

SIX MILE

Product Information

SIMPLE INGREDIENTS,
SOURCED THOUGHTFULLY
&
TREATED WITH RESPECT.

Unique at The Six Mile

- ☑ We do not own or use Microwave ovens
- ☑ Only high quality oil is used in our fryers. While more costly, the quality is in the taste and the value is in its healthful properties
- ☑ We serve handmade artisan products including pasta, sausages & bread

Our Gluten Free Program Includes:

GF Great Food that Is Gluten Free

GFO Gluten Free Option Available

- ☑ All of our deep fryers are gluten free!!!
- ☑ Proprietary gluten free flours expertly blended in house.
- ☑ Contraband flours are stored away from prep hall.
- ☑ Gluten free kitchen guidelines in place.
- ☑ Gluten free education is ongoing at the Six Mile Pub.
- ☑ Our menu has GF icons marking our house made gluten free products. Enjoy!



THE APIARY AT 6 MILE

In the media over the last decade, one cannot escape the ever-present talk of the declining honey bee population in North America. Some even say that our fate is entwined with the honey bee; without the cheap labour of honey bees to pollinate plants and food-plants, we as a species, could find our global food sources dwindle.

At the Six Mile, we keep bees to do our part to help Mother nature. We use our honey to provide different flavour profiles for many items including our desserts & Sixnature Cocktails.



We've also joined the Grease Cycle Project based in Duncan. This last year we saved 10.70 tonnes of greenhouse gases from being emitted into our atmosphere just by recycling our grease from our deep fryers.

SIX MILE

Product Information



Riverside Kitchen Artisan Breads

Using specialty grains and flours, our artisan bakers make leavened breads and pizza dough from our lovingly-nurtured sourdough mothers: "Lucille" and "Sandy".

With proprietary blends of gluten-free flours and "Ellen", our gluten-free sourdough mother, our bakers make gluten-free breads and pizza dough. Our commitment to controlling food safety and quality even extends to the tortilla chips used in our Nachos and Dips – each chip made with our proprietary blend, hand-cut and fried on premise.



Riverside Kitchen Artisan Pastas

All our pastas, including the Kids' Macaroni are made fresh on premise using carefully selected ingredients - Canadian semolina, kale from our garden, beets from BC, and free-range local eggs. Every effort we make to source our ingredients thoughtfully and to create our food personally, translates into soul satisfying meals for you.



Two Rivers

We buy Heritage Angus beef, turkey, pork-loin, pork-butt and duck from Two Rivers. Two Rivers Specialty Meats Company in turn, partners with local farmers that share their same core-beliefs. As a result, we get ethically raised meats from any-

number of different farms at any given time.



63 Acres

Their name says it all: 63 cows in the average Canadian herd and of course, herds graze on large expanse of land or acreages. At 63 Acres, premium Angus cattle live well on carefully selected family owned farms in BC: free range, grass fed and grain finished without any added hormones or steroids. The Six Mile Pub use beef from 63 Acres' ethically farmed and happily raised cattle in our beef burgers so we can transfer all that happy, natural goodness on to you!!



Parry Bay Sheep Farm

Parry Bay Sheep Farm is a mixed farm operating in the Metchosin area. Since the early 80's John and Lorraine

Buchanan have been striving to farm in a sensible and sustainable way. Their five children have grown up on the farm and have contributed greatly to its success. Their mutton is far superior to most commercial lamb, tender and moist, with subtle flavour.



ocean wise. A SUSTAINABLE CHOICE

Our oceans are facing a number of threats: overfishing, climate change, pollution and urban development. Sustainable seafood can be defined as species that are caught or farmed in a way that ensures the long-term health and stability of that species, as well as the greater marine ecosystem. If you see the Ocean Wise symbol next to a seafood item, you know that option is the best choice for the health of our oceans.



Frog Friendly Wild Coffee

Frog Friendly Wild Coffee differs in ways that matter. Frog is WILD. It is not farmed. The environment is not altered. Chemical sprays and pesticides do not enter the equation. Seeded amongst the mango trees, vanilla

orchids, cocoa and wild flora of the last remaining intact Cloud forest of Mexico, Frog Friendly Wild beans are a step beyond organic or fair trade.