

## SNACKS & SHAREABLES

### CALAMARI

Corn flour dusted then flash fried.  
Topped with sweet chili and balsamic glaze. 14

### LOBSTER GUACAMOLE

Avocados, cilantro and diced tomatoes topped  
with lobster. Served cold with naan bread wedges. 19

### MUSSELS

Local mussels steamed in garlic and white wine.  
Served with garlic butter 1 lb. 13

### LOBSTER & CRAB FLATBREAD

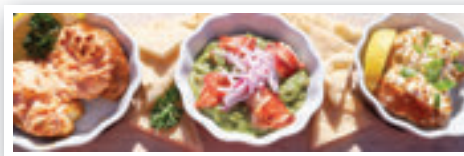
Lobster, crab, roasted garlic, red onion,  
tomatoes, mozzarella and parmesan.  
Baked to perfection on a flatbread. 16



*Look for this logo beside select menu items.  
It signifies quality Nova Scotia food products.*

### LOBSTER & CRAB DIP

Lobster, crab, roasted red pepper and cream cheese.  
Served with flatbread wedges. 16



### LOBSTER & CRAB TRIO

*Perfect for sharing...*  
Warm lobster, crab, roasted red pepper dip  
and lobster, crab, cream cheese dip both  
piped on crostini. Cold lobster guacamole  
with naan bread wedges. 19

### MARITIME OYSTERS

On the half shell served  
with house mignonette.  
Ask about our selection.  
*1/2 dozen priced daily*



## SOUPS & SALADS

### SQUASH & APPLE SOUP

Roasted butternut squash, apple, cinnamon, nutmeg and  
ginger, puréed into a sweet soup, topped with green onion  
and pumpkin seeds. Served with a French roll. 11

### BEET SALAD

Mixed greens tossed in a balsamic  
citrus dressing. Topped with beets, mandarin slices,  
radish, feta cheese and candied nuts. 12

*Add chicken, shrimp or salmon to any salad 8*

**French Roll 1.50 Baguettine Loaf 4**

### FACTORY HOUSE SALAD

Mixed greens and a garden vegetable medley,  
served with honey citrus vinaigrette. 11

### CAESAR SALAD

Romaine lettuce, garlic croutons  
and bacon tossed in classic creamy  
Caesar dressing. 11

## WRAPS

### SEAFOOD WRAP

Lobster, crab, scallops, shrimp, bacon, greens,  
tomato, and smokey tomato dill mayo, in a tortilla wrap. 17

### CHICKEN CLUB WRAP

Chicken, bacon, cheddar, greens, tomato, onion  
and smokey tomato dill mayo in a tortilla wrap. 16

### VEGGIE WRAP

Greens, peppers, tomato, carrot, cucumber, onion and smokey tomato dill mayo in a tortilla wrap. 14

All wraps come with kettle chips. Substitute for veggie fries 6, side salad 3

*Lunch 2019*

*Gluten Friendly option available. Please ask your server for details.*

Taxes not included

## TREAT YOURSELF...



### LOBSTER TAIL TACOS

Nova Scotia lobster,  
chili lime mayo, slaw, blueberry  
pickled onions and cilantro on two tortillas.  
Served with kettle chips. 27

### LOBSTER TAIL ROLL

Nova Scotia lobster tossed in smokey tomato dill mayo,  
on top of fresh greens and an artisan bun.  
Served with a side house salad. 27

### STUFFED HADDOCK

Nova Scotia haddock stuffed with lobster & crab  
cream cheese, topped with honey butter glaze.  
Served with garlic mashed potato  
and seasonal vegetables. 28

### STEAMED LOBSTER

Choose a 1 ¼ lb to 2lb Nova Scotia lobster.  
Served with drawn butter and  
a side house salad.  
*Priced daily*  
Make it a feast!  
Add ¼ lb mussels. 3



### SEAFOOD MEDLEY

Nova Scotia lobster, scallops, shrimp,  
haddock baked together  
in a cream sauce, topped with  
mozza and cracker crumbs.  
Served with garlic mashed potato  
and seasonal vegetables. 32

## ENTRÉES

### ADAMS & KNICKLES SCALLOPS

Pan seared scallops, served with garlic  
mashed potato and side house salad. 25

### PAN FRIED HADDOCK

Pan fried haddock topped with lemon dill butter.  
Served with garlic mashed potato and house salad. 18

### FISH CAKES

Salt cod, smoked haddock and potato fish cakes,  
served with green tomato chow,  
molasses baked beans and a side house salad. 17

### NOODLE BOWL

Rice noodles and seasonal vegetables stir fried  
in a maple chili ginger sauce. 16  
*Add chicken, shrimp, or salmon 8*

### FISH TACOS

Breaded haddock, chili lime mayo, slaw,  
blueberry pickled onions and cilantro, on two tortillas.  
Served with kettle chips. 18

### SEAFOOD CHOWDER

Haddock, bay scallops, cold water shrimp  
and baby clams in a light milk based broth.  
Served with a French roll. 16

### FISH & CHIPS

Ice House Ale battered, deep  
fried haddock. Served with crispy  
fries, Tancook Kraut coleslaw  
and house tartar sauce. One piece 14 Add a piece 5



### LUNENBURG FISH FRY

Ice House Ale battered, deep fried haddock,  
breaded shrimp and scallops. Served with crispy fries,  
Tancook Kraut coleslaw and house tartar sauce. 29

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