

For Starters...

Seafood Chowder \$ 13

haddock, shrimp, salmon, scallops & mussels in a rich creamy milk broth

Coconut Cocktail Shrimp  \$14

coconut milk and lemon grass poached cocktail shrimp with green onion and cilantro

Chicken Springroll \$ 11

sesame flavored chicken vegetable springroll with mango coconut sweet chili dipping sauce

Steamed Mussels \$ 14

1lb of steamed mussels with garlic white wine cream foccacia garlic bread

Focaccia Tomato Toast \$ 13 

garlic focaccia, cream cheese, tomato confit, asiago cheese with balsamic glaze and fresh basil

Chicken Strawberry Asparagus Salad  \$15

grilled chicken, asparagus, fresh cut strawberry, roasted almonds, goat cheese and balsamic glaze

Kale Quinoa Salad   \$13

quinoa, mixed kale and arugula greens, baked goat cheese, roasted almonds with spiced candy mint dressing

Spicy Beef Salad  \$17

beef slices, red cabbage, baby spinach, sweet peas, mango and carrots with spicy citrus ginger dressing

Trio Pork Poutine \$12

home cut fries with barbeque pulled pork, maple bacon, scrunchions, cheese curd and house gravy

Starter Salad \$6.50

caesar or artisan salad

But On The Lighter Side...

All sandwiches served with home cut fries or daily soup \$3 extra for side salad substitute

Forest Mushroom Flatbread  \$14

rosemary flatbread, mix forest mushrooms, mozzarella and brie cheese garlic olive oil drizzle with aged balsamic

Mr. Keith's Fish & Chips \$16

alexander keith's india pale ale battered haddock, with potato frits french fry & house made tartar sauce

Butter Chicken \$14

Indian butter chicken on grilled garlic naan bread with fried onion, cilantro and pineapple chutney

Lamb Burger \$16

House lamb patty with onion tomato jam, arugula, feta, and Chipotle aioli

Cuban Pork Sandwich \$13

panini pressed shaved roasted pork, mayo, mustard, swiss cheese, pickles, and fried jalapeno on brioche bun

Burger De Luxe \$14

angus beef patty with smoked pepper aioli, mushroom, onion, bacon, jalapeño havarti on a potato scallion bun

Tex Mex Burger \$14

taco spiced, fried jalapeno peppers, tomato, lettuce, house made queso fresco and onions with cilantro sour cream

Barley Risotto  \$12

Herb creamy with chanterelle and morel mushrooms

The Point Is...

Smokey Bacon Mac and Cheese \$16

emmental cheese sauce, smoked bacon, broccoli florets
Add: lobster \$ 8 Add: chicken \$ 6

Seared Scallops \$28

sea scallops, curry hollandaise and creamy mushroom barley risotto

Chicken Alfredo Linguini Pasta \$22

breaded chicken breast, linguini pasta, sundried tomato, spinach with garlic alfredo sauce

Miso Seared Salmon  \$23

brown miso marinated salmon, sautéed butter bokchoy with white miso maple cream broth and whipped boursin cheese rutabaga puree

Maple Pork Tenderloin \$27

five spice marinated seared pork tenderloin with star anise demi glaze sauce

Beef Tenderloin  \$33

8 oz. grilled beef tenderloin whole garlic mushroom red wine reduction

Spiced Lentil & Paneer Cheese  \$17

yellow curry and garam masala spiced yellow lentil, seared paneer cheese with roasted red pepper coulis

Kettle Fried Haddock \$22

haddock fillet, lemon almond parsley, fig jam, popcorn flavored butter

Beef Striploin Steak  \$33

10 oz. angus beef striploin steak with sautéed whole garlic mushroom and red wine reduction

Pan Roasted Trout  \$23

pan roasted crisp skin trout with arugula, stone fruit salad, walnuts and cherry coulis

 Look for this symbol for our Gluten Free options

 Vegetarian Symbol



cafe 101 is a proud member of the Restaurant Association of Nova Scotia. We proudly support & use local farmers and supplier!

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

101 cafe

From Grape To Glass...

	6oz	9oz	Bottle
Grand Pré Baco Noir Nova Scotia	9	13	35
Siete Soles Cabernet Sauvignon Chile	9	13	35
Rosemount Road Shiraz Australia	9	13	35
Nugan Estate Merlot Australia	9	13	35
Alambrado Malbec Argentina	9	13	35
Bolla Valpolicella Classico Italy	9	13	35
Grand Pré Seyval Blanc Nova Scotia	9	13	35
Citra Pinot Grigio Italy	9	13	35
Woolshed Viognier Australia	9	13	35
Grand Pré L'Acadie Blanc Nova Scotia	9	13	35
Penfolds Private Release Chardonnay Australia	9	13	35

cafe



Local & International Brews

	12oz	18oz
Alexander Keith's IPA Nova Scotia	5	7
Garrison Irish Red Ale Nova Scotia	5	7
Stella Artois Belgium	6	8

Domestic Bottles 5.50

Keith's IPA	Keith's Light
Budweiser	Bud Light
Labatt's Blue	Molson Canadian
Oland's Export	Coors Light

Selected 7.00

Garrison Tallship Amber
Garrison Nut Brown
WKD Blue
Corona
Heineken
Peroni
Smirnoff Ice
Carlsberg

Premiums (500ml) 8.00

Czechvar Lowenbrau Guinness Strongbow