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

Seasongreens 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

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 Chicken 5  Add Shrimp 7

LIGHTER FARE

The Burger 15
6 oz 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 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 35
Hand cut grilled AAA strip loin served with Seasons garlic mashed potatoes, seasonal vegetables and herb infused demi

Pork Tenderloin 24 35
Bacon wrapped and stuffed with apricots, goat cheese and walnuts with Seasons garlic mashed potatoes and seasonal vegetables

Chicken 26 35
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 35
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 35
Vegetarian Thai style red curry with tofu and fresh vegetables with jasmine rice