



since 1837

Menu

STARTERS

HADDOCK BITES 12 Atlantic haddock batter bites served with housemade tartar sauce	CALAMARI 16.5 flour dusted & fried with sweet chili	MEATBALLS 12 beef, pork and veal handcrafted meatballs, arrabiata and mozzarella	SCALLOPS 20 bacon wrapped Digby scallops with orange sesame drizzle
WINGS 20 crispy breaded chicken wings BBQ lime, garlic parmesan or hot	POTATO SKINS 16 crispy potato skins with mixed cheese, bacon scallions and sour cream	NAUTI FRIES 8.5 parmesan, garlic oil and parsley	GRILLED HALLOUMI 12 grilled sliced Cypriot cheese with chili jam
SAMOSAS 13 flakey pastry filled with peas and potatoes, tamarind date chutney	NACHOS 19 tomato, green onion, banana peppers, cheese, salsa, sour cream add guacamole 5 chicken 8	DONAIR DIPPERS 12 breaded donair chunks, onions, tomatoes and donair sauce	MUSSELS 15 PEI Mussels, white wine, tomato broth and garlic bread

SOUPS

SOUP OF THE DAY 6.5/11 served with a roll & butter
SOUP & SANDWICH 14/17 BLT + soup of the day
SEAFOOD CHOWDER 12/18 Authentic Maritime chowder with haddock, scallops, shrimp, clams and potato

SALADS

CAESAR SALAD 8/14 romaine, bacon, croutons, parmesan and creamy caesar dressing	GREEK SALAD 8/14 tomato, cucumber, romaine, onion, bell peppers, olives and feta
GARDEN SALAD 6.75/11.50 lettuce, tomato, cucumber, carrot, radishes, sprouts, red onion with house dressing	SPINACH SALAD 8/14 baby spinach mushroom, bacon, mandarin orange, dried cranberry, goat cheese and pommery vinaigrette

*add to any salad:
chicken 8 shrimp 9 scallops 12
sliced tenderloin 28*

ENTREES

HEBRIDEE HADDOCK 21 classic breaded pan fried haddock with seasonal vegetables and rice	CHICKEN TIKKA 22 spicy chicken tikka masala on basmati rice with grilled naan	SALMON 26 citrus lacquered seared Atlantic salmon with seasonal vegetables and rice	FISH & CHIPS 19 fresh haddock in our signature batter with fries, coleslaw and house tartar
SHRIMP PASTA 25 shrimp, roasted red pepper, garlic, baby spinach, white wine and butter	TENDERLOIN 36 grilled 5oz. beef tenderloin with mashed potatoes and vegetables add scallops 12	RIBEYE 44 10oz AA charbroiled and rosemary butter on fries with coleslaw add shrimp 9	CHICKEN & WAFFLES 23 fried chicken, buttered Belgian waffles with bourbon maple sauce

HAND HELDS

*choice of fries, rice or mashed potatoes
garden salad or soup +3, Caesar salad, Greek salad, spinach salad or onion rings +4, chowder +8.5
add cheese 1.5 or bacon 2*

BIG DINGHY 24.5 two 6oz beef patties with lettuce, pickle, cheddar and thousand island sauce	SQUADRON BURGER 18 6oz beef burger with lettuce, tomato, red onion and pickles	VEGGIE BURGER 17 house formed black bean and corn patty, tzatziki, lettuce, tomato, onion and pickle	HELM BURGER 20 6oz beef patty, cheddar, bacon, smokey BBQ sauce, onion rings, lettuce and tomato
HOT HONEY CHICKEN 17 honey hot tossed fried chicken with mayo and shredded lettuce	LOBSTER ROLL \$MKT Local lobster, celery, onion and house lemon dill mayo	GRILLED CHICKEN CLUB 18 roasted chicken, bacon, tomato, lettuce, cheddar on siracha mayo coated focaccia	STEAK SANDWICH 19 sliced beef, cheese, roasted mushrooms and onions on sourdough with dijon mayo