

Appetizers - Soups - Salads

Asian Green Salad

baby kale, baby spinach, iceberg, chinese cabbage and broccoli tossed in asian peanut vinaigrette, served with candied sun-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 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

Zucchini Picatta

with cornmeal and parmesan batter, layered with goat cheese, arugula basil pesto and finished with balsamic drizzle 8.95

Nova Scotia 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

Taste of Nova Scotia Chowder - Roland's award winning recipe

scallops, shrimp, haddock and maple smoked salmon in rich creamy broth, finished with tarragon, parsnips, sweet potato, bacon and boxing rock beer
cup 7.95 bowl 10.95

Roland's Delectable Soup

sometimes hot, sometimes cold; but always delicious!

cup 5.95 bowl 7.95

We happily feature as many local ingredients as possible on our menu. Please let us know if you can deliver fresh local meat, fish, or produce to our door.

Pasta

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

Spaghetini 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 plenty of 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)

Zucchini Picatta

with cornmeal and parmesan batter, layered with goat cheese, arugula basil pesto and finished with balsamic drizzle, served with a choice of any one 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

Sandwich, Soup & Salad Combos

choose two items to make your own combo. sandwiches are prepared with locally made ancient grain bread 11.95

Sandwiches

- egg salad
- shaved 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
- taste of n.s. chowder (chowder add 2.00)

From Land & Sea

“Back to the Land” Salmon Filet

crunchy seven grain rice crust, and spicy sweet chili ginger sauce. ask us about “sustainable blue”, our n.s. land based salmon farm 25.95

Chicken Breast Bocconcini

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

Pork Tenderloin Zurich Style

finely sliced pork tenderloin braised with mushrooms and creamy demi-glace sauce, served with rösti potato 24.95

“The Boy’s” Favourite Rack of Lamb

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

Pan Seared Scallops

plump scallops with red curry coconut sauce 25.95

Filet Mignon

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

Seafood Crepe Casserole

haddock, scallops, shrimp, and mushrooms in dill cream, topped with melted cheese 18.95

Lobster and Scallops Brandy Gratin

tender lobster and scallops simmered in decadent brandy cream, baked with monterey and cheddar cheese ... kathleen's favourite! 32.95

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

Beverages all alcoholic beverage servings are 1oz unless otherwise stated

Aperitifs

Dubonnet (2oz), Dry Sac Sherry (2oz), Campari, Pernod 5.95

Bar

Captain Morgan Rum, Bombay Sapphire or Tanqueray Gin, Absolut Vodka, Tequila 5.95

Grey Goose Vodka, Hendrick's Gin 8.95

Whisky, Scotch, and Bourbon

Canadian Club Whisky, Jameson Irish Whisky 5.95

Bell's Blended Scotch, Johnnie Walker Red Label Scotch 5.95

Glenfiddich Special Reserve Single Malt Scotch 6.95

Selection of Specialty Single Malt Scotch 8.95

Jack Daniels, Jim Beam Bourbon 5.95

Cocktails

Screwdriver, Caesar, Brown Cow, Black or White Russian 6.95 (1.5oz)

Martini, Manhattan, Rusty Nail 8.50 (2.0oz)

Beer & Cider

Alexander Keith's, India Pale Ale or Keith's Light, Nova Scotia 4.95

Labatt's Blue, Canada 4.95

Boxing Rock, Hunky Dory Pale Ale, Shelburne 5.95

Boxing Rock, Temptation Strong Red Ale, Shelburne 5.95

Hell Bay, English Ale, Nova Scotia 5.95

Propellor Micro Brewery, India Pale Ale, Nova Scotia 5.95

Propeller Micro Brewery, Extra Special Bitter, Nova Scotia 5.95

Garrison Micro Brewery, Nut Brown Ale, Nova Scotia 5.95

Corona Extra, Mexico 5.95

Bulwark Traditional Cider, Nova Scotia 500ml 8.95

Sparkling Water, Fruit Drinks, Fizzes and Soft Drinks

San Pellegrino Sparkling Water - sm 2.95 - lg 6.95

Fresh Squeezed Lemonade 3.25

Beautiful Pink Drink - fresh squeezed lemonade and cranberry 3.25

Shelburne Sunrise - orange and cranberry 3.25

Pineapple Orange Fizz 3.25

Lemon Lift - fresh squeezed lemonade and soda 3.25

Cranberry Kick - cranberry and soda 3.25

Apple, Orange, Tomato, Clamato, Cranberry, Grapefruit Juice or Iced Tea 2.95

Coke, Diet Coke, Pepsi, Ginger Ale, Sprite, Diet 7Up, Root Beer 2.50