

LUNCH

APPETIZERS

- GF SEASONAL SOUP 6 | 9**
A seasonally inspired chef selection.
- GF SEAFOOD CHOWDER 12 | 17**
Haddock, salmon, shrimp and scallops, cream, root vegetables, baby potatoes, fennel.
- GF STEAMED MUSSELS 16**
Atlantic blue mussels, mango, chilis, garlic, ginger, scallions, Naan bread.
- CHICKEN WINGS 11 | 19**
½ or full lb, carrot, celery sticks.
- V FOUR CENT BREAD SKILLET 15**
Traditional Mi'kmaq fry bread, artichoke parmesan dip, sweet grass molasses.
- GF V NACHO STACK 16**
Fried corn tortilla rounds, bell peppers, red onion, tomato, jalapeño, scallions, cheddar cheese, black olives, salsa, sour cream. Add Chicken 6 | Add Beef 6 | Add Guacamole 5
- GF VIETNAMESE SHRIMP WRAPS 3PC 17**
Poached shrimp in rice paper wraps, vermicelli noodles, cilantro, shredded carrot, radish, cucumber, peanut sauce, cilantro oil.

THE LIGHTER SIDE

- GF V HOUSE GREENS 10 | 14**
Locally sourced greens, cherry tomatoes, cucumber, shredded carrots, Bermuda onions, bell peppers, signature Wabanaki maple dressing. Add Chicken 6
- CAESAR SALAD 10 | 15**
Crisp romaine, double smoked bacon crumble, asiago cheese, herbed croutons, house-made dressing. Add Chicken 6
- GF BEEF & GREENS SALAD 20**
Angus striploin, local greens, micro greens, heirloom tomatoes, shiitake mushrooms, zucchini, scallions, avocado, Bermuda onions, radish, goat cheese, Wabanaki maple blackberry dressing.
- CHEF'S INSPIRED FLATBREAD 16**
Ask your server for today's chef inspired flatbread feature.
- NEIL'S HARBOUR SNOW CRAB 20**
Crisp crab cakes, rhubarb preserve, mango purée, baby micro sprout salad.
- GF LOBSTER & BABY POTATO SALAD MARKET PRICE**
Clearwater lobster tail, smashed baby red potatoes, pommery mustard dressing, crispy pancetta, chives, pea sprouts, green onion oil.

ENTRÉES

With the exception of the Linguine Chicken Alfredo, each entrée comes with fries, house green salad or seasonal soup. Upgrade to Caesar Salad or Sweet Potato Fries for \$2 extra.

- BEER BATTERED HADDOCK 1PC 16 | 2PC 21**
Haddock loins in a Breton Brewing Red Coat beer batter, house cut fries, mango slaw, house-made tartar sauce.
- V VEGETARIAN BURGER 18**
Plant based burger with market vegetable slaw, sprout salad, on a toasted brioche bun.
- KICKED UP CLUB 19**
Grilled chicken, double smoked bacon, crisp greens, heirloom tomatoes, parmesan aioli, avocado, on a toasted porridge bread.
- HADDOCK TACOS 2PC 19**
Panko crusted haddock, grilled soft flour tortillas, mango slaw, tomato, cilantro.
- LINGUINE CHICKEN ALFREDO 20**
Linguine pasta, grilled chicken breast, alfredo sauce, grilled garlic bread.
- CANDIED PORK BELLY BURGER 21**
Charbroiled 7oz Angus burger, candied Asian pork belly, charred pineapple, mango slaw, mozzarella, on a toasted brioche bun.
- BACON THUNDER CRUNCH 22**
Charbroiled 7oz Angus burger, crispy pancetta, double smoked bacon, maple bacon jam, Jarlsberg cheese, tomato, greens, on a toasted brioche bun.

SOUP, SALAD & ½ SANDWICH 20

Daily cup of soup, petite size house greens salad, ½ sized sandwich, on multigrain bread. Choose from:

- Black forest ham gouda, tomato, greens, sweet mustard
- Roast beef, cheddar, greens, tomatoes, horseradish aioli
- Grilled vegetables, garlic hummus