

LUNCH

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

Maritime Mussels 14

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

Wings 15

With crisp veggies and blue cheese dip and your choice of sauces - Thai chili, BBQ and Frank's red hot

9 for \$9

The Burger, The Whole Burger and nothing but The Burger

Oultons Farms 6oz burger with frizzled onions, garlic aioli, lettuce and tomato on an egg kaiser

Shrimp Bowl

Sautéed shrimp with julienne vegetables over jasmine rice and maple curry sauce

One Piece Fish & Chips

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

Grilled Vegetable Sandwich

House made hummus, grilled vegetables, Feta, garlic aioli and baby greens on a sour dough roll

Spinach Salad

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

Chicken Quesadilla

With sautéed onions and sweet peppers, shredded cheese in a wheat tortilla with salsa and sour cream

Fish Taco

Baja inspired flash fried haddock, served in a warm flour tortilla with guacamole, salsa, spicy sour cream and our homemade slaw

Nachos for One

Fully loaded with beef, peppers, tomatoes, onions, olives, jalapeños and cheese served with salsa and sour cream

B & E

One fresh egg cooked your way, smoked bacon with toast and Atlantica potato wedges

 Gluten Free Option

The Burger 15

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

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 baby greens on a sour dough roll

Grilled Cheese with Tomato 14

On 24 Carrots sour dough with Cheddar and Havarti cheese

Chicken Pot Pie 15

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

Fishcakes 14

Crispy fried haddock and potato fish cakes with homemade rhubarb chutney

Traditional Clubhouse Sandwich 15

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

Atlantic Salmon 16

Teriyaki glazed salmon on Seasons Greens with our honey and lime vinaigrette

Maple Curry Chicken Penne 20

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

Stir Fry 18

Rice noodle and vegetable stir fry in a homemade 'sweet and sour' sauce

Add Chicken 5 Add Shrimp 7



SEASONS

BY ATLANTICA