

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 8.95 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
large with chicken or shrimp 16.95

Zucchini Picatta

panfried in 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

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 12.95

Roland's Delectable Soup

sometimes hot, sometimes cold; but always delicious!
cup 5.95 bowl 7.95

Pasta

Coconut Noodle Bowl

crisp veggies and 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

Chicken Breast Camembert

boneless chicken breast stuffed with camembert and asparagus, served with white wine garlic cream sauce 27.95

Pork Tenderloin Zurich Style

finely sliced pork tenderloin braised with mushrooms and creamy demi-glace sauce, served with rösti potato 26.95

Scallops

seared plump local scallops with blueberry bacon jam 28.95

Filet Mignon

6 oz. alberta beef tenderloin pan seared to perfection, served with two peppercorn brandy sauce 35.95 add lobster tail 42.95

The King George

start with a 6oz filet mignon and top it with a poached lobster tail and garlic herb butter 42.95

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 favourite! 36.95

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

The Perfect Ending

Peanut Butter Cream Pie

creamy peanut butter mousse on a chocolate crumb crust, drizzled with rich chocolate sauce 8.95

Sticky Toffee Pudding

a traditional warm english cake, drenched in butterscotch and custard sauce 8.95

Lemon Panna Cotta

cream custard with essence of lemon and vanilla, served with tart raspberry sauce 8.95

Baked Cheese Cake

our daily selection is made with the finest ingredients available 8.95

Lime Coconut Pudding

silky smooth coconut lime custard topped with toasted salty sweet coconut 8.95

Chocolate Ganache Pie

rich smooth chocolate ganache with hints of cardamom and triple sec on almond graham crust 8.95

We offer a large selection of local and international wines and a fully stocked bar!