

# THREE RAVENS



## **ABA WATH TECH. OKI. GWANISTLI NANIYA. BIENVENUE. WELCOME.**

Welcome to Three Ravens.

Inspired by the sweeping vistas and spectacular peaks of our home on Treaty 7 Territory in Canada's first national park, we are proud to offer locally sourced and environmentally sustainable meals infused with creativity.

Much of the food served at Banff Centre for Arts and Creativity comes from farm partners in Alberta and neighbouring provinces. We grow our own micro-greens and herbs on campus to bring exceptional freshness to your dining experience. All of our seafood is Ocean Wise™ – it's Vancouver Aquarium's assurance of an ocean-friendly seafood choice. This freshness is infused in a diversity of dishes catering to all dietary preferences. All of this, paired with inspiration from our creative community, forms the backbone of Executive Chef Sébastien Tessier's culinary practice.

Thank you for choosing Three Ravens. Proceeds from food and beverage sales help to support artists at Banff Centre.

Enjoy!

**GF** Gluten Free    **DF** Dairy Free    **NF** Nut Free



All seafood options on this menu are recommended by the Vancouver Aquarium as ocean-friendly.

An 18% gratuity will be applied to groups of eight or more.

## STARTERS

### Alberta Game Tartar with Dehydrated Bison **22**

Grizzly Gouda Arancini, Maple-Walnut Semifreddo, Sous Vide Alberta Free-Range Egg Yolk, Local Organic Beet Jelly, Banff Centre Grown Sunflower Shoots

### Braised Alberta Lamb Shoulder with Local Ricotta Gnocchi **20**

Mint Pearls, B.C. Shitake Mushrooms, Broxburn Eggplant Velouté, Purple Yam and Lavender Purée

**NF**

### Alberta Rabbit, Beef Tongue and Pistachio Terrine **20**

Crispy Lamb Sweetbreads, Sautéed Local Mushrooms, Smoked Noble Meadows Farm Goat Cheese, Haskap Berries Infused with Wild Life Distillery Alberta Botanical Gin

### FallenTimber Mead Glazed Bear and the Flower Farm Pork Belly **19**

Coconut Milk Fried Humboldt Squid, Local Cabbage Salad, Pineapple Fritter, Candied Coconut and Peanut Crumble, Chili Emulsion

**GF DF**

### Alberta Winter Greens with Coffee Infused Local Organic Carrots and Beets **18**

Saffron Organic White Quinoa, 63-Degree Alberta Free-Range Egg, Candied Pecans, Purple Potatoes, Pickled Watermelon Radish

**GF DF**

### B.C. Octopus Carpaccio with Tempura Oyster **22**

Sea Urchin, Northern Divine Caviar, Soy Marinated Dakini Tidal Wilds Kelp, Sake Tofu, Sesame Seeds, Local Organic Carrots, Pickled Lotus Root, Wasabi Mayonnaise

**GF DF NF**

## SOUPS

### Lund's Organic Farm Kohlrabi and B.C. Granny Smith Apple Soup **19**

Smoked Alberta Trout, Roasted Local Garlic Paste, Three Ravens Mustard, Apple Cider Emulsion

**GF NF**

### Mans Organics Squash and Roasted Organic Chickpea Soup **18**

Caramel Popcorn, Local Red Pepper Purée, Dried Olives, Banff Centre Grown Micro Greens

**GF DF NF Vegan**

## FROM THE LAND

### Grilled Alberta Angus Reserve Beef Tenderloin **46**

Three Ravens Spice Rub, Yorkshire Pudding, Sundog Organic Farm Parsnip and Valbella Beef Bacon Hash, Wilted Spinach, Mustard Jus

**NF**

#### Suggested Wines

2013 Penfolds, Bin 389, Cabernet Sauvignon-Shiraz, South Australia **114**  
2015 Blasted Church Syrah, Okanagan Valley, British Columbia, VQA **61**

### Grilled Bear and the Flower Farm 16oz Pork Chop **39**

Crushed Local Organic Potatoes, Charred Red Cabbage, Braised Fennel, Apple Butter, Green Peppercorn and Bacon Jus

**GF NF**

2015 Stoller Family, Dundee Hills, Oregon **83**  
2010 Au Bon Climat, Chardonnay, Santa Barbara, California **64**

### Fraser Valley Duck Breast **39**

Carrot-Raisin French Toast, Winter Kale, Quail Egg, Balsamic Bles-Wold Sour Cream, Broxburn Tomato Preserve, Smoked Maple Jus

**NF**

2015 La Frenz, Pinot Noir, Okanagan Valley, British Columbia, VQA **98**  
2014 Bouchard Père & Fils, Gevery Chambertin **94**

### Juniper Rubbed Elk Rack **52**

Sautéed Local Mushrooms, Saffron and Golden Beet Organic Quinoa, Pea Shoots and Toasted Almond Salad, Orange Marmalade, Saskatoon Berry Paint

**GF DF**

2016 Tres Picos, Borsao, Granacha, Campo de Borja DO **57**  
2016 Carlisle Zinfandel, Sonoma Country, California **140**

### Seared Alberta Bison Tenderloin **58**

Organic Farro Ragoût, Candied Fingerling Yams, Sticky Rye Cipollini Onion, Local Sunchoke Cream, Bone Marrow Jus

**NF**

2016 Mission Hill Reserve, Cabernet Sauvignon, Okanagan Valley, British Columbia **61**  
2014 Château Tour Bayard, Montagne-Saint-Emilion **54**

## FROM THE WATER

Alberta Honey Glazed Northern Divine

Aquafarms Organic Sturgeon **45**

Semi-Dried B.C. Albacore Tuna,  
Poached Salt Spring Island Mussels,  
Miso Broth, Black Sesame Paste, Local  
Organic Potatoes and Carrots, Banff  
Centre Grown Radish Microgreens

**GF DF NF**

Suggested Wines

2017 Hiedler, Gruner Veltliner, Nieberosterreich **43**

2014 Jean and Sébastien Dauvissat,  
Saint-Pierre, Chablis **68**

Ras el Hanout Rubbed

Lois Lake Steelhead Trout **37**

Gold Forest Grains Organic Barley  
with Roasted Red Peppers, Green  
Olives and Capers, Organic Red Lentil  
Hummus, Okanagan Nectarine Jam,  
Parsley Pistou, Orange Labneh

**NF**

2015 Trimbach, Pinot Gris, Alsace **58**

2011 Ram's Leap, Sémillon-Sauvignon Blanc,  
Western Plains, NSW **38**

## FROM THE GARDEN

Organic Alberta Red Fife

Charred Ash Pasta **32**

B.C. King Oyster Mushrooms,  
Roasted Mans Organics Pumpkin,  
B.C. Portobello Mushrooms, Smoked  
Noble Meadows Farm Goat Cheese,  
House Dried Local Tomatoes, Baby  
Arugula, Shaved Grizzly Gouda

**NF**

Suggested Wines

2014 Stoneboat Pinot Noir, Okanagan Valley,  
British Columbia, VQA **57**

2015 Play Estate, Viognier, Okanagan Valley,  
British Columbia, VQA **59**

Roasted Organic Alberta Carrots,  
Beets, and Parsnips **32**

Grilled Pineapple, Tempeh Croûton,  
Fried Organic Chickpeas, B.C. Plum  
Preserve, Black Rice Noodle, Pea Shoots

**GF DF NF VEGAN**

2015 Steele, Cuvée Chardonnay,  
Mendocino, California **51**

## ISNIYÉS. IKSOKA'PII. SIYISGAAS. MERCI. THANK YOU.

Proceeds from your visit help support  
the creative potential of artists.

As Canada's leading post-graduate  
arts institution, Banff Centre for Arts  
and Creativity offers intensive training  
and career development programs  
for emerging and established artists  
across all artistic disciplines. As a  
champion of arts and creativity, Banff  
Centre also has an extensive leadership  
offering in the cultural, Indigenous,  
corporate, and environmental sectors.

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