



**Family  
owned and  
operated  
Since 2013**

## **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, DRIED CRANBERRIES, RED ONION, CANDIED  
PECANS AND GOAT CHEESE WITH A MAPLE BALSAMIC  
VINAIGRETTE DRIZZLE GFO/DFO/VO Sm. \$9 Lg \$16

## **APPETIZER**

**SOUP** ASK YOUR SERVER ABOUT TODAYS 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 \$22

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

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

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

## **OVEN**

**MUSHROOM PIZZA** GARLIC CRUST WITH BALSAMIC, PORT AND HERB INFUSED  
MUSHROOMS TOPPED WITH OUR WHITE CHEDDAR AND ASIAGO BLENDED 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

## PASTA

ALL PASTAS ARE GARNISHED WITH MIXED PARM AND LOCAL GREENS

**ITALIAN ROSE** SAUTEED ONIONS, GARLIC, ITALIAN TOMATOES AND CREAM ON SPAGHETTINI WITH FRESH SPINACH GFO/DFO \$18

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

### ADD SOME PROTEIN!

4oz Chicken Breast \$7

5pc Shrimp \$9

Nova Scotia Scallops \$13

Crispy Marinated Tofu \$6

6oz Blackened Chicken Breast \$10

**We are so happy to be back  
serving you!**

**Thank you for all your  
support**

## MAINS

**HADDOCK** PAN FRIED HADDOCK AND ACCOMPANIED WITH RESTO TARTAR SAUCE. SERVED WITH ROASTED POTATO AND SEASONAL VEG. GFO/DFO \$28

**PORK** PAN SEARED AND OVEN ROASTED PORK TENDERLOIN GLAZED WITH BEDFORD BBQ SAUCE AND SERVED WITH ROASTED POTATOES AND VEG GFO/DFO \$28

**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** OVEN ROASTED CHICKEN BREAST SUPREME SERVED ON ROASTED POTATOES WITH A MUSHROOM CREAM SAUCE AND SEASON VEG GFO/DF SUBSTITUTION \$30

**SALMON** GRILLED SALMON FILET TOPPED WITH A MAPLE CHILI GLAZE. AND GARNISHED WITH CANDIED PECANS. SERVED WITH ROASTED POTATOES AND SEASONAL VEG GFO/DFO \$30