

# DINNER

## SOUPS & SALADS

### Seafood Chowder

Cup 8 Bowl 12

Local fish and shellfish, dill flavoured creamy broth with Yukon potatoes

### Soup Kettle

Cup 5 Bowl 8

Our daily creation

### Caesar Salad

Small 6 Large 10

Crisp romaine lettuce, crumbled bacon, shredded Parmesan with our garlic infused dressing and grilled focaccia crouton

### Seasons Greens

Small 6 Large 10

Spring mix with carrot ribbons, cucumber, grape tomatoes and spiced pecans, finished with honey and lime vinaigrette

### Spinach Salad

Small 6 Large 10

Baby spinach leaves with sweet peppers, dried cranberries and crumbled goat cheese topped with toasted almonds in our maple balsamic vinaigrette

Add Chicken 5 Add Shrimp 7

## STARTERS

### Maritime Mussels 14

1 lb of local mussels sautéed with garlic and white wine, served with garlic baguette

### Calamari 14

Buttermilk marinated squid, flash fried and served with Thai chili sauce and curry mayo

### Spinach & Artichoke Dip 15

Parmesan, goat and cream cheese, wilted spinach and artichoke hearts with grilled flat bread and corn tortillas

### Scallops 15

Flash fried Parmesan crusted scallops with lemon panko gremolata and lemon aioli

### Charcuterie 18

Cured meats, smoked salmon, cheeses, toasted baguette

### Hummus Meze 14

Hummus, honey roasted Feta and vegetable antipasto with grilled flat bread  
Add smoked salmon 5

 Gluten Free Option

     
**SEASONS**  
BY ATLANTICA

## LIGHTER FARE

### The Burger 15

6oz house made burger on an egg kaiser with frizzled onions, garlic aioli, lettuce and tomato  
Add smoked Cheddar or bacon 2

### Traditional Clubhouse Sandwich 15

Triple decker with roasted chicken, bacon, smoked Cheddar, tomatoes, lettuce and garlic mayonnaise

### Chicken Pot Pie 15

Hearty vegetables with a hint of summer savoury and topped with puff pastry

### Grilled Cheese with Tomato 14

24 Carrots sour dough with Cheddar and Havarti cheese

### Lobster Roll 20

Atlantic lobster on a split 24 Carrots bun with lemon spiked mayonnaise

### Fishcakes 14

Crispy fried haddock and potato fish cakes with homemade rhubarb chutney

### Fish and Chips

1 piece 9 2 pieces 14

Haddock in a light crispy Garrison beer batter with house made slaw

### Grilled Vegetable Sandwich 14

House made hummus, grilled vegetables, Feta, garlic aioli and mixed greens on sour dough

## ENTRÉES

### 10 oz Strip Loin Steak 34

Hand cut grilled AAA strip loin served with Seasons garlic mashed potatoes, seasonal vegetables and herb infused demi

### Pork Tenderloin 24

Bacon wrapped and stuffed with apricots, goat cheese and walnuts with Seasons garlic mashed potatoes and seasonal vegetables

### Chicken 26

Pan roasted pecan crusted chicken breast with a bourbon cream with Seasons garlic mashed potatoes and seasonal vegetables

### Pan Fried Haddock 22

Pan fried 'meuniere' style with butter and lemon served over jasmine rice with seasonal vegetables

### Salmon 26

Roasted Atlantic salmon filet with an Acadian Maple cream, jasmine rice and seasonal vegetables

### Lobster Mac and Cheese 26

Tender lobster tossed in a velvety three cheese sauce baked with a Parmesan and panko crust

### Seafood Bowl 24

Shrimp, scallops and mussels tossed in a lemon and parsley cream with linguine

### Maple Curry Chicken Penne 20

Sautéed chicken and sweet peppers in an Acadian Maple curry cream with penne

### Stir Fry 18

Rice noodle and vegetable stir fry in a homemade 'sweet and sour' sauce  
Add chicken 5 Add shrimp 7

### Thai Curry 18

Vegetarian Thai style red curry with tofu and fresh vegetables with jasmine rice