

APPETIZERS

Wings (10) \$17

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 \$16

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

Add Chicken or Beef \$5

Seafood Chowder Small \$10 Large \$16

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

Onion Rings \$8

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

Sweet Potato Fries \$8

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

Poutine \$13

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

Mac & Cheese Bites \$8

Cheddar cheese batter stuffed with creamy macaroni and cheese and fried to a golden crisp.

Basket of Fries \$7

Lightly battered straight cut fries, deep fried to crispy perfection.

Add Gravy \$2

Mozza Sticks (6) \$9

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

LAND and SEA

Local Haddock 1pc \$14 2pc \$18

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

Lobster Roll \$27

A generous portion of Atlantic lobster lightly mixed with mayo and salt & pepper, topped with lettuce and served on a grilled garlic buttered brioche bun.

Atlantic Sea Scallops \$18

One third of a pound of locally caught scallops, lightly seasoned and seared in garlic butter.

Shrimp (7) \$16

Jumbo shrimp lightly seared in garlic butter and served with sweet chili dipping sauce.

Fish Taco Wrap \$15

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

The Clubhouse \$16

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 \$17

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

BGC Chicken Burger \$16

Breaded or grilled chicken breast, topped with lettuce, tomato, honey mustard and mayo on a grilled bun.

Meatless Lasagna \$16

With ricotta, parmesan, and mozzarella cheese, this meatless lasagna is vegetarian friendly and so satisfying that you won't miss the meat at all! Served with grilled garlic bread and a side Caesar salad.

LAND and SEA continued...

Smoked Meat Sandwich \$16

Smoked beef brisket topped with sauerkraut, and your choice of dijon, yellow or honey mustard. Served on grilled schiacciata bread.

Chicken Caesar Wrap \$15

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

Pulled Pork Sandwich \$15

Tender BBQ pulled pork heaped on a grilled bun and garnished with garlic dill pickles.

***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

THE GREENS

Garden Salad \$14

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

Caesar Salad \$14

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

Summer Delight Salad \$17

A refreshing twist to regular salad! Crisp romaine lettuce, topped with sliced strawberries, oranges, blueberries, dried cranberries, pecans, and parmesan 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 \$6 -Scallops \$7

EARLY BIRDIES

Morning Sandwich \$7

Fried egg, bacon, cheese, and mayo, on a grilled bun.

Breakfast Wrap \$10

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

BLT \$6

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

Add Home Fries \$4

JUNIORS

**Cheeseburger \$12 Chicken Fingers (3) \$12
Grilled Cheese \$9**

Includes small Fries or side Garden Salad

DESSERT

Chocolate Peanut Butter Blondie \$9

A Reese's peanut butter cup explosion! Blonde brownie, milk chocolate ganache, peanut butter mousse, dark chocolate, mini Reese's cups and peanut butter drizzle!

Coconut Cream Cheesecake \$9

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