winery

All-organic food and wine paired with warm, true hospitality will make you feel good about life!

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**Open Daily 11 am-9 pm**

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4870 Chute Lake Road  
250-764-8000 ext 130  
[summerhill.bc.ca](http://summerhill.bc.ca)



### 14. Terrace Restaurant at Mission Hill Family Estate

A spectacular setting, overlooking our vineyards and Okanagan Lake. Seasonally-inspired menus using the freshest, local ingredients.

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**May 11-Sept 30: Open Daily For Lunch & Dinner  
Reservations Recommended For Dinner**

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1730 Mission Hill Road, West Kelowna  
250-768-6467 | [missionhillwinery.com](http://missionhillwinery.com)



### 15. The Chase Wines Garden Bistro

Relax vineyard side with wine and delicious, fresh, garden-inspired plates. Vegan and gluten-free dishes available. *Open year round.*

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**Reservations Recommended  
Visit Website For Seasonal Hours**

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2290 Goldie Road, Lake Country  
250-766-9922 | [thechasewines.com](http://thechasewines.com)



### 16. The Table Café at Codfathers Market

Kelowna's sea lovers hotspot. Serving fresh, in-season seafood and summertime fare. Best fish and chips in town (gluten free too!).

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**11:30 am-Close  
Outdoor Patio | Catering & Takeout Available**

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2355 Gordon Drive | 250-868-9981  
[thetableatcodfathers.com](http://thetableatcodfathers.com)

## 17. Waterfront Café & Catering

A quick stop, or relax inside or on our patio. Great coffee, tasty bites, and remarkable meals. Everything made from scratch.

**Cafe: Mon-Sun 7 am-5 pm (winter)**

**Bistro: Mon-Thurs 11 am-2 pm | Fri/Sat/Sun 9 am-2 pm  
Tues-Sat 5 pm-9 pm**

101-2245 Abbott Street | 236-361-4408  
[waterfrontcafe.ca](http://waterfrontcafe.ca)

## 18. Waterfront Restaurant

A sophisti-casual, cozy, award-winning restaurant with tasty food made with fresh, seasonal, Okanagan flavours.

**Open Mon-Sat From 5 pm  
Reservations Recommended**

104-1180 Sunset Drive | 250-979-1222  
[waterfrontrestaurant.ca](http://waterfrontrestaurant.ca)



## CULINARY EVENTS

Chefs love it here because of the abundance of fresh, local produce. It's no surprise Kelowna is host to so many annual culinary events like the Feast of Fields, Amuse, Dine Around Thompson Okanagan, Canadian Culinary Championships, and Okanagan Wine Festivals. Foodies love that they can enjoy seasonal menus, long-table dinners, and even partake in a cooking class or two.

**Visit [tourismkelowna.com](http://tourismkelowna.com) for more culinary events.**

# GLASS

Craft breweries | Cideries | Distilleries

Fresh, local ingredients

Wineries | Tours | Outdoor patios



## 1. Boundary Brewing Company

Come – Drink Like A German! Our brewery specializes in German-style beers brewed using the only oak-kettle system in Canada.

**Open Year Round**  
**Visit Website For Seasonal Hours**

2-455 Neave Court | 778-828-3456  
**boundarybrewing.beer**



## 2. Double Cross Cidery at Function Junction

Visit Double Cross Cidery's tasting room to sample four varieties of fruit iced ciders and hard apple cider. From our farm to your glass.

**Jun 1-Oct 31: Open Daily 9 am-5:30 pm**

811 Hwy 33 E. | 250-863-8011  
**function-junction.ca**



## 3. Forbidden Spirits Distilling Co.

Taste the smoothest vodka crafted from the finest BC apples, pressed, fermented and 50 times distilled – one batch at a time.

**Open Daily: 11 am-5 pm**

4380 Wallace Road | 250-764-6011  
**forbiddenvodka.ca**



## 4. Meadow Vista Honey Wines

Taste BC's gold medal-winning mead, visit the farm, see our bees, shop for local products. Enjoy lunch on our seasonal, patio bistro!

**May 19-Oct 8: Open Daily 10 am-6 pm**  
**Oct 9-May 18: Mon-Fri 10 am-5 pm/Sat-Sun 12 pm-5 pm**  
**May-Sept: Daily Bee Tours | Please Contact Winery**

3975 June Springs Road | 250-862-2337  
**meadowvista.ca**





## 5. Okanagan Spirits Craft Distillery

BC's original farm-to-flask craft distillery with over 30 world-class spirits. Visit our tasting room or kick back in the barrel room lounge.

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**Open Daily | Open Year Round**  
**Visit Website For Details & Hours Of Operation**

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267 Bernard Avenue | 778-484-5174  
[okanaganspirits.com](http://okanaganspirits.com)



## 6. Scenic Road Cider Co.

Take the scenic road to our tasting room where you can savour and purchase our small-batch, handcrafted ciders.

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**May-Sept: Thurs-Sun 12 pm-5 pm**  
**Oct-Apr: Check Website For Hours**

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770 Packinghouse Road | 250-868-7625  
[scenicroadcider.com](http://scenicroadcider.com)



## 7. Tree Brewing Beer Institute

Taste Kelowna's FRESHEST unfiltered beer served from tank to tap. Our beer-inspired food menu includes handcrafted pizzas.

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**Open Daily. Visit Website For Hours**  
**Closed Xmas Day | Tours By Appt Only**

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1346 Water Street | 778-484-0306  
[treebrewingbeerinstitute.com](http://treebrewingbeerinstitute.com)



## 8. Urban Distilleries & Winery

Taste handcrafted Gins, Vodkas, Whisky-styled spirits, Fruit Liqueurs, or Sweet Honey Mead Wine created from local, natural ingredients.

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**Open Year Round | Open Daily 10 am-6 pm**

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6-325 Bay Avenue | 778-478-0939  
[urbandistilleries.ca](http://urbandistilleries.ca)



## 9. Wiseacre Farm Distillery

Each batch of our handcrafted spirits includes grains we grow and harvest within a stone's throw of our tiny distillery in the woods.

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**Opening Late 2018**

**Visit Website For Details & Hours Of Operation**

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4275 Goodison Road | 250-469-2203  
[wiseacrefarmdistillery.com](http://wiseacrefarmdistillery.com)



## WINERIES

### 10. 50th Parallel Estate

17101 Terrace View Road | 250-766-3408 | [50thparallel.com](http://50thparallel.com)

### 11. Ancient Hill Estate Winery

4918 Anderson Road | 250-491-2766 | [ancienthillwinery.com](http://ancienthillwinery.com)

### 12. Arrowleaf Cellars

1574 Camp Road | 250-766-2992 | [arrowleafcellars.com](http://arrowleafcellars.com)

### 13. Blind Tiger Vineyards

11014 Bond Road | 250-766-0622 | [blindtigervineyards.ca](http://blindtigervineyards.ca)

### 14. Calona Vineyards Winery

1125 Richter Street | 250-979-4211 | [calonavineyards.ca](http://calonavineyards.ca)

### 15. CedarCreek Estate Winery

5445 Lakeshore Road | 778-738-1020 | [cedarcreek.bc.ca](http://cedarcreek.bc.ca)

### 16. Gray Monk Estate Winery

1055 Camp Road | 250-766-3168 | [graymonk.com](http://graymonk.com)

### 17. Grizzli Winery

2550 Boucherie Road | 250-769-6789 | [grizzliwinery.com](http://grizzliwinery.com)

### 18. House of Rose Winery

2270 Garner Road | 250-765-0802 | [houseofrose.ca](http://houseofrose.ca)

### 19. Indigenous World Winery

2218 Horizon Drive | 250-769-2824 | [IndigenousWorldWinery.com](http://IndigenousWorldWinery.com)

### 20. Intrigue Wines

2291 Goldie Road | 250-980-3233 | [intriguewines.ca](http://intriguewines.ca)

### 21. Mission Hill Family Estate

1730 Mission Hill Road | 250-768-6448 | [missionhillwinery.com](http://missionhillwinery.com)

### 22. Mt. Boucherie Estate Winery

829 Douglas Road | 250-769-8803 | [mtboucheriewinery.com](http://mtboucheriewinery.com)

### 23. Quails' Gate Winery

3303 Boucherie Road | 250-769-4451 | [quailsgate.com](http://quailsgate.com)

### 24. Ricco Bambino Urban Winery

101-1630 Pandosy Street | 236-420-2203 | [riccobambino.com](http://riccobambino.com)

### 25. Rollingdale Winery

2306 Hayman Road | 250-769-9224 | [rollingdale.ca](http://rollingdale.ca)

### 26. St. Hubertus & Oak Bay Estate Winery

5205 Lakeshore Road | 250-764-7888 | [st-hubertus.bc.ca](http://st-hubertus.bc.ca)

# WINERIES

**27. Sandhill Estate Winery**

1125 Richter Street 250-979-4211 | sandhillwines.ca

**28. SpearHead Winery**

3950 Spiers Road 250-763-7777 | spearheadwinery.com

**29. Sperling Vineyards**

1405 Pioneer Road 778-478-0260 | sperlingvineyards.com

**30. Summerhill Pyramid Winery**

4870 Chute Lake Road 250-764-8000 | summerhill.bc.ca

**31. Tantalus Vineyards**

1670 DeHart Road 250-764-0078 | tantalus.ca

**32. The Chase Wines**

2290 Goldie Road 250-766-9922 | thechasewines.com

**33. the hatch**

3225 Boucherie Road 778-755-6013 | thehatchwines.com

**34. The Vibrant Vine**

3240 Pooley Road 778-478-4153 | thevibrantvine.com

**35. The View Winery & Ward's Cidery**

1-2287 Ward Road 250-860-0742 | theviewwinery.com

**36. Volcanic Hills Estate Winery**

2845 Boucherie Road 778-755-5550 | volcanichillswinery.com



## KELOWNA U-PICK

Nothing tastes as fresh as fruit you've just picked off the branch, so it's no surprise that u-pick is one of the most sought-after activities in the area. Many local orchards and farms welcome guests to roam their property and harvest fruits and vegetables. Fill your picnic basket, take your snacks to the beach, or box up your bounty and savour it later at home.

**Visit [tourismkelowna.com](http://tourismkelowna.com) for more u-pick details.**

# BLOSSOMS & HARVESTS



## **Fruit Blossoms**

Kelowna's celebrated orchards — come spring, they are ablaze with fragrant, colourful blossoms. Visitors can enjoy the glorious fruit blossoms from early-April until mid-May.

## **Fruit Harvest Dates**

### **Apples**

Mid-Aug–Late-Oct

### **Apricots**

Mid-Jul–Mid-Aug

### **Cherries**

Early-Jul–Early-Aug

### **Grapes**

Early-Sept–Mid-Oct\*

### **Peaches**

Late-Jul–Early-Sept

### **Pears**

Mid-Aug–Late-Sept

### **Prunes + Plums**

Mid-Aug–Mid-Sept

*Dates vary by year.*

Of course, Mother Nature has the final say about the dates listed above! Be sure to visit [tourismkelowna.com](http://tourismkelowna.com) or check in with the Visitor Centre for blossom, harvest, and u-pick info.

*\*Icewine grapes not included.*

#exploreKelowna   

TOURISM  
KeLOWNA

[tourismkelowna.com](http://tourismkelowna.com)