

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 8.95 large 11.95

Bluenose Spinach Salad

with apples, sun dried blueberries, candied pecans, and crumbled blue cheese in maple vinaigrette
small 9.95 large 12.95

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 8.95 large 11.95

Classic Caesar Salad

real croutons, real parmesan, real bacon and real garlic
small 8.95 large 11.95
please ask for no croutons

South Shore Fish Sampler

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

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 fusilli

Coconut Noodle Bowl

crisp veggies, rice noodles in coconut lime ginger sauce, topped with sesame, almonds and peanuts 21.95

Spaghettini Gorgonzola

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

Garlic Shrimp Linguine

a spicy dish of black tiger shrimp sauteed with plenty of garlic in tomato cream sauce 21.95

we know that some of you prefer chicken - no problem!

From Land & Sea

Scallops

seared plump local scallops with blueberry bacon jam 28.95

Filet Mignon

6 oz. of alberta beef tenderloin pan seared to perfection, served with two peppercorn brandy sauce 35.95

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 42.95

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