

Gluten Free Menu Items

Appetizers - Soups - Salads

Asian Green Salad

baby kale, baby spinach, iceberg, Chinese cabbage and broccoli tossed in an Asian peanut vinaigrette and served with candied dried tomato and toasted peanuts

small 7.25 large 9.95

Garden Patch Salad

pickled beets, red and chinese cabbage, carrots, celery, and toasted sunflower seeds tossed with romaine lettuce, baby spinach and a miso ginger vinaigrette

small 7.25 large 9.95

Bluenose Spinach Salad

with apples, sun dried blueberries, candied pecans, and crumbled blue cheese in maple vinaigrette

small 8.25 large 10.95

Charlotte's Mesclun Salad

mixed greens, spicy walnuts, sun dried apricots, caramelized garlic and tangy raspberry vinaigrette...on the cover of the "Salads" cook book

small 7.25 large 9.95

Classic Caesar Salad

real croutons, real parmesan, real bacon and real garlic

small 7.25 large 9.95

please ask for no croutons

South Shore Fish Sampler

a selection of locally smoked and marinated fish, complemented by chipotle lime mayo 11.95

Eastern Shore Mussels

plump mussels steamed in white wine, garlic, and tarragon 8.95

Roland's Delectable Soup

sometimes hot, sometimes cold, but always delicious!

cup 5.95 bowl 7.95

we'd be happy to check today's soup for you

Pasta

please ask for your favourite pasta to be prepared using rice penne

Thai Veggie Rice Bowl

crisp veggies in aromatic coconut, lemongrass and ginger broth served with coconut rice 17.95

“Lamborghini” Penne

a classy model based on traditional pasta bolognese - lamb and tomato with bacon and mushrooms served with middle eastern pesto and gluten free penne pasta 19.95

Spaghettini Gorgonzola

sliced sauteed chicken breast, broccoli, and green peppercorns smothered in creamy blue cheese sauce 19.95

Garlic Scallop Linguine

a spicy dish of locally harvested scallops sauteed with garlic in tomato cream sauce 19.95

Lunchtime Extras available from 11:30 - 2:30

Swiss Potato Rösti

grated potatoes sauteed until golden brown, smothered with cheese and topped with a fried egg. what a meal!
served with your choice of any of our salads 12.95 (add 1.00 for bluenose salad)

Chicken Caesar

tender boneless breast of chicken with your favourite caesar salad 13.95
please ask for no croutons

Salad, Sandwich & Soup Combos

choose two items to make your own combo. sandwiches are prepared with a gluten free wrap 11.95

Sandwiches

- egg salad
- bbq pork roast with salsa mayo
- montreal smoked meat with chipotle cream cheese
- cucumber and tomato with roasted red pepper cream cheese

Salads

- asian green
- bluenose (add 1.00)
- charlotte's mesclun
- caesar
- garden patch

Soups

- soup of the day - your server will be happy to let you know if today's soup is gluten free

From Land & Sea

Chicken Breast Bocconcini

tender chicken baked with baby mozza, garlic, spinach and ham, topped with smoky roasted red pepper tomato sauce 24.95

“Back to the Land” Salmon Filet

spicy sweet chili ginger sauce. ask us about “sustainable blue”, our ns land based salmon farm 25.95

Pan Seared Scallops

plump scallops with red curry coconut sauce 25.95

“The Boy’s” Favourite Rack of Lamb

succulent spring lamb drizzled with port wine orange sauce and sun dried berries 32.95

Filet Mignon

6 oz. of alberta beef tenderloin pan seared to perfection, served with two peppercorn brandy sauce 32.95

please ask for no sauce, but we can recommend the garlic herb butter!

The King George

start with a 6oz filet mignon and top it with a poached lobster tail and garlic herb butter 39.95

All Land and Sea entrées are served with fresh steamed veggies and a choice of our grain of the day, or Roland’s pan-roasted potatoes