

Gluten Free Menu Items

Appetizers - Soups - Salads

Watermelon and Feta Cheese Salad

leaf lettuce with toasted sunflower seeds and crisp rice vermicelli noodles tossed with miso, lime and ginger dressing
small 8.50 large 11.50

Dill Crunch Salad

cucumber, celery, cherry tomato, toasted almonds and bocconcini cheese tossed with spinach, romaine, iceberg lettuce and buttermilk dill dressing
small 8.50 large 11.50

Bluenose Spinach Salad

with apples, sun dried blueberries, candied pecans, and crumbled blue cheese in maple vinaigrette
small 9.50 large 12.50

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 8.50 large 11.50

Classic Caesar Salad

real croutons, real parmesan, real bacon and real garlic
small 8.50 large 11.50
please ask for no croutons

South Shore Fish Sampler

a selection of locally smoked and marinated fish, complemented by chipotle lime mayo 14.95

Eastern Shore Mussels

plump mussels steamed in white wine, garlic, and tarragon 10.95

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 & More

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

Bacon Mushroom Fusilli

sauteed mushrooms, bacon, peas, red onion, cherry tomatoes, garlic and lemon in creamy egg parmesan sauce tossed with gluten free fusilli 20.95

Spaghetini Gorgonzola

sliced sauteed chicken breast, broccoli, and green peppercorns smothered in creamy blue cheese sauce 21.95

Garlic Scallop Linguine

a spicy dish of locally harvested scallops sauteed with garlic in tomato cream sauce 21.95

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 14.95 (add 1.00 for bluenose salad)

Chicken Caesar

tender boneless breast of chicken with your favourite caesar salad 15.95
please ask for no croutons

Salad, Sandwich & Soup Combos

choose two items to make your own combo. sandwiches are prepared with a gluten free bun 13.95

Sandwiches

- egg salad
- bbq pork roast with salsa mayo
- crunchy tuna salad
- cucumber and tomato with roasted red pepper cream cheese

Salads

watermelon & feta
dill crunch
bluenose (add 1.00)
charlotte's mesclun
caesar

Soups

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

From Land & Sea

Salmon Filet

panko crusted salmon filet on blue cheese parsnip puree with balsamic raspberry drizzle 27.95

please ask for no panko breading

Scallops

seared plump scallops with sriracha ginger lime mayo and a sprinkle of crispy seasoned panko 28.95

please ask for no panko crumbs

“The Boy’s” Favourite Rack of Lamb

succulent spring lamb drizzled with port wine orange sauce and sun dried berries 37.95

Filet Mignon

6 oz. of alberta beef tenderloin pan seared to perfection, served with two peppercorn brandy sauce 34.95

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 41.95

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

