

Starters

Soup of the Day

small 4

large 6

Chicken Wings

1 lb 12 2 lbs 21

choose from: mild, medium, hot, honey garlic, hickory smoked BBQ, cajun, mango habanero or maple bacon served with carrots, celery & blue cheese

Coconut Shrimp 12

six shrimp with sweet thai chili sauce & heritage greens

Buttermilk Fried Calamari 13

served with garlic lemon aioli

PEI Mussels 13

grape tomato, basil, red onion, & garlic in a white wine sauce served with garlic toast

Veggie Quesadilla 11

seasoned sauteed bell peppers, onions, tomato & grated cheese served with salsa & sour cream

add chicken 4 add steak 5

Sundried Tomato & Goats

Cheese Naan Flatbread 10

herbed garlic oil, fresh basil & balsamic reduction

Salted Edamame 9

Salads

Add chicken to any salad for \$5

Classic Caesar 10

romaine, bacon, asiago, croutons, creamy caesar dressing

Toasted Walnut &

Strawberry Salad 12

heritage greens & spinach blend, goats cheese, shaved red onion, cucumber, pea sprouts with balsamic vinaigrette & reduction

House Salad 9

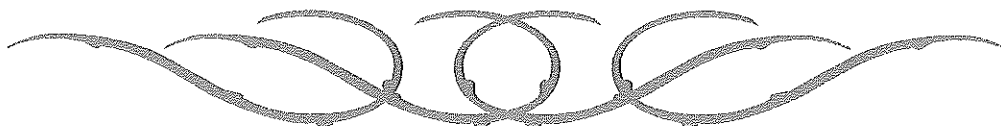
heritage blend spring mix, shaved onion, grape tomato, cucumber, goats cheese with a rice wine vinaigrette & balsamic reduction drizzle

Asian Grilled Steak Salad 16

vegetarian 11

4oz grilled cut of the day, heritage greens, spinach, shaved red onion, shredded carrots, cabbage, cucumber, fried wonton, pea sprouts, goats cheese, sesame asian dressing

18% gratuity will be automatically added to tables of 6 or more.





Sandwiches

Grilled Tandoori Chicken

Naan Wrap 14

marinated tandoori chicken, pickled onion, romaine, tomato & goats cheese with a cumin lemon yogurt sauce

Canadian Bacon BLT 12

grilled peameal, lettuce, tomato & mayonnaise on french loaf

Beer Battered

Haddock Sandwich 14

coleslaw, romaine & tomato on french loaf

Crispy Buffalo Chicken Wrap 13

crispy chicken tossed in medium sauce with lettuce, tomato, cheddar & sriracha mayonnaise

Roasted Vegetable & Avocado

Garden Wrap 13

seasonal roasted vegetables, avocado, heritage greens, pea sprouts, tomato & balsamic vinegar

Burgers

All burgers are made in-house with lamb, beef & pork.

Classic Lamb & Beef Burger 13

lettuce, tomato, onion & pickle

Canadian Bacon & Cheddar Burger 15

Peameal bacon, cheddar, hickory smoked barbecue sauce, lettuce, tomato, onion & pickle

Mediterranean Burger 15

sweet onion, romaine, tomato, goats cheese, red peppers & lemon garlic aioli

Jalapeño & Chorizo Pork Burger 15

smoked cheddar, lettuce, tomato, onion, pickle & grain mustard mayonnaise

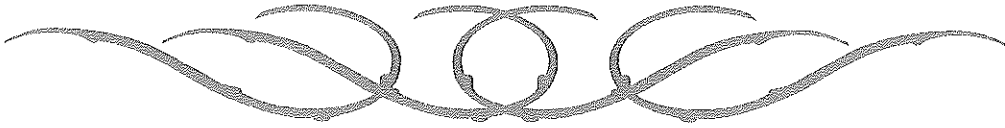
Veggie Burger 13

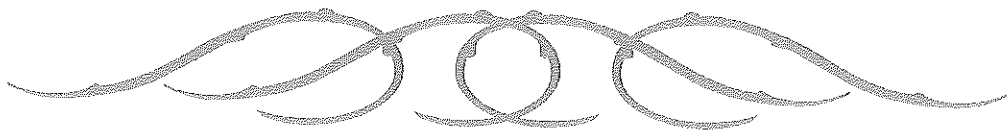
spinach, tomato, onion, roasted red pepper & lemon garlic aioli

All sandwiches and burgers are served with a side of soup, fries or house salad.

Upgrade to onion rings, parmesan fries, sweet potato fries or caesar salad for \$2.50.

Substitute for a gluten-free bun for \$2.





Entrées

Fish & Chips 14

beer-battered haddock served with fries, creamy coleslaw, tartar sauce & a lemon wedge

Grilled Tandoori Chicken 18

served with coconut curry risotto, grilled naan bread & our vegetable of the day

Sundried Tomato Asiago Gnocchi 16

add chicken for \$3

red onion, spinach, sundried tomato in a white wine asiago cream sauce served with garlic toast

Creamy Smoked Cheddar Mac & Cheese 18

bacon, spinach, cheddar & asiago served with garlic toast

Tuscan Chicken Linguine 17

grilled chicken, roasted grape tomato, roasted red pepper, red onion, spinach, goats cheese, fresh basil & black olive tossed in white wine & chili basil oil

Seafood Linguine 20

mussels, tiger shrimp, baby clams, white fish, red onion, grape tomato, basil & spinach in a white wine garlic sauce served with garlic toast

Vegetable Coconut Curry 14

steamed local vegetables & coconut curry broth on a bed of spinach garnished with pea sprouts

Chef's Cut of the Day Market Price

Please ask your server for today's selection.

Chef's Catch of the Day Market Price

Please ask your server for today's selection.

Sides

French Fries 6

Carrots & Celery 3

House Salad 6

Onion Rings 7

Parmesan Fries 7

Caesar Salad 6

Sweet Potato Fries 7

Grilled Vegetables 5

Extra Sauce .75

