

**Family
owned and
operated
Since 2013**

APPETIZER

SOUP

ASK YOUR SERVER ABOUT TODAY'S
SPECIALTY \$10

CHOWDER

CHOWDER BASE WITH SHRIMP,
HADDOCK, SALMON AND MUSSELS
GFO \$17

POTATO TART

LAYERS OF SLICED POTATO BAKED WITH
WHITE CHEDDAR AND ASIAGO CHEESE
BETWEEN A BACON CRUST GFO \$18

MUSSELS

GARLIC CREAM MUSSELS WITH SPINACH
AND RED ONIONS GFO/DFO \$19

SCALLOPS

BLACKENED NS SCALLOPS WITH A RICH
SWEET POTATO PUREE GFO/DFO \$15

CALAMARI

FLASH-FRIED CALAMARI, SERVED WITH
TZATZIKI OR SPICY TOMATO SAUCE
DFO \$17

MEDITERRANEAN SPREAD

CREAMY SPINACH, ARTICHOKE AND
GARLIC BAKED WITH PARMESAN &
PEPPERCORNS, SERVED WITH
TOASTED MELBAS GFO \$18

ITALIAN TOAST

TOASTED GARLIC BUTTER BAGUETTE
WITH SLICED MARINATED TOMATO,
FRESH MOZZARELLA, BALSAMIC DRIZZLE
AND PESTO OIL DFO/VO \$16

SALAD

CAESAR

FRESH ROMAINE WITH HOUSE CAESAR DRESSING,
PARMESAN, ROASTED GARLIC CROUTONS AND SMOKED
BACON BITS

GFO/DFO SM. \$10 LG. \$18

SPINACH

BABY SPINACH, PICKLED BEETS, RED ONION, CANDIED
PECANS AND GOAT CHEESE WITH A MAPLE BALSAMIC
VINAIGRETTE DRIZZLE GFO/DFO/VO SM. \$9 LG \$16

**Please inform your server of any
allergies before ordering**

OVEN

MUSHROOM PIZZA

GARLIC CRUST WITH BALSAMIC,
PORT AND HERB INFUSED
MUSHROOMS TOPPED WITH WHITE
CHEDDAR AND ASIAGO CHEESE
GFO/DFO/VO \$22

ROASTED VEGGIE PIZZA

BBQ PIZZA SAUCE WITH GOAT
CHEESE, SLICED TOMATO,
MIXED PEPPERS, RED ONION,
BUTTON MUSHROOMS, BLACK
OLIVES AND BALSAMIC DRIZZLE
GFO/DFO/VO \$21

BBQ CHICKEN PIZZA

SLICED CHICKEN, RED ONION
AND SPINACH WITH BEDFORD
BBQ SAUCE AND MOZZARELLA
GFO/DFO \$21

PEPPERONI PIZZA

CURED PEPPERONI WITH RESTO
PIZZA SAUCE, RED ONION,
SWEET PEPPERS, BUTTON
MUSHROOMS AND MOZZARELLA
GFO/DFO \$21

PESTO FINGERS

FRESH PESTO AND GARLIC
BUTTER TOPPED WITH
MOZZARELLA AND SERVED WITH
DONAIR SAUCE
GFO/DFO/VO \$19

MAINS

HADDOCK

PAN FRIED HADDOCK AND ACCOMPANIED WITH RESTO TARTAR SAUCE. SERVED WITH ROASTED POTATO AND SEASONAL VEG. GFO/DFO \$30

BEEF

SLOW BRAISED ATLANTIC BEEF CHEEKS SERVED ON MASHED POTATOES WITH ROASTED SEASONAL VEG AND JUS. GFO/DFO \$35

SCALLOPS

NS SCALLOPS BAKED IN A WHITE WINE CREAM SAUCE WITH SAUTEED MUSHROOMS & LEEK WITH PIPED POTATOES AND SIDE OF ROASTED VEG GFO \$36

CHICKEN

PROSCIUTTO WRAPPED CHICKEN BREAST STUFFED WITH FRESH BASIL, MOZZARELLA AND CARAMELIZED ONIONS WITH TOMATO BASIL ROSE SAUCE, ROASTED POTATOES AND SEASONAL VEG GFO \$33

SALMON

CRISPY SKIN SALMON WITH A NOVA SCOTIA BLUEBERRY AND GINGER SAUCE. SERVED WITH ROASTED POTATOES AND SEASONAL VEG. GFO/DFO \$32

PASTA

SEAFOOD SPAG

GARLIC BUTTER SAUTEED MUSSELS, SHRIMP AND SCALLOPS SERVED WITH A ITALIAN ROSE SAUCE ON SPAGHETTINI GFO/DFO \$35

ADD SOME PROTEIN!

4oz Chicken Breast \$7

5pc Shrimp \$9

3oz Nova Scotia Scallops \$13

4oz Crispy Marinated Tofu \$6

6oz Blackened Chicken Breast \$10

SMOKED SAUSAGE AND CHICKEN

SMOKED SAUSAGE AND SLICED CHICKEN BREAST SAUTEED IN GARLIC BUTTER WITH RED ONION, TOMATO AND SPINACH ON PENNE GFO/DFO \$28

SUNDRIED

SUN-DRIED TOMATOES AND GARLIC SAUTEED IN BUTTER WITH WILTED SPINACH AND CREAM ON FETTUCCHINE GFO/DFO/VO \$18

CRISPY PROSCIUTTO OLIO

SHAVED PROSCIUTTO SAUTEED IN OLIVE OIL WITH JULIENNED TOMATO, CRUSHED CHILLIES, GARLIC AND GREEN ONIONS ON SPAGHETTINI GFO/DFO \$18

PESTO

HOUSE MADE PESTO, SAUTEED MUSHROOMS, PEPPERS & ONIONS TOSSED WITH PENNE AND FINISHED WITH A TOUCH OF CREAM GFO/DFO/VO \$18

MAPLE

SWEET PEPPERS, RED ONION AND MUSHROOMS WITH OUR CAJUN BLACKENING SPICE, MAPLE AND CREAM ON FETTUCCHINE GFO/DFO/VO \$18

CURRY AND VEG

TOASTED YELLOW CURRY, CREAM AND SHERRY WITH RED ONIONS, PEPPERS AND JULIENNED CARROTS, FINISHED WITH PINK PEPPERCORNS ON SPAGHETTINI GFO/DFO/VO \$18