

CHOWDERS add buttermilk biscuit with butter for \$ 3

SEAFOOD scallops,, haddock,, shrimp, potato, and onion in a rich cream broth \$ 13

CLAM bar clams, double smoked bacon and onion with potato in a light milky broth \$ 11

VEGAN sweet corn and black beans in a chili spiced tomato and fennel broth \$ 9

ROLLS All rolls are prepared on a split top toasted bun lined with shredded lettuce

BUTTERED LOBSTER ROLL warm lobster poached in butter \$ 23 .75

MAYO LOBSTER ROLL chilled lobster mixed with celery and mayonnaise \$ 23 .75

CURRY SEAFOOD ROLL crab meat and shrimp, mixed with celery and curry mayo \$ 14.75

PULLED PORK ROLL braised pork in a smokey bbq sauce \$ 9.75

WRAPS all wraps are prepared in a large flour tortilla.

VEGGIE WRAP arugula, carrots, mushrooms ,red cabbage, hummus w/ tahini dressing \$ 11.25

TURKEY WRAP smoked turkey, ,lettuce, arugula, tomato w/ ranch dressing \$ 12.75

GRILLED CHEESE on grilled sourdough bread

ORIGINAL with island aged cheddar \$ 9.25

CAPTAIN JOHN cheddar cheese and pulled pork. \$ 12 .25

SIDES

CREAMY POTATOE SALAD \$ 4 **VINAIGRETTE COLESLAW** \$ 4 **POTATOE CHIPS** \$ 2

HOUSE SALAD

A mix of arugula and iceberg lettuce,with shredded carrot,cherry tomatoes, sweet corn, red cabbage and beet threads. \$ 12.75

Choice of BUTTERMILK RANCH DRESSING OR FRESH HERB DRESSING

LOBSTER SALAD

house salad (choice of dressing) topped with chilled lobster meat mixed with celery and mayo. \$ 28.95

BUDDHA BOWL

mixed greens,chick peas, grated carrot, mushrooms, sweet corn and red cabbage , topped with pumpkin seeds, beet threads and tahini dressing \$ 15.75

FOR THE KIDS

CHEESE QUESADILAS \$ 5 **BUTTERED PENNE** \$ 5 **HOT DOG** \$ 3

DESSERTS

COOKIES assorted flavours \$ 1 / 6 for \$ 5

BEVERAGES

\$ 6 BEER 355ml can Budweiser, Coors Light, Rickards Red, Sleeman Clear

\$7 355 ml can Copper Bottom Blonde, Gahan Blueberry Ale Gahan Sessions IPA,
Upstreet Commons Pilsner Lone Oak Fixed Link Pilsner,

\$7.50 COOLERS 355ml can Smirnoff Ice, Mikes Hard Lemonade

Colliding Tides Gin Twist

\$ 3 POP pepsi, diet pepsi, sprite, ginger ale, soda, lime bubly

\$ 3 COFFEE, TEA, ICE TEA, LEMONADE, APPLE JUICE , MILK

\$ 4.50 PERRIER **\$ 6.50** LIBRO n/a beer,

WHITE WINE

sold by the bottle only

SANTA RITA sauv/blanc. CHILE	\$ 35
WOODBIDGE chardonnay US	\$ 42
SARTORI pinot grigio ITALY	\$ 42
OYSTER BAY sauv/blanc NZ	\$ 55
FAMILLE BOURGRIER VOUVRAY chenin blanc FR	\$ 49
J LOHR chardonnay US	\$ 65
QUAILS GATE chardonnay BC	\$ 65

RED WINE

PELEE ISLAND merlot CAN	\$ 34
LINDEMANS pinot noir AUS	\$ 39
DON DAVID malbec ARG	\$ 49
RAVENSWOOD zinfandel US	\$ 59
FRENCH ROSE	\$ 42

ALL ALCOHOLIC BEVERAGES MUST BE CONSUMED ON SITE