

From Grape To Glass...

	6oz	9oz	Bottle
Grand Pré Baco Noir Nova Scotia	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
Siete Soles Cabernet Sauvignon Chile	9	13	35
Grand Pré Seyval Blanc Nova Scotia	9	13	35
Citra Pinot Grigio Italy	9	13	35
Grand Pré L'Acadie Blanc Nova Scotia	9	13	35
Woolshed Viognier Australia	9	13	35
Penfolds Private Release Chardonnay Australia	9	13	35

cafe 101

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 341ml	5.50	
Keith's IPA	Keith's Light	Selected 7.00
Budweiser	Bud Light	Garrison Tallship Amber
Labatt's Blue	Molson Canadian	Garrison Nut Brown
Oland's Export	Coors Light	WKD Blue
		Corona
		Heineken
		Peroni
		Smirnoff Ice
		Carlsberg

Premiums (500ml) 8.00

Lowenbrau Strongbow Czechvar Guinness

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

Focaccia Tomato Toast \$13
garlic focaccia, cream cheese, tomato confit, asiago cheese with balsamic glaze and fresh basil

Chicken Springroll \$11
sesame flavored chicken vegetable springroll with mango coconut sweet chili dipping

Soup Du Jour \$6
please ask your server for details

Chicken Strawberry Asparagus Salad \$15
grilled chicken, asparagus, fresh cut strawberry, roasted almonds, goat cheese and balsamic glaze

Spicy Beef Salad \$17
beef slices, red cabbage, baby spinach, sweet peas, mango and carrots with spicy citrus ginger dressing

Kale Quinoa Salad \$13
quinoa, mixed kale and arugula greens, with roasted almonds, baked goat cheese, roasted almonds with spiced candy mint dressing

Starter Salad \$6.50
caesar or artisan salad

But on the Lighter Side...

all sandwiches comes with choice of soup of the day, potato frits french fry, \$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

Butter Chicken \$14
fried indian butter chicken on grilled garlic naan bread with fried onion and cilantro and pineapple chutney

Lamb Burger \$16
House made lamb patty with onion tomato jam, arugula, with Chipotle aioli

Daily Special
please ask your server for the daily chef special

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, jalapeno havarti on a potato scallion bun

Tex Mex Burger \$14
taco spiced, fried jalapeno peppers, tomato, lettuce, queso fresco and onions with cilantro sour cream mayo

Chicken Waffle BLT Sandwich \$14
grilled chicken, mayo, bacon, lettuce and tomato on belgium waffle

The Point Is...

Mr. Keith's Fish & Chips \$16
alexander keith's india pale ale battered haddock with potato frits french fry & house made tartar sauce

Chicken Alfredo Linguini Pasta \$22
breaded chicken breast, linguini pasta, sundried tomato, spinach with garlic alfredo sauce

Pan Roasted Trout \$23
pan roasted crisp skin trout with arugula, stone fruit salad walnuts and cherry coulis

Spiced Lentil & Paneer Cheese \$17
yellow curry and garam masala spiced yellow lentil, seared paneer cheese with roasted red pepper coulis

Smokey Bacon Mac and Cheese \$16
emmental cheese sauce, smoked bacon, broccoli florets with panko crumbs
Add: lobster \$5.00 add: barbeque pork \$3.00

Kettle Seared Haddock \$22
haddock fillet, lemon almond parsley, popcorn flavored butter and fig jam

Beef Striploin Steak \$33
10 oz. grilled angus beef striploin steak with sautéed whole garlic mushrooms and red wine reduction

 Look for this symbol for our Gluten Free Options

 Symbol for Vegetarian Options



cafe is a proud member of the Restaurant Association of Nova Scotia. We proudly support & use local farmers and suppliers!
Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

