



3 course prix- fixe \$45
snacks, choice of appetizer, main and
dessert

all menu items available 'a la carte'

check our board for our 'nod to the
nautical' specials

to start

market mayhem salad 12

a special salad inspired by our farmer's market
let us surprise you!!

crab, cucumber, avocado 14

nova scotia snow crab, diced cucumber and avocado, greens,
carrot and miso dressing

vegan fish and chips 14

lion's mane mushrooms, sea lettuce, tartar, housemade
chips

scallops. caviar, pea shoots 14

pan seared chili dusted scallops, grilled lemon vinaigrette,
kelp caviar, pea shoot salad

vegetable tempura 12

nova scotia mushrooms and vegetables, tempura battered,
soy dressing, sesame seeds

mains

beet gnocchi, chanterelles, basil, tomatoes 24

house-made gnocchi, chanterelle mushrooms, blistered cherry tomatoes, basil
pesto, goat parmesan

salmon, slaw, sea vegetables, seeds 28

miso-ginger spiced salmon, asian cabbage slaw, sea vegetables,
market greens.

flank steak, blue cheese, beer and potatoes 27

beer marinated flank steak, smashed spuds, market vegetables,
pickled onions & urban blue cheese

halibut, japanese knotweed, radishes 29

pan-seared halibut, local knotweed pesto, fresh radish salad,
market vegetables, greens



All our wines are natural. certified organic or sustainably harvested.

mixed & bubbly

- emiliana** 10 glass 42 bottle
sparkling, chardonnay / pinot noir , chile 2013
- rogue wave** 10
ironworks bluenose rum, propeller ginger beer, fresh lime
- classic martini** 10
ironworks vodka or gin, twisted or dirty
- rhubarb sling** 10
ironworks gin, rhubarb compote, orange juice, lime

wines 200ml / 500ml / 750ml

whites

- l'acadie** 12 30 46
estate l'acadie, nova scotia, 2014
- momo** 13 32 48
sauvignon blanc, new zealand, 2014
- macon-lugny** 15 36 54
white burgundy, france, 2014
- emiliana** 14 34 50
chardonnay & viognier, chile, 2014

reds

- pruner's reward** 15 36 54
pinot noir, new zealand, 2013
- venta morale3** 13 32 48
tempranillo, spain
- chapoutier signargue** 15 36 54
cote-du-rhone villages, france, 2013
- signos de origen** 14 34 50
syrah, chile 2013

beer & soda

- boxing rock hunky dory pale ale** 341ml 6
- propeller pilsener** 341ml 6
- propeller organic pale ale** 341 ml 6
- hell bay english ale** 341 ml 6
- propeller ginger beer** 3
- san pellegrino (aranciata or limonata)** 3