

## **Appetizers - Soups - Salads**

### **Eggplant Picatta**

with cornmeal and parmesan batter, layered with goat cheese, arugula basil pesto and finished with balsamic drizzle 7.95

### **South Shore Fish Sampler**

a selection of locally smoked and marinated fish, complemented by chipotle lime mayo 8.95

### **Eastern Shore Mussels**

plump mussels steamed in white wine, garlic, and tarragon 7.95

### **Sweet Mango and Spinach Salad**

tossed in honey buttermilk dressing, available when the mango tree provides small 6.50 large 8.50

### **Bluenose Spinach Salad**

with apples, sun dried blueberries, candied pecans, and crumbled blue cheese in maple vinaigrette  
small 6.50 large 8.50

### **Charlotte's Mesclun Salad**

mixed greens, spicy walnuts, sun dried apricots, caramelized garlic and tangy raspberry vinaigrette...on the cover of the "Salads" cook book  
small 6.50 large 8.50

### **Smokehouse Salad**

arugula and spinach with smoked salmon, dill, capers, shaved fennel, tomato, parmesan and sundried tomato lemon vinaigrette  
small 7.50 large 9.50

### **Classic Caesar Salad**

real croutons, real parmesan, real bacon and real garlic  
small 6.50 large 8.50

### **Sea Harvest Chowder**

the freshest scallops, shrimp and haddock from the sea in rich creamy broth  
cup 6.50 bowl 8.95

### **Roland's Delectable Soup**

sometimes hot, sometimes cold, but always delicious!  
cup 4.95 bowl 6.95

**Yes, our fresh salad dressings are now available for purchase!**

# Pasta

## Town Market Sausage Linguine - The Sequel

Peter's homemade italian sausage with tomato, basil, creamy goat cheese, roasted onions and garlic 16.95

## Roland's Thai Rice Noodles

crisp veggies, tofu, ginger, and rice noodles tossed in peanut sauce with fresh coriander and lime 15.95

## Spagheffini Gorgonzola

sliced sauteed chicken breast, broccoli, and green peppercorns smothered in creamy blue cheese sauce 17.95

## Garlic Scallop Linguine

locally harvested scallops sauteed with garlic in spicy tomato cream sauce 17.95

## Lunchtime Extras available from 11:30 - 2:30

### Swiss Potato Rösti

grated potatoes sauteed until golden brown, smothered with cheese and topped with a fried egg. what a meal!  
served with your choice of any of our salads 10.50

### Eggplant Picatta

with cornmeal and parmesan batter, layered with goat cheese, arugula basil pesto and finished with balsamic drizzle, served with a choice of any one of our salads 10.50

### Chicken Caesar

tender boneless breast of chicken with your favourite caesar salad 10.50

## Sandwich, Soup & Salad Combos

Choose two items to make your own combo 8.95

### Sandwiches

- egg salad
- black forest ham salad
- montreal smoked meat with chipotle cream cheese
- cucumber and tomato with roasted red pepper cream cheese

### Salads

- mango & spinach
- bluenose
- charlotte's mesclun
- caesar
- smokehouse (add \$1.00)

### Soups

- soup of the day
- seaharvest chowder (chowder add \$2.00)

## **From Land & Sea**

### **Deep Sea Scallops**

seared plump scallops with orange sesame ginger drizzle 24.95

### **“The Boy’s” Favourite Rack of Lamb**

succulent spring lamb drizzled with port wine orange sauce and sun dried berries 29.95

### **Masala Salmon Filet**

atlantic salmon baked with our own tandoori spice rub, with a cooling parsley, lime yogurt sauce 20.95

### **Filet Mignon**

6 oz. of alberta beef tenderloin pan seared to perfection, served with two peppercorn brandy sauce 28.95

### **Seafood Crepe Casserole**

haddock, scallops, shrimp, and mushrooms in dill cream, topped with melted cheese 16.95

### **Chicken Breast Chevre**

tender breast of chicken stuffed with creamy peppered goat cheese and basil, complemented with maple butter glaze 20.95

### **Pork Tenderloin Zurich Style**

finely sliced pork tenderloin braised with mushrooms and creamy demi-glace sauce, served with rösti potato 20.95

### **Lobster and Scallops Brandy Gratin**

tender lobster and scallops simmered in decadent brandy cream, baked with monterey and cheddar cheese...kathleen's favourite! (market price)

### **The King George**

start with a 6oz filet mignon and top it with a poached lobster tail and garlic herb butter (market price)

**All Land and Sea entrées are served with fresh steamed veggies and a choice of our grain of the day, or Roland's pan-roasted potato**

# **Beverages**

## **Aperitifs**

Dubonnet, Dry Sac Sherry, Campari, Pernod, Lillet Blanc 4.95

## **Bar**

Captain Morgan Rum, Bombay Sapphire or Tanqueray Gin, Absolut Vodka, Tequila 4.50

Grey Goose Vodka, Hendrick's Gin 5.95

## **Whisky, Scotch, and Bourbon**

Canadian Club Whisky, Jamieson's Irish Whisky 4.50

Bell's 10 Year Old Blended Scotch, Johnnie Walker Red Label Scotch 4.50

Glenfiddich Special Reserve Single Malt Scotch 5.50

Selection of Specialty Single Malt Scotch 7.95

Jack Daniels Sour Mash, Jim Beam Straight Bourbon 4.50

## **Cocktails**

Screwdriver, Caesar, Bloody Mary, Brown Cow, Kir, Black or White Russian 5.95

Martini, Manhattan, Rob Roy, Gibson, Rusty Nail 6.95

## **Beer & Cider**

Alexander Keith's India Pale Ale or Keith's Light, Nova Scotia 4.50

Labatt's Blue, Canada 4.50

Clancy's Amber Ale, Nova Scotia 5.00

Rickard's Red Ale, Canada 5.00

Propeller Micro Brewery Extra Special Bitter, Nova Scotia 5.50

Garrison Micro Brewery, Nut Brown Ale, Nova Scotia 5.50

Garrison Micro Brewery, Raspberry Wheat, Nova Scotia 5.50

Corona Extra, Mexico 5.50

Stutz Hard Apple Cider, Nova Scotia 6.50

## **Sparkling Water, Fruit Drinks, and Fizzes**

San Pellegrino Sparkling Water - sm 2.95 - lg 5.95

Fresh Squeezed Lemonade 2.50

Beautiful Pink Drink - fresh squeezed lemonade and cranberry 2.50

Shelburne Sunrise - orange and cranberry 2.50

Pineapple Orange Fizz - 2.50

Lemon Lift - fresh squeezed lemonade and soda 2.50

Cranberry Kick - cranberry and soda 2.50

Apple, Orange, Tomato, Clamato, Cranberry, Grapefruit Juice or Iced Tea 2.50

Labatt's .5 Beer 2.95

## **Soft Drinks**

Coke, Diet Coke, Ginger Ale, Sprite, Diet Sprite, Root Beer 1.75