appetizers

HOT STICKY WINGS // \$18

Fragrant Honey Buffalo wings with sesame, grilled chili.

LOBSTER FRITTER // \$27

Local lobster, mascarpone, chives, fresh lemon dill yogurt.

TOM KHA SOUP // \$15

Mussels, prawns, Thai coconut base with a thought of Galangal and Kaffir lime.

NASHVILLE HOT CHICKEN SLIDERS // \$24

Buttermilk fried chicken, Brioche, dill pickle, coleslaw, hot oil.

ARDUAINE MUSSELS // \$18

Mussels with chorizo and Nova Scotian wine. Fresh house-made garlic baguette.

FALAFEL // \$21

Fresh fried falafel, garlic sauce, tzatziki with a tart and peppery Rocket salad.

BEET ROOT SALAD // \$19

Roasted beet, house smoked goats' cheese, walnut, eruca greens.

CRAB CAKE // \$24

Local seared crab cakes, with rocket Dijon remoulade.

MANGO SCALLOPS // \$18

Perfectly seared Sea scallops, mango puree, aromatic mango mint salsa.

FROM THE LAND

BRAISED BEEF RIB // \$45

Braised rib with Guinness pan gravy, grilled portobello mushroom, parsnip puree, leek, seared carrot.

FRIED CHICKEN & WAFFLES // \$34

Buttermilk Fried chicken breast fresh waffles, blueberry syrup, hot oil.

CARNE ASADA // \$38

Marinated flank steak char broiled with lime cilantro rice, chimichurri, street corn, Pico de Gallo.

BIRRIA TACOS // \$28

Stewed beef, cotija cheese, cilantro, onion, birria broth.

12OZ STRIPLOIN // \$41

Whiskey peppercorn sauce, rosemary roasted red potatoes, seared carrot.

DOUBLE SMASH BURGER // \$24

Two 4oz smashed patties, smoked bacon, sharp cheddar.

FROM THE EARTH

BEET ROOT RISOTTO // \$32

Earthy, sweet, delicious. Golden and red. Creamy arborio rice.

KOREAN BBQ TOFU POWER BOWL // \$35

Asian inspired BBQ tofu, fresh vegetable, hummus, guacamole, pickled onion.

FROM THE SEA

BAKED SALMON // \$42

Atlantic Salmon baked with spinach, sundried tomato garlic, served with warm succotash.

SOUTHERN FISH & CHIPS // \$29

Southern fried haddock with Louisiana tartar, spiced potato wedges, seasoned corn.

PEPPERED PANCETTA LOBSTER CARBONARA // \$48

Local lobster, pancetta, linguini, fresh baked garlic bread.

CAJUN SHRIMP PO BOY // \$31

Spiced shrimp on a fresh baguette with rocket watermelon chili salsa.

SPICY SALMON POWER BOWL // \$41

Chili garlic salmon with local honey, avocado, carrot, cilantro, sesame seed and pickled Persian cucumber, served on Rice or salad.