**A P P E T I Z E R S**

**Wings** (10) $15

Choice of breaded or naked chicken wings, tossed in your favorite sauce or sauce on the side.

Hot, Medium, Mild, BBQ, Honey Mustard, Honey Garlic, Sweet Chili, or Ranch.

**Baked Nachos** $13

Tortilla chips, topped with tomatoes, peppers, red onions, olives, jalapenos, and three-cheese blend. Seasoned and baked to perfection. Served with sour cream and salsa.

Add seasoned Chicken or Beef $5

**Seafood Chowder** Small $9 Large $13

Lobster, scallops, clams, and haddock, in a cream base, topped with a grilled shrimp. Served with grilled garlic bread.

**Mozza Sticks** (5) $7

Mozzarella cheese in a seasoned batter, served with your choice of dipping sauce.

**Onion Rings** $8

Thick-cut panko battered onion rings deep fried to a golden crisp.

**Sweet Potato Fries** $7

Plank cut sweet potato fries, lightly coated and served with our house made curry mayo.

**Poutine** $12

Large order of fries topped with real cheese curds and hot gravy.

**Snack Platter** $26

The perfect platter to share with friends! Seasoned cheese nachos, fries, chicken wings, onion rings, and coconut shrimp. Served with sour cream, salsa, sweet chili and your choice of wing sauce.

**L A N D & S E A**

**Local Haddock** 1pc $12 2pc $16

Your choice of beer battered in local ale, or lightly seasoned and pan fried.

**Lobster Croissant** $24

A generous portion of lobster lightly mixed with mayo, salt and pepper, topped with lettuce and served on a fresh croissant.

**Atlantic Sea Scallops** (8) $17

Locally caught, lightly seasoned and pan seared in garlic butter.

**Shrimp** (7) $15

Your choice of coconut breaded deep fried served with sweet chili dipping sauce, or jumbo pan fried in garlic butter.

**Fish Taco Wrap** $14

Lightly seasoned pan fried haddock, pickled onions, diced tomatoes, coleslaw and lime juice wrapped in a soft tortilla.

**The Clubhouse** $15

Grilled chicken breast, lettuce, tomato, mayo, bacon, and cheese, stacked between 3 slices of white or whole wheat toast, or wrapped in a soft tortilla.

**Loaded Burger** $15

5oz grilled beef burger, topped with lettuce, tomato, red onion, pickles, bacon, cheddar cheese and mayo on a grilled bun.

**BGC Chicken Burger** $15

Breaded or grilled chicken breast, served with mayo or your choice of sauce, topped with lettuce and tomato, and mayo on a grilled bun.

**E A R L Y B I R D I E S**

**Morning Sandwich** $7

1 fried egg, bacon, cheese, and mayo, on a grilled bun.

**Breakfast Wrap** $9

Scrambled egg, bacon OR sausage, peppers, tomatoes, onion, cheese, and mayo, rolled in a soft tortilla and lightly grilled.

**BLT** $5

Bacon, lettuce, tomato and mayo on white or whole wheat toast.

***ADD HOME FRIES $3***

**J U N I O R S**

Cheeseburger $9

Chicken Fingers $9

Grilled Cheese $9

***Includes small Fries or side Garden Salad***

**D E S S E R T**

**Strawberry Shortcake Crêpe** $6

Thin crepe filled with French vanilla bean ice cream, topped with warm strawberries and whipped cream*.*

**Coconut Cream Cheesecake** $6

Coconut cream pie, but cheesecake! Topped with whipped cream and toasted coconut.

**THANK YOU FOR JOINING US, ENJOY!**

***TAKE OUT ORDERS AVAILABLE:******902-634-7196***

*\*We prepare fresh seafood and gluten items daily and therefore cannot guarantee the safe accommodation of allergies\**

*\*Food prices do not include HST\**

**LAND AND SEA continued…**

**Smoked Meat Sandwich** $15

Smoked beef brisket topped with Tancook sauerkraut and Dijon mustard. Served on grilled schiacciata bread and garnished with a pickle.

**Chicken Caesar Wrap** $14

Crispy or grilled chicken, romaine lettuce, bacon, parmesan cheese, and caesar dressing, wrapped in a soft tortilla and lightly grilled.

**Pulled Pork Sandwich** $14

Tender BBQ pulled pork heaped on a grilled bun.

***All Land and Sea items are served with Fries and Coleslaw***

***Substitute fries for onion rings, sweet potato fries, side caesar or side garden $4***

**T H E G R E E N S**

**Garden Salad** $12

Fresh spring leaf lettuce, topped with diced cucumber, tomato, bell peppers, red onion and three cheese blend.

**Caesar Salad** $12

Crisp romaine lettuce tossed with bacon, parmesan cheese, seasoned croutons and caesar dressing.

**Summer Delight Salad** $15

A refreshing twist to regular salad! Fresh spring leaf lettuce, topped with sliced strawberries, oranges, blueberries, dried cranberries, pecans, and asiago cheese. Dressed best with our house made honey apple cider vinaigrette, or your choice of dressing.

***ADD TO ANY SALAD:***

Grilled Chicken Breast$5 -Shrimp(4) $6 -Scallops(4) $7