

lunch menu

Hot & Sour Cucumbers

English cucumbers, hot & sour sauce, crispy potato sticks

Daily Soup (v, gf)

made in a pot!

Haddock Stew (gf)

tomato, herbs, veggies, parmesan & fresh haddock

Seafood Chowder (gf)

lobster, haddock, smoked salmon, veggies, cream and herbs

Kale Caesar!

romaine lettuce, roasted garlic dressing, bacon, parmesan, kale chips, croutons

Beet Salad

greens, beets, craisins, toasted pumpkin seeds, red onion, herbed goat cheese, haskap vinaigrette, balsamic reduction

8- **Fish & Chips** (gf) 19-
fresh haddock, gluten-free batter, tartar & coleslaw

Crispy Haddock

8- 18-
panko crust fillet served with cucumber, tomato, onion, cabbage & chickpea salad, honey mustard dressing

20-

Fish Tacos

24-
haddock, shredded fresh & pickled vegetables, green onion crema, sriracha mayo, side fries

Mussels & Fries

16-
steamed in your choice of white wine & garlic (gf) or Hell Bay Dark Ale

Meatballs

17-
spiced pork & beef, slow simmered tomato sauce, fresh parmesan, garlic toast

Tourtiere

19-
Northern New Brunswick style; pork, beef potato pie, greens & rhubarb chutney

Between Bread

served with hand cut fries

Lobster Roll 27-

Ryer's lobster, green onions, celery, lemon, herbs, mayo, on a toasted garlic bun

The Saturday Night Smash Burger 22-

seasoned beef, cheddar cheese, bacon, whiskey infused burger sauce, pickles, red onion, lettuce, toasted garlic bun
extra patty 6-

Substitutions: soup 3- greens 2- kale caesar salad 6- chowder 10- gluten-free bun 4-

Pizza

Our 10" hand tossed, thin crust pizza features our signature dough made with Canada Dry™ Ginger Ale, topped with mozzarella cheese 17-

The Donair

a Nova Scotian favourite topped with garlic butter, house-made donair meat & sauce, tomatoes, onions, mozza

The Sting

crispy salami, fresh mozza, hot peppers, grated mozza, topped with Halifax Honey Stingin' Hot Honey

The Full Nelson

garlic butter, artichoke, bacon, spinach and roasted onion, mozza, balsamic reduction

Lawrencetown Beach

Surf's Up! We're making this one count with tomato sauce, bacon, pineapple, red onion & hot peppers

The Big M

the name says it all, no veggies here...
just salami, ground beef, bacon & tomato sauce

As You Wish!

Choose any three toppings and make it your fav!

Garlic Fingers

garlic butter, mozza, donair sauce
~ add bacon

Lunch Feature

personal size pizza or garlic fingers
with greens 19- soup 20- fries 17- kale caesar salad 23-

*Please advise us if you have any allergies.
If you would like anything extra, let us know. Prices vary.*