

soup & salads



starters

soup of the day  
bread or organic corn chips  
**6.5**

sweet apple salad  
organic greens, apple, carrot, daikon,  
green onions, goat cheese & walnuts,  
maple mustard dressing  
**8/13**

roasted chickpea salad  
chickpeas, organic brown rice, peppers,  
almonds, raisins, seeds, daikon, dulse,  
green onion, organic corn chips,  
tahini umeboshi dressing  
**8/13**

*4oz scallops* 7.5  
*5oz organic tofu* 5  
*2oz pulled NS chicken* 5

spicy nappa tacos  
nappa wrapped sun-dried  
tomato, walnut mushroom  
'meat', housemade salsa,  
cashew 'sour cream',  
guacamole  
*one* 6.5 / *two* 12 / *three* 16

maritime mussels  
steamed in daily selection  
(ask your server)  
**11**

nachos  
organic blue chips, onions,  
peppers, jalapenos, toma-  
toes, olives, mozzarella,  
white cheddar, sour cream  
& salsa  
**15**

*vegan cheese* 1.5  
*ground beef* 2  
*guacamole* 3

bacon wrapped  
scallops  
local scallops,  
*Meadowbrook* bacon,  
cider vinegar slaw,  
*Propeller* root beer  
reduction  
**17**

fish cakes  
haddock, salmon, potato,  
green onions, garlic, rice  
flour, cider vinegar slaw,  
lemon dulse aioli  
**12**  
*add salad/roasties* 3

dips  
• red pepper feta, goat  
cheese with pita  
• hummus with organic corn  
chips  
• caramelized onion with  
spelt crostini  
*one* 6.5 / *two* 12 / *three* 16

gourmet pizza

three cheese  
olive oil basil, tomato sauce,  
mozzarella, white cheddar, parmesan  
*9"* 15 / *12"* 19 / *rice 9"* 17

veggie  
olive oil basil, tomato sauce, spinach, onions,  
mushrooms, tomatoes, olives, mozzarella,  
goat cheese  
*9"* 16 / *12"* 20 / *rice 9"* 18

bbq chicken  
olive oil basil, bbq sauce, chicken, peppers,  
onions, mozzarella, goat cheese  
*9"* 17 / *12"* 21 / *rice 9"* 19

meat lovers  
olive oil basil, tomato sauce, bacon, ground beef,  
sausage, mushrooms, mozzarella, parmesan  
*9"* 17 / *12"* 21 / *rice 9"* 19

*vegan cheese 9"* 1.25 - *12"* 2 / *chicken* 5 / *chorizo sausage, ground beef, bacon* 2 / *vegetable* .75

*please speak with your server about any food allergies, sensitivities or dietary restrictions*