

## **Appetizers - Soups - Salads**

### **Watermelon and Feta Cheese Salad**

mixed greens with toasted sunflower seeds and crisp rice vermicelli noodles, tossed with miso, lime and ginger dressing  
small 8.95 large 11.95

### **Bluenose Spinach Salad**

with apples, sun-dried blueberries, candied pecans and crumbled blue cheese in maple vinaigrette  
small 9.95 large 12.95

### **Charlotte's Mesclun Salad**

mixed greens, spicy walnuts, sun-dried apricots, caramelized garlic and tangy raspberry vinaigrette ... on the cover of the "Salads" cook book  
small 8.95 large 11.95

### **Classic Caesar Salad**

real croutons, real parmesan, real bacon and real garlic  
small 8.95 large 11.95  
large with chicken or shrimp 16.95

### **Zucchini Picatta**

panfried in cornmeal and parmesan batter, layered with goat cheese, arugula basil pesto and finished with balsamic drizzle 8.95

### **Nova Scotia Fish Sampler**

a selection of locally smoked and marinated fish, complemented by chipotle lime mayo 14.95

### **Taste of Nova Scotia Chowder**

roland's award winning recipe - scallops, shrimp, haddock and maple smoked salmon in rich creamy broth, finished with tarragon, parsnips, sweet potato, bacon and boxing rock beer  
cup 8.95 bowl 12.95

### **Roland's Delectable Soup**

sometimes hot, sometimes cold; but always delicious!  
cup 5.95 bowl 7.95

## **Pasta**

### **Coconut Noodle Bowl**

crisp veggies and rice noodles in coconut lime ginger sauce, topped with sesame, almonds and peanuts 21.95

### **Spaghettini Gorgonzola**

sliced sauteed chicken breast, broccoli, and green peppercorns smothered in creamy blue cheese sauce 21.95

### **Garlic Shrimp Linguine**

a spicy dish of black tiger shrimp sauteed with plenty of garlic in tomato cream sauce 21.95

we know that some of you prefer chicken - no problem!

## **From Land & Sea**

### **Chicken Breast Camembert**

boneless chicken breast stuffed with camembert and asparagus, served with white wine garlic cream sauce 27.95

### **Pork Tenderloin Zurich Style**

finely sliced pork tenderloin braised with mushrooms and creamy demi-glace sauce, served with rösti potato 26.95

### **Scallops**

seared plump local scallops with blueberry bacon jam 28.95

### **Filet Mignon**

6 oz. alberta beef tenderloin pan seared to perfection, served with two peppercorn brandy sauce 35.95 add lobster tail 42.95

### **The King George**

start with a 6oz filet mignon and top it with a poached lobster tail and garlic herb butter 42.95

### **Seafood Crepe Casserole**

haddock, scallops, shrimp and mushrooms in dill cream, topped with melted cheese 19.95

### **Lobster and Scallops Brandy Gratin**

tender lobster and scallops simmered in decadent brandy cream, baked with monterey and cheddar cheese ... Kathleen's favourite! 36.95

**All Land and Sea entrées are served with fresh steamed veggies and a choice of our grain of the day, or Roland's pan-roasted potatoes**

## **The Perfect Ending**

### **Peanut Butter Cream Pie**

creamy peanut butter mousse on a chocolate crumb crust, drizzled with rich chocolate sauce 8.95

### **Sticky Toffee Pudding**

a traditional warm english cake, drenched in butterscotch and custard sauce 8.95

### **Lemon Panna Cotta**

cream custard with essence of lemon and vanilla, served with tart raspberry sauce 8.95

### **Baked Cheese Cake**

our daily selection is made with the finest ingredients available 8.95

### **Lime Coconut Pudding**

silky smooth coconut lime custard topped with toasted salty sweet coconut 8.95

### **Chocolate Ganache Pie**

rich smooth chocolate ganache with hints of cardamom and triple sec on almond graham crust 8.95

**We offer a large selection of local and international wines and a fully stocked bar!**