

SANDWICHES

Served with your choice of Soup of the Day, Newfoundland Pea Soup, Market Garden Salad or Roasted Potatoes.

Roasted Chicken and Pancetta \$13.99

Chicken breast, pancetta, thyme roasted apples, aged cheddar and herbed mayonnaise. Served warm on grilled panini.

Portobello and Roasted Vegetable \$12.99

A seared portobello cap, roasted vegetables, mozzarella cheese, and artichoke and sunflower tapenade. Served warm on grilled panini.

Atlantic Smoked Salmon \$13.99

Smoked salmon, crisp bacon, red onion and tomatoes, served warm on grilled panini with dilled cream cheese.

Newfoundland Ice Shrimp \$13.99

Atlantic cold water shrimp salad with green onions, sweet red bell peppers, lemon, lettuce, tomato and cucumber on rustic whole wheat bread.

Smoked Ham and Aged Cheddar \$12.99

Smoked ham, aged cheddar cheese, lettuce, tomato and mayonnaise on house-baked rustic whole wheat bread.

CHEF'S SPECIALTIES

Chick Pea Sauté *(Suitable for vegans)* \$11.95

Spiced chick peas and roasted vegetables with minted couscous, dried fruit and seeds.

Newfoundland Salt Cod Cakes \$13.95

A traditional favourite, served with market garden salad and sweet grainy mustard aioli.

Fisherman's Bake \$15.95

An array of local favorites - salmon, cod, shrimp and scallops in white wine cream, baked with herbed bread crumbs and fresh parmesan. Served with seasonal vegetables and baby red potatoes.

Oven Roasted Salmon Filet \$15.95

Roasted Atlantic salmon topped with cucumber and yogurt compote. Served with brown lentil and spinach sauté.

Risotto Cakes *(Suitable for vegetarians)* \$12.95

Arborio rice simmered in vegetable stock, topped with roasted seasonal vegetables and rose sauce.

Caribou Bolognese \$16.95

Caribou simmered in a rich roma tomato sauce with spaghetti and parmesan cheese.

Chicken and Pesto Linguine \$14.95

Linguine with chicken, toasted pine nuts and grapes, tossed in pesto and white wine.

Gourmet Burger \$13.95

House-made beef burger topped with peach and chipotle ketchup and butter poached shallots on fresh ciabatta. Served with market garden salad.

Panko Crusted Cod \$14.95

Atlantic cod crusted in seasoned white bread crumbs then baked to golden brown. Served with roasted potatoes and mushy peas.