



LUNCH MENU

AVAILABLE DAILY
11AM - 2PM

SOUPS

SOUP OF THE DAY

Please ask your server about the soup of the day.
Small 4.25 | Large 7.00

SEAFOOD CHOWDER

A creamy fennel tarragon veloute with vegetables, herbs and market inspired fish and shellfish. 8oz 9.00 | 16oz 14.00

SALADS

Add chicken to any salad.

HOUSE GREENS

Artisan greens with shaved carrot, cucumber, Bermuda onion, bell peppers and tomatoes with our signature strawberry maple balsamic dressing.
Small 6.50 | Large 10.50 ◆◆

CAESAR SALAD

Crisp romaine tossed with bacon, Asiago and croutons finished with our creamy house dressing.
Small 7.50 | Large 11.50

CHICKEN THAI NOODLE SALAD

Grilled chicken, soba noodles, scallions, pickled carrots and radish, bell peppers. Served with sesame dressing, and crumbled cashews. 13.00

ROSEMARY BEEF & GREENS

Grilled striploin and artisan greens with charred peppers and grape tomatoes, finished with our raspberry lime vinaigrette and a few flurries of goat cheese snow. 16.50 ◆

SANDWICHES & BURGERS

KICKED UP CLUB

Our version of the classic clubhouse. Grilled marinated chicken breast, heirloom tomato, parmesan aioli, double smoked bacon, crisp baby greens, and avocado served on porridge bread.
16.00

LUNCH BITES

EXPRESS LUNCH FEATURE

Please ask your server for the feature of the day. 14.00

NACHO STACK

Fried corn tortillas rounds, bell peppers, red onion, tomato, jalapenos, scallions, cheddar cheese, black olives, salsa, sour cream and guacamole. 13.00 ◆
Add Chicken 4.00 | Add Beef 4.00

STEAMED MUSSELS

Fresh island mussels steamed in lemon, garlic, shallots, fresh herbs, tomato, and a touch of cream. 14.00

VIETNAMESE SHRIMP ROLLS

Rice paper wraps stuffed with vermicelli noodles, crisp greens, cilantro pickled carrot, cucumber, shaved radish, and sweet jumbo shrimp. Served with peanut dipping sauce. 3PC 14.00

FISH 'N CHIPS

Big Spruce battered haddock loins fried golden brown and served with house cut fries and creamy lemon tartar sauce. 1PC 13.00 | 2PC 16.00

HADDOCK TACOS

Crisp panko crusted haddock loins served in soft flour tortillas, and topped with mango slaw, tomato and cilantro. 2PC 16.00

FISH CAKES & BEANS

Salt cod, potato, bacon, and onion fried golden brown and served with a crock of our house made beans. Topped with our house mustard pickles. 16.50

BANH MI SANDWICH

Pan seared marinated pork loin topped with pickled carrot, daikon and cucumber, cilantro, scallions and mayonnaise on a crispy baguette. 14.00

THE ALOHA BURGER

A charbroiled 8oz Angus beef burger topped with grilled pineapple, double smoked bacon, mango relish and white cheddar. 16.00