

BREAKFAST MENU

STARTERS

Green Smoothie

Spinach, apple, chia seeds, honey, apple juice, yogurt | 6

Hot Oatmeal

Oats, brown sugar, toasted coconut, strawberry rhubarb compote | 8

Yogurt Parfait

Fresh cut melon + seasonal berries, honey, Greek yogurt, granola | 8

ENTREES

Farmers Breakfast

Two farm fresh eggs any style, choice of bacon or sausage, hash browns, toast | 16

Continental Breakfast

Yogurt, fresh cut fruit, choice of muffin, croissant, bagel, juice or coffee | 14

Eggs Benedict

Two poached farm fresh eggs, back bacon, tea biscuit, fresh citrus hollandaise, hash browns | 16

Add smoked salmon instead of bacon | 6

Breakfast Bowl

Poached farm fresh egg, hash browns, bacon, peppers, caramelized onions, mushrooms, cheese curds, sausage gravy, biscuit | 18

Banana Bread French Toast

Batter dipped chocolate chip banana bread, flambéed bananas, toasted coconut, fresh fruit cup | 15

Quesadillas

Farm fresh eggs, Colby cheese, mushrooms, peppers, caramelized onions, spinach, hash browns, Pico de Gallo | 14

Lox n' Bagel

Local Atlantic smoked salmon, red onions, capers, cream cheese, toasted bagel, fresh fruit cup | 18

ADD ON

Side of Bacon (3) or Sausage (2) | 4

Muffin | 3

Fruit Salad | 5

Bagel + Cream Cheese | 6

Fruit Yogurt | 3.5

Croissant | 3

Oatmeal | 6

Toast | 3

Side of Cheese | 5

HARBOUR CITY

B A R & G R I L L

START + SHARE

LOCAL MUSSELS | 13

CHOOSE FROM: THAI COCONUT BROTH, LEMON DILL CREAM,
WHITE WINE GARLIC, GARRISON BEER + BACON

OYSTERS ON THE HALF SHELL | 14 [GF]

4 LOCAL OYSTERS WITH RUDY'S LOCAL HOT SAUCES

ADDITIONAL OYSTER | 4 EACH

CALAMARI | 13

COCONUT HAND TOSSED FRIED SQUID + RAITA

CRISPY BUTTERMILK FRIED WINGS | POUND 16

CHOOSE FROM: BBQ, MILD, HOT, OR HONEY GARLIC

HARBOUR CITY CHEESE NACHOS | 15 [V]

FRESH FRIED TORTILLA CHIPS WITH LAYERED CHEESE + PICO
DE GALLO

SERVED WITH SOUR CREAM AND SALSA

ADD LOCAL GROUND BEEF | 5

ADD GRILLED CHICKEN | 5

ADD FRESH GUACAMOLE | 4

CRAB DIP | 15

SERVED WITH GRILLED PITA + NACHO CHIPS

CHOWDER + SALAD

KALE SALAD | 12 [V] [GF]

FETA, RED PEPPERS, PUMPKIN SEEDS, RED CABBAGE + NS WILD
OXFORD BLUEBERRY BALSAMIC DRESSING

CAESAR SALAD | 12

CRISP ROMAINE, HOUSE DRESSING, FOCACCIA CROUTONS, CRISPY
SMOKED BACON, ASIAGO CHEESE, LEMON GARNISH

KALE CAESAR SALAD | 12

FRESH KALE, HOUSE DRESSING, FOCACCIA CROUTONS, CRISPY
SMOKED BACON, ASIAGO CHEESE, LEMON GARNISH

SEAFOOD CHOWDER | 15

OUR HOUSE SPECIAL, BRIMMING WITH SEAFOOD. BAY SCALLOPS,
COLDWATER SHRIMP, HADDOCK

[V] VEGETARIAN

[GF] GLUTEN FREE

HARBOUR CITY

B A R & G R I L L

CASUAL FARE

THE FOLLOWING COME WITH YOUR CHOICE OF CAESAR SALAD, KALE SALAD, FRENCH FRIES OR HOUSE CHIPS.

UPGRADE TO SEAFOOD CHOWDER | 4

FISH TACOS | 17

SOFT + HARD SHELL TACOS, CRISPY LOCAL FRIED HADDOCK, LEMON AIOLI, PICO DE GALLO, LETTUCE

HARBOUR CITY BURGER | 17

OULTONS FARM LOCAL BEEF PATTY, BACON JAM, GARLIC AIOLI, TOMATO, LETTUCE + HALLAH BUN

KOREAN BBQ CHICKEN SANDWICH | 18

HOUSE MADE KOREAN BBQ MARINATED CHICKEN, KIMCHI MAYO, PEA SHOOTS, GRILLED OULTONS FARM PORK BELLY, BRIOCHE BUN

FISH N' CHIPS | 17

LOCAL CRAFT BEER BATTER FRESH NOVA SCOTIAN HADDOCK, FRIES, COLESLAW + HOUSE-MADE TARTAR

PHILLY CHEESE STEAK | 18

SHAVED SEARED BEEF, SAUTED ONIONS, RICH CREAMY CHEESE SAUCE, LOCAL BOULANGERIE LA VENDEENE HOAGIE ROLL

EAST COAST DINING

WE'RE PROUD TO SEEK OUT LOCAL AND SUSTAINABLE FOOD AND BEVERAGE SUPPLIERS TO PROVIDE YOU WITH A GENUINE TASTE OF NOVA SCOTIA.

DISCOVER SEASONAL DISHES INSPIRED BY CLASSIC EAST COAST CUISINE, AN EXTENSIVE SELECTION OF NOVA SCOTIAN MADE WINE AND SPIRITS AND A TEAM DEDICATED TO PROVIDING YOU WITH THE FINEST IN MARITIME HOSPITALITY.

FROM REGIONAL FARMERS TO FISHERS, TO NEIGHBORHOOD DISTILLERS AND BREWERS, WE LOVE OUR LOCAL CULINARY CULTURE AND ARE CERTAIN YOU WILL TOO.

THANK YOU FOR DINING WITH US.

YOUR HARBOUR CITY BAR & GRILL TEAM

[V] VEGETARIAN

[GF] GLUTEN FREE

CLASSIC ENTREES

SURF N' TURF | 38

8 OZ BEEF STRIP LOIN, GRILLED YOUR WAY, A SKEWER OF SHRIMP + DIGBY SCALLOPS + ROASTED NUGGET POTATOES
SERVED WITH CHIMI CHURRI + LEMON DILL CREAM
ADD GRILLED ASPARAGUS | 4 SAUTEED MUSHROOMS | 4

CHICKPEA CURRY | 22 [V]

COCONUT + TOMATO CURRY OVER BIRYANI RICE, GRILLED NAAN

GRILLED HALIBUT | 29

FRESH ATLANTIC CAUGHT HALIBUT, THAI COCONUT BROTH, ROASTED NUGGET POTATO, GRILLED ASPARAGUS

TIKKA CHICKEN SUPREME | 26

"AUTHENTIC" TANDOORI MARINADE, BIRYANI RICE, RAITA, GRILLED NAAN

SPANISH RISOTTO | 26

VEGETARIAN RISOTTO | 22 [V]

CHORIZO, ATLANTIC HADDOCK, BAY SCALLOPS, COLDWATER SHRIMP, SAFFRON, PEAS

STEAK FRITES | 6 oz - 25 8 oz - 29 10 oz - 33 12 oz - 37

GRILLED YOUR WAY. SERVED WITH FRIES, COLESLAW, MUSHROOM + SAUTEED ONIONS, RED WINE DEMI

SALMON PAPPARDELLE | 26

VEGETARIAN PAPPARDELLE | 20 [V]

LEMON DILL CREAM SAUCE, PAPPARDELLE PASTA, GARLIC BAGUETTE

ADD ON

ADD ON TO ANY MEAL:

- 5 OZ GRILLED CHICKEN BREAST | 7
- 5 GRILLED TIGER SHRIMP SKEWER | 10
- 3 SEARED DIGBY, NOVA SCOTIA SCALLOPS | 12
- 4 oz GRILLED ATLANTIC SALMON | 12
- 5 oz GRILLED ATLANTIC HALIBUT | 14

PLEASE INFORM US OF ANY ALLERGIES OR FOOD SENSITIVITIES

CONSUMING RAW OR UNCOOKED MEATS, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

[V] VEGETARIAN [GF] GLUTEN FREE

HARBOUR CITY

BAR & GRILL

HOUSE WINES

HOUSE WINE 5oz | 7.50 9oz | 13

CURICO VALLEY PINOT GRIGIO, CHILE
CURICO VALLEY CABERNET CAUVIGNON, CHILE

PLEASE ASK YOUR SERVER OR BARTENDER
FOR SUGGESTIONS + THE FULL AVIALABLE WINE LIST

DESSERTS

PUMPKIN PIE CHEESECAKE | 9

SERVED WITH SALTED CARAMEL

CHOCOLATE FLOURLESS TORTE | 8

SERVED WITH MINT CRÈME ANGLAISE

SEASONAL CRÈME BRULEE | 8

SERVED WITH MAPLE SHORTBREAD COOKIE
ASK YOUR SERVER FOR TODAY'S SELECTION

SPECIALTY COFFEE

SPANISH COFFEE | 7

KAHLUA + TRIPLE SEC

IRISH COFFEE | 7

IRISH WHISKEY + KAHLUA

CANADIAN COFFEE | 7

CANDAIAN WHISKEY + MAPLE SYRUP

HAVE IT YOUR WAY COFFEE | 7

ANY 1 oz. LIQUEUR OR BAR SHOT
ASK YOUR SERVER OR BARTENDER FOR SUGGESTIONS

We Proudly Serve **Starbucks** ^{TM/MC}