

Seasons by Atlantica

Room Service Menu
Served 7 am - 11 am

Bakery-or Seasons To Go

Croissant, muffin, bagel
Cream cheese, butter, Seasons signature jams
To go additions
Orchard fruit and Starbucks coffee
Bakery-9
To Go-11

Fresh

Caramelized banana, marinated berries
mango yogurt fondue, honey oat bar and melon
11

Cereal

A selection of Kellogg brand of family
offerings, milk, dry fruit or fresh
6

Oatmeal

cinnamon milk, berries,
banana, brown sugar
7

Liquids

Tropicana fruit juices- orange, apple or cranberry
3.25
Selection of specialties or traditional Red Rose
2.50
Milk-skim or 2%
2.50
Chocolate milk-2%
2.50
Aquafina water
2.50
Starbucks regular or decaf coffee
2.75

Simplicity

Two Nova Scotian eggs cooked to preferred
doneness, choice of home baked ham, bacon or
country sausage toast and Atlantica home fries
12

Omelette

Build your own
Select three of the following additions:
onions, bacon, home baked ham, chorizo,
bell peppers, Cheddar, feta, goat cheese
basil pesto, tomatoes, wild mushrooms
served with choice of Atlantica home fries
or seasonal fruit with mango yogurt fondue
14

Benedict

Poached Nova Scotian eggs to preferred
doneness traditional hollandaise, pea meal bacon
Cheddar biscuits, Atlantica home fries
15

Southern

Toasted waffles, berry maple compote,
caramelized banana, candied pecans,
served with seasonal fruit and a mini smoothie garnish
13

Pancakes

Buttermilk pancakes, sour pineapple
compote and Nova Scotian honey
13

Plus applicable sales tax

Seasons by Atlantica

Room Service Menu
Served 11 am – 11 pm

Beginnings

Chowder

Robichaud's haddock, scallops,
shrimp, farmed salmon, reduced cream
Cup 8 Bowl 10

Signature

Curry tomato soup, Robichaud's lobster,
sweet potato, cilantro, curry pakoras
11

Romaine

Marinated lettuce, smoked parmesan,
lemon, garlic pumpernickel powder,
slow roasted tomato
9

Calamari

Curried tomato jam, roasted
garlic lemon aioli, pickle fall chow
11

Seasons

Seasonally inspired soup creation
8

Middles

Burger

Ground Oulton's sirloin, St. Paolin cheese,
bacon jam, iceberg, flash onions, forest mushrooms,
24 Carrots Bakery marble rye bun
basil mayonnaise
17

Club

24 Carrots Bakery potato bread, marinated chicken,
maple bacon, basil aioli, iceberg, cucumber,
beef tomatoes, applewood cheddar
16

F & C

Robichaud's local haddock, home cut fries,
tartar, lemon, pickle chow
14

Beef

Spiced striploin, yam purée, hodge podge,
braised short rib, garlic and tomato,
natural beef reduction
30

S & S

Farmed salmon, Robichaud's scallops,
Asian mushrooms, soy mirin, bok choy,
edamame, cashews, sticky fried rice
28

India

Smoked butter chicken
yellow curry thigh, biryani, lentils, raita,
pickled onions, fried chick peas, mango chutney
27

Endings

Smore

Chewy graham crust, silk chocolate,
scratch marshmallow, oatmeal streusel,
dulce de leche, crunchy peanut
butter ice cream, raspberry
10

Pie

Valley pumpkin, gingerbread, vanilla praline ice cream,
rum raisin coulis, gooseberry, vanilla cream
10

Lemon

Lemon custard cake, blackberry mousse,
cream cheese ice cream, lady finger,
lemoncello bomb, lemon curd
10

Seasons by Atlantica

Room Service Menu
Served 11 am – 11 pm

Gourmet Pizza

Vegetable

Grilled vegetables, asiago, goat cheese, hummus and artichoke fondue
15

Chicken and mushroom

Grilled chicken, wild mushroom, olive oil, pinenuts, arugula and smoked mozzarella
17

Sausage and roasted tomato

Fennel and chorizo sausage, marinated roasted tomatoes, parmesan, goat cheese and feta
18

Duck

Braised duck, bacon, garlic aioli and St. Paolin cheese
18

(All pizzas are made with tea biscuit crust)

Seasons by Atlantica

Kids Room Service Menu

Available for children 12 years and under

Kids Breakfast Menu

Served 7 am – 11 am

Eggs

two eggs, choice of ham, bacon or sausage

Oatmeal

homemade oatmeal with brown sugar

Pancakes

pancakes with Atlantica home fries

Fruit cocktail

fresh fruit with yogurt

Omelet

cheese omelet with Atlantica home fries

\$6.95

(Includes juice box)

Kids Lunch & Dinner Menu

Served 11 am – 10 pm

KD

Macaroni, cheese sauce and cheddar

Hot dog

Wiener, cheddar bun and curly fries

Grilled cheese

Buttered bread, cheddar and curly fries

Fish

Battered haddock, curly fries and tartar

(Includes juice box and cookie)

\$8.95

(Plus applicable tax)