

KeLOWNA

Okanagan Valley, BC

2020
FARM TO TABLE & GLASS

LOCAL FLAVOURS



Includes:
Kelowna
Lake Country
Peachland
West Kelowna
Westbank First Nation

JANUARY

Dine Around Okanagan

FEBRUARY

The Village Walk, Dine & Wine
Tour at Big White Ski Resort

MARCH

Amuse: Eat, Drink & Be Social

APRIL

Okanagan Eats Food Show

MAY

BC Bacon & Cider Festival
Great Okanagan Beer Festival
Okanagan Cider Festival
Taste of Downtown Kelowna
VegFest Kelowna

LOCAL FLAVOURS EVENTS

For more information and a
complete calendar of events,
visit tourismkelowna.com



Feast of Fields
Credit: Tourism Kelowna



Downtown Kelowna
Winter Street Market
Credit: Matt Ferguson

JUNE

Kelowna Wine Country
Half Marathon

JULY

Ciderfest at Big White Ski Resort
Craft & Country, Beer & Music
Mountain Festival
Diner en Blanc Okanagan

AUGUST

Okanagan Feast of Fields
Ribfest Kelowna

SEPTEMBER

Appleooza
Fall Okanagan Wine Festival
Hopscotch Festival

OCTOBER

Fall Okanagan Wine Festival

NOVEMBER

Brewphoria
Okanagan Spirits Craft
Distillery Mixoff
OUT In The Valley

DECEMBER

Downtown Kelowna Winter
Street Market



Okanagan Spirits Craft
Distillery Mixoff
Credit: Brandon Boot

Lift here to view the Local Flavours map ↗



Paynter's Fruit Market
Credit: Wines of British Columbia



Meadow Vista Honey Wines
Credit: Meadow Vista



Summerhill Pyramid Winery
Credit: Kevin Trowbridge

SAVOUR KELOWNA FROM THE GROUND UP

This scenic, 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; meet friendly locals and talk to the chefs, winemasters, and artisans of fine brews, ciders, and spirits. **Find inspiration along the way and share your own experiences with #exploreKelowna.**

FARM

Quaint fruit stands and markets

Farms | Gardens | Orchards

U-pick seasonal fruits and veggies



1. Arlo's Honey Farm

Unique farm experience all about the honeybee. Taste the complexity of pure raw honey right from the hive!

Open Seasonally | Call Ahead For Hours

4329 Bedford Lane | 250-764-2883
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

3. BC Tree Fruits Market

Home to fresh fruit grown by over 400 member growers. Okanagan vegetables available in season.

Open Daily Year Round

826 Vaughan Avenue | 250-763-8872
bctreefruits.com

4. Carmelis Goat Cheese Farm

Unique, handcrafted cheese and gelato. Taste our passion in our delicious Carmelis goat cheese and Terroir raw milk cow cheese.

Mar: Weekends 11 a.m.-5 p.m.
Apr-May: Thurs-Mon 11 a.m.-5 p.m.
Jun-Sept: Open Daily 10 a.m.-6 p.m.
Oct: Open Daily 11 a.m.-5 p.m.

170 Timberline Road | 250-764-9033
carmelisgoatcheese.com



 U-pick location – check for details and availability.



5. Don-O-Ray Farms

Select fresh-picked fruits and vegetables, homemade sauces, juices, jams, ice cream, and snacks. A farm adventure and maze too.

Jun-Dec: Open Daily 9 a.m.-7 p.m.

3443 Benvoulin Road
250-860-2557 | cell 250-575-7806
donorayfarms.com



6. Duggan's Farm



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

Open Jun-Oct | Phone For Hours

2651 Camp Road, Lake Country
250-766-2628
duggansfarm.wixsite.com/duggansfarm



7. Gambell Farms



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

Jun To Early-Nov: Mon-Sun 9 a.m.-6 p.m.

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



8. Hillcrest Farm Market

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

Mar-Oct: Open Daily
Nov-Feb: Reduced Hours And Winter Closures

700 Highway 33 East | 250-765-8000
hillcrestfarmmarket.com



9. Kelowna Fruit Stand

Farm market and cafe. Fresh-picked fruits and veggies, homemade fruit pies and jam, and ice cream. Cafe uses homegrown ingredients.

May-Nov: Open Daily 8 a.m.-8 p.m.

5225 Hwy 97 North | 250-765-5225
[facebook.com/KelownaFruitStand](https://www.facebook.com/KelownaFruitStand)



10. KLO Farm Market



Your local family farm offering fruits, vegetables, berries, local honey, and unique products. U-pick flower garden with 15 flower varieties.

Open Daily 9 a.m.-6 p.m.

1760 KLO Road | 778-484-2828
[facebook.com/klofarmmarket](https://www.facebook.com/klofarmmarket)



11. Okanagan Lavender & Herb Farm

Discover a working family herb farm. Workshops, award-winning essential oils, and small-batch botanical products available.

May 1-Oct 10: Open Daily 10 a.m.-5 p.m.

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



12. Sun City Cherries



A family-run farm specializing in cherries. We also offer fresh honey, homemade jams, fruit, vegetables, and 36 flavours of ice cream.

Late-Jun–Mid-Oct: Open Daily

4759 Lakeshore Road | 250-764-1872
[facebook.com/suncitycherries](https://www.facebook.com/suncitycherries)

13. 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



Lakeside Dining at Eldorado Resort
Credit: Nic Collar Film

FROM FARM TO TABLE

Kelowna is internationally renowned for its exceptional fruit and produce. Stop at a roadside fruit stand. Visit a farm or orchard and pick your own. Gorge on juicy cherries and stomp grapes. Or, relax on a lakeside patio and enjoy the fruits and vegetables of our farmers' labour right on your plate. Bon appétit!

Lakeside Dining
Credit: Nic Collar Film

FOODIES JUST LOVE KELOWNA

Kelowna's food scene has long been anchored by the inspiration of fresh local ingredients. Pioneered by chefs who knew Kelowna was an epicentre of agriculture; allowing them to work with their neighbouring farmers and producers. Today, Kelowna chefs and restaurateurs continue to showcase the bounty of the region through seasonal and globally-inspired fare, and the commitment to the principle that the best ingredients provide the best food experience. Dining in Kelowna is at its all-time best, with a taste for every type.



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.

Open Year Round
Lunch & Dinner Daily: 11 a.m.-9 p.m.

3509 Carrington Road, West Kelowna
250-768-3133 | 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.

Open Year Round | Daily From 5 p.m.

3799 Lakeshore Road | 236-420-2100
basilmint.ca

3. BLOCK ONE at 50th Parallel Estate

The ONE dining experience you do not want to miss. Regional, seasonal cuisine, stunning dining areas, spectacular views.

Visit Website For Seasonal Hours
Reservations Recommended

17101 Terrace View Rd, Lake Country
250-766-3408 ext 2 | 50thparallel.com

4. Bohemian Café & Catering Company

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

Wed-Fri 7:30 a.m.-2:30 p.m.
Weekends/Stat Holidays 8:30 a.m.-2 p.m.
Catering: Seven Days A Week

524 Bernard Avenue | 250-862-3517
bohemiancater.com





5. Chaos Bistro at Ex Nihilo Vineyards

Indulge in epicurean interpretations of Neapolitan wood-fired pizza (seasonal), tapas, and salads inspired by local farms and gardens.

Reservations Recommended
Visit Website For Seasonal Hours

1525 Camp Road | 250-766-5522 Ext 2
exnihilovineyards.com



6. Gulfstream Four Points by Sheraton Kelowna Airport

Unwind with handcrafted cocktails, local craft beer, or the finest Okanagan wine. Enjoy delectable bites inspired by fresh, local ingredients.

Open Daily 6:30 a.m.-Close
Happy Hour: Daily 4 p.m.-6 p.m.

5505 Airport Way | 250-807-7427
gulfstreamkelowna.com



7. Home Block at CedarCreek Estate Winery

Home Block celebrates simple, homemade ingredients and seasonal produce when possible. Small plates, family-style, and individual entrees.

Summer: Open Daily 11:30 a.m.-8:30 p.m.
Visit Website For Other Seasonal Hours

5445 Lakeshore Road
250-980-4663 | cedarcreek.bc.ca



8. Krafty Kitchen + Bar

Flagship restaurant of Top Chef Canada's Chris Shafien. Local wines, regionally-inspired cuisine, and Canada's original hip-hop brunch!

Lunch/Brunch: Mon-Fri 10:30 a.m.-3 p.m.
Dinner: Mon-Sun 5 p.m.-late
Hip Hop Bunch: Sat-Sun 10:30 a.m.-3 p.m.

281 Lawrence Avenue | 250-868-7228
kraftykitchen.ca



9. Lakeside Dining at Eldorado Resort

Boasting fantastically prepared AAA Sterling Silver Beef selections, fresh seafood, and an extensive, award-winning wine list.

**Open Daily 7 a.m.-Close | Brunch: Sundays
Happy Hour: Daily 3 p.m.-6 p.m. & 9 p.m.-Close
Boardwalk Patio: Seasonal May-Sept**

500 Cook Road | 250-763-7500
eldoradoresort.ca



10. OAK + CRU Social Kitchen & Wine Bar

Head downtown to enjoy spectacular lake and mountain views while savouring inspired cuisine with an emphasis on the Okanagan.

**Sun-Thurs 6:30 a.m.-Midnight
Fri & Sat 6:30 a.m.-1 a.m.**

1310 Water St.
at Delta Hotels by Marriott Grand Okanagan Resort
250-869-3508 | oakandcru.com



11. Orchard Room

Enjoy a 1940's Miami/Havana vibe with tacos on handmade tortillas and plant-forward share plates. Creative cocktails, craft ciders, and more.

**Tues-Fri 3 p.m.-Late | Weekends 5 p.m.-Late
Happy Hour: Tues-Sat 3 p.m.-5 p.m.**

269 Lawrence Ave | 250-762-9858
orchardroom.ca



12. Parlour Ice Cream

Premium ice cream handcrafted on site using local ingredients. Unique flavour profiles and fresh, housemade waffle cones. Delicious!

Open Daily 11 a.m.-10 p.m.

1571 Abbott Street | 250-878-9065
parlouricecream.ca



13. RauDZ Regional Table

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

Open Daily From 5 p.m.
Reservations Available. Walk-Ins Welcomed.

1560 Water Street | 250-868-8805
raudz.com



14. Red Fox Club at Indigenous World Winery

A casual, elegant dining room and expansive patio sets the stage for modern native cuisine at award-winning Indigenous World Winery.

Indoor Restaurant Open Year Round
Patio Open Apr-Oct

2218 Horizon Drive E., West Kelowna
778-755-6360 | redfoxclub.ca



15. Smack DAB at Eldorado Resort

Voted "Best Patio" and being the largest in Kelowna, Smack DAB is perfect for indulging in craft cocktails, wine, or a delectable dinner.

Open Daily 7 a.m.-Close | Brunch: Weekends
Happy Hour: Daily 3 p.m.-6 p.m. & 9 p.m.-Close
Boardwalk Patio: Seasonal May-Sept

3762 Lakeshore Road | 250-860-4488
eldoradoreresort.ca



16. Sprout Bread

Artisan bakery and café featuring simple food and specialty coffee. Naturally-fermented bread, pastries handmade daily with local, organic grain.

Mon-Sat 7:30 a.m.-4:30 p.m.
Sun 9 a.m.-4:30 p.m.

125-1295 Cannery Lane
236-420-2122 | sproutbread.ca



17. Summerhill Pyramid Bistro at Summerhill Pyramid Winery

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

Open Daily 11 a.m. -9 p.m.

4870 Chute Lake Road
250-764-8000 ext 130
summerhill.bc.ca



18. The Modest Butcher at Mt. Boucherie Estate Winery

The Okanagan's best dining experience served with a pinch of modesty. Fine or casual. Special occasion or favourite hang out. C'mon in!

Sun-Wed: 11 a.m.-9 p.m.
Thurs-Sat: 11 a.m.-11 p.m.

829 Douglas Road, West Kelowna
250-769-8803 | mtboucherie.com



19. The Table Café at Codfathers Market

Best fish & chips and tacos! Summertime Lobster Boils. Look for our Broken Anchor Food Truck. Visit Facebook for menu and events.

Open Daily 11:30 a.m.-7:30 p.m.
Outdoor Patio | Catering & Takeout Available

2355 Gordon Drive | 250-868-9981
thetableatcodfathers.com



20. Waterfront Restaurant

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

Mon-Sat From 5 p.m. (closed Sun)
Reservations Recommended

104 -1180 Sunset Drive | 250-979-1222
waterfrontrestaurant.ca

GLASS

Craft breweries | Cideries | Distilleries

Fresh, local ingredients

Wineries | Tours | Outdoor patios





1. 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 15-Oct 11: Open Daily 10 a.m.-6 p.m.
Oct 12-May 14: Open Daily 11 a.m.-5 p.m.
Self-Guided Bee Tour | Seasonal Bistro

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



2. 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.

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

267 Bernard Avenue | 778-484-5174
okanaganspirits.com



3. Soma Craft Cidery

Handcrafted ciders and locally-inspired food. From our farm to your glass. Come visit our resident alpacas!

Visit Website For Details & Hours of Operation

4485 Sallows Road | 250-764-2148
somacidery.com



4. Vice & Virtue Brewing Co

The North End beer district's must visit for a diverse selection of craft beers and locally-sourced eats – all made in-house!

Visit Website For Seasonal Hours

1033 Richter Street
viceandvirtuebrewing.ca



5. Wards Cidery at The View Winery

Authentic, craft ciders made from traditional cider apples grown, fermented, and packaged on our historic, family-owned orchard.

Open Daily | [View Website For Seasonal Hours](#)

2287 Ward Road | 250-860-0742
wardshardcider.com



6. Wiseacre Farm Distillery

Visit our tiny distillery in the woods. Tour vintage farm equipment, meet the animals, grab some eggs, sip our farm-crafted spirits!

Open Year Round
[Visit Website For Details & Hours Of Operation](#)

4275 Goodison Road | 250-469-2203
wiseacrefarmdistillery.com

WINERIES



Tantalus Vineyards
Credit: Shawn Talbot

7. 50th Parallel Estate

17101 Terrace View Road 250-766-3408 | 50thparallel.com

8. Ancient Hill Estate Winery

4918 Anderson Road 250-491-2766 | ancienthillwinery.com

9. Arrowleaf Cellars

1574 Camp Road 250-766-2992 | arrowleafcellars.com

Wineries continued on next page.→

WINERIES

10. CedarCreek Estate Winery

5445 Lakeshore Road 778-738-1020 | cedarcreek.bc.ca

11. Ex Nihilo Vineyards

1525 Camp Road 250-766-5522 | exnihilovineyards.com

12. Frind Estate Winery

3725 Boucherie Road 778-754-1118 | frindwinery.com

13. Gray Monk Estate Winery

1055 Camp Road 250-766-3168 | graymonk.com

14. House of Rose Winery

2270 Garner Road 250-765-0802 | houseofrose.ca

15. Indigenous World Winery

2218 Horizon Drive 250-769-2824 | indigenousworldwinery.com

16. Intrigue Wines

2291 Goldie Road 250-980-3233 | intriguewines.com

17. Mission Hill Family Estate

1730 Mission Hill Road 250-768-6400 | missionhillwinery.com

18. Mt. Boucherie Estate Winery

829 Douglas Road 250-769-8803 | mtboucherie.com

19. O'Rourke's Peak Cellars

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

20. Priest Creek Family Estate Winery

2555 Saucier Road | priestcreekwinery.com

21. Quails' Gate Winery

3303 Boucherie Road 250-769-4451 | quailsgate.com

22. Rollingdale Winery

2306 Hayman Road 250-769-9224 | rollingdale.ca

23. Sandhill Urban Winery

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

24. SpearHead Winery

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

25. Sperling Vineyards

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

26. Summerhill Pyramid Winery

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

27. Tantalus Vineyards

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

28. The View Winery & Wards Cidery

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

29. Volcanic Hills Estate Winery

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

30. Wayne Gretzky Estates Okanagan

1125 Richter Street 250-979-4211 | gretzkyestateswines.com



Blossoms

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

Harvests

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

**Icewine grapes excluded.
Dates vary by year.*



BLOSSOMS & HARVESTS



#exploreKelowna



Kelowna apple orchard
Credit: Destination BC & Kari Medig

KELOWNA

Okanagan Valley, BC

tourismkelowna.com