



Appetizers & Salads

Seafood Chowder

Our specialty; authentic Maritime cream style chowder made with local haddock & lobster. Sm. \$9.99 / Lg. \$11.99

Solomon Gundy

A "South Shore" delicacy; tidbits of marinated herring and onion with a side of sour cream. \$8.99

Fresh Steamed Mussels

One pound of cultivated Nova Scotia mussels served with garlic butter. \$10.99

Panko Breaded Shrimp

Panko Breaded Shrimp, lightly fried and served with homemade sweet and sour dipping sauce. \$9.99

Baked Stuffed Lobster Tail

Fresh baked lobster tail filled with seasoned lobster, cheese, cream and panko bread crumbs. \$16.99

Homemade Soup of the Day

A fresh daily creation, ask your server for details. \$5.99

Calamari

Lightly fried, then sauteed with chopped bell peppers, garlic and a honey Tabasco vinaigrette. \$13.99

Caesar Salad

Romaine lettuce, croutons, bacon bits & Parmesan cheese tossed in a creamy garlic dressing. \$8.99

Tossed Garden Greens

Crisp lettuce, tomato, cucumber, shredded red cabbage, raddish, celery and a hard boiled egg; served with raspberry poppy seed vinaigrette. \$8.99

Greek Salad

Romaine lettuce, red onion, peppers, tomato, cucumber, black olives & feta cheese drizzled with a homemade Greek dressing. \$8.99

Sandwiches

*All sandwiches are served with both french fries and coleslaw.
Sweet potato fries are available as a substitute for regular fries for an additional \$1.99*

Atlantic Lobster Roll

A freshly baked soft roll stuffed with pure Atlantic lobster meat on a bed of lettuce. \$18.99

Nova Scotia Haddock Burger

Local haddock, hand dipped in a light beer batter and served on a Kaiser bun with tartar sauce. \$11.99

Turkey Club Sandwich

Sliced turkey breast, bacon, lettuce and tomato on toasted white or whole wheat bread. \$14.99

Sou' Wester Chicken Burger

A panko breaded chicken breast on a Kaiser bun topped with red pepper mayo, tomato, lettuce & red onion. \$13.99

Time Proven Favorites

*All favorites come with coleslaw and choice of potato.
Sweet potato fries are available as a substitute for regular fries for an additional \$2.99*

Nova Scotia Haddock Fish and Chips

Local haddock, hand dipped in a light beer batter and fried golden brown. \$14.99

Certified Angus Beef Burger

Charbroiled patty topped with tomato, lettuce, red onion & pickle on a toasted Kaiser bun. \$14.99

Digby Scallops and Fries

Digby scallops, panko breaded in house and lightly fried. \$22.99

Chicken Fingers and Fries

Breaded chicken strips served with sweet and sour dipping sauce. \$15.99

Fish Hash & Beans

Homemade salt fish hash & Valley grown Jacobs Cattle baked beans; served with homemade green tomato chow. \$11.99

Traditional Fettuccine Alfredo

With homemade Alfredo sauce and garlic toast. \$14.99
Add grilled chicken \$4.99
Add grilled shrimp \$5.99
Add sautéed scallops \$8.99

Veggie Burger Plate

A charbroiled veggie burger topped with red pepper mayo, tomato, lettuce, red onion and pickle; served with steamed vegetables and a baked potato. \$12.99

Lobster Crab Potato Cakes

Delicate homemade potato cakes with spices, lobster, crab, and red pepper mayo; served with tossed garden greens and raspberry poppy seed vinaigrette. \$15.99

Chicken Parmesan

Panko breaded Chicken breast topped with homemade tomato sauce and mixed cheese; served on a bed of fettuccine noodles with garlic toast \$17.99



Entrees

*All entrees are served with steamed vegetables, coleslaw and choice of potato.
Sweet potato fries are available as an alternative to regular fries for an additional \$2.99*

Nova Scotia Haddock

A fresh fillet of haddock, poached with lemon pepper butter or lightly flour dusted & grilled. **\$18.99**

Striploin Steak

Certified Angus 6 oz. striploin steak, charbroiled to perfection. **\$25.99**

Baked Stuffed Lobster Tail

Fresh baked lobster tail filled with seasoned lobster, cheese, cream and panko bread crumbs. **\$23.99**
Add a second tail for just \$14.99

Sweet & Sour Shrimp with Rice

Panko Breaded Shrimp served with Rice and drizzled with Homemade Sweet and Sour Sauce. **\$17.99**

Baked Seafood Platter

Fresh Nova Scotia haddock, mussels, shrimp and Digby scallops drizzled with clarified butter and baked. **\$29.99**

Cedar Planked Atlantic Salmon

Atlantic Salmon baked on a cedar plank and glazed with maple Dijon sauce. **\$23.99**

BBQ Quarter Chicken

Oven roasted Quarter Chicken glazed with a sweet BBQ sauce. **\$23.99**

Steamed Snow Crab Legs

Nova Scotia Snow Crab Leg section steamed and served with garlic butter for dipping. **\$27.99**

~ Fresh Steamed Lobster Market Price ~

Atlantic lobster, fresh from our tank, steamed & served with garlic butter
Ask your server for pricing and size availability.

All lobster dinners include tossed garden greens or a taster bowl of homemade seafood chowder, choice of potato and homemade rolls.

Desserts

Homemade Gingerbread

Served warm and topped with your choice of soft vanilla ice cream, real whipping cream or lemon sauce. **\$6.99**

Homemade Apple Crisp

Served warm and topped with your choice of soft vanilla ice cream or real whipping cream. **\$6.99**

New York Style Cheese Cake

Topped with seasonal berry sauce. **\$7.99**

Chocolate Lava Cake

Mini chocolate cake with chocolate ganache; served warm with real whipping cream. **\$8.99**

Gluten Free Turtle Cheesecake

Candied pecans and chocolate chunks in a vanilla cheesecake batter. **\$8.99**

Beverages

Coffee (reg or decaf) bottomless\$2.49
Hot Tea\$1.99
Specialty Tea\$2.19
(apple cinnamon, chamomile, earl grey, green, English breakfast, peppermint, decaf)	
Hot Chocolate\$2.49
Soda Pop\$2.99
(Pepsi, Diet Pepsi, 7Up, Diet 7Up, Ginger Ale, Orange Crush, Mug Root Beer)	
Lemonade\$2.99
Iced Tea\$2.99
Arnold Palmer\$2.99
Milk	Small \$2.49 ... Large \$3.99
(white or chocolate)	
Fruit Juices	Small \$2.49 ... Large \$3.99
(apple, orange, cranberry, grapefruit, tomato)	
Aquafina Bottled Water\$2.99
Perrier Sparkling Mineral Water\$2.99

The Sou' Wester Espresso Bar

Coffee and Espresso beverages are made from fresh ground, locally roasted Java Blend coffee beans

Espresso	\$2.59
Americano	\$2.59
Cappuccino	\$3.79
Latte	\$3.79
Café Mocha	\$4.79
Chai Latte	\$3.79
Steamer	\$3.79

Add a flavour shot to any beverage for \$0.87
(vanilla, caramel, hazelnut or peppermint)

