

Appetizers - Soups - Salads

Watermelon and Feta Cheese Salad

mixed greens 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

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 14.95

Eastern Shore Mussels

plump mussels steamed in white wine, garlic and farragon 10.95

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 8.95 bowl 12.50

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 and More

Sicilian Pesto Spaghettini

basil, parsley, olive, dried tomato, garlic, almond pesto pasta tossed with spinach, capers and pine nuts, served with portabello mushroom schnitzel 20.95

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

Spaghettini 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 plenty of 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)

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 13.95 (add 1.00 for bluenose salad)

Chicken Caesar

tender boneless breast of chicken with your favorite caesar salad 15.95

Sandwich, Soup & Salad Combos

choose two items to make your own combo. sandwiches are prepared with locally made ancient grain bread 13.95

Sandwiches

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

Salads

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

Soups

- soup of the day
- taste of n.s. chowder (chowder add 2.00)

From Land & Sea

Chicken Breast Camembert

boneless breast of chicken stuffed with camembert and asparagus, served with white wine garlic cream sauce 26.95

Salmon Filet

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

Pork Tenderloin Zurich Style

finely sliced pork tenderloin braised with mushrooms and creamy demi-glace sauce, served with rösti potato 25.95

“The Boy’s” Favorite Rack of Lamb

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

Scallops

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

Filet Mignon

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

Seafood Crepe Casserole

haddock, scallops, shrimp, and mushrooms in dill cream, topped with melted cheese 19.95

Lobster and Scallops Brandy Gratin

tender lobster and scallops simmered in decadent brandy cream, baked with monterey and cheddar cheese ... Kathleen’s favorite! 35.95

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

Beverages all alcoholic beverage servings are 1oz unless otherwise stated

Aperitifs

Dubonnet (2oz), Dry Sac Sherry (2oz), Campari, Pernod 6.95

Bar

Captain Morgan Rum, Bombay Sapphire or Tanqueray Gin, Absolut Vodka, Tequila 6.95

Grey Goose Vodka, Hendrick's Gin 9.95

Whisky, Scotch, and Bourbon

Canadian Club Whisky, Jameson Irish Whisky 6.95

Bell's Blended Scotch, Johnnie Walker Red Label Scotch 6.95

Glenfiddich Special Reserve Single Malt Scotch 7.95

Selection of Specialty Single Malt Scotch 8.95

Jack Daniels, Jim Beam Bourbon 6.95

Cocktails

Screwdriver, Caesar, Brown Cow, Black or White Russian 8.95 (1.5oz)

Martini, Manhattan, Rusty Nail 9.95 (2.0oz)

Beer & Cider

Alexander Keith's, India Pale Ale or Keith's Light, Nova Scotia 5.50

Labatt's Blue, Canada 5.50

Boxing Rock, Hunky Dory Pale Ale, Shelburne 6.50

Boxing Rock, Temptation Strong Red Ale, Shelburne 6.50

Hell Bay, English Ale, Nova Scotia 6.50

Tusket Falls, Beyond the Haze New England IPA, Nova Scotia 475ml 8.95

Tata Brew, Deception Bay India Pale Ale, Nova Scotia 475ml 8.95

Corona Extra, Mexico 6.50

Bulwark, Traditional Cider, Nova Scotia 500ml 9.50

No Boats on Sunday, Cranberry Rose Cider, Nova Scotia 500ml 9.50

Sparkling Water, Fruit Drinks, Fizzes and Soft Drinks

San Benedetto Sparkling Water - sm 3.75 - lg 6.95

Fresh Squeezed Lemonade 3.50

Beautiful Pink Drink - fresh squeezed lemonade and cranberry 3.50

Shelburne Sunrise - orange and cranberry 3.50

Pineapple Orange Fizz 3.50

Lemon Lift - fresh squeezed lemonade and soda 3.50

Cranberry Kick - cranberry and soda 3.50

Apple, Orange, Tomato, Clamato, Cranberry, Grapefruit Juice or Iced Tea 3.25

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