

LUNCHEON MENU

STARTERS

MARKET FRESH SOUP

CHEF'S DAILY INSPIRATION

8

LOBSTER BISQUE

SEAFOOD TERRINE, TARRAGON FOAM

13

SUMMER SALAD

GARDEN GREENS, BEAN SPROUTS, CHERRY TOMATOES,

ASPARAGUS, CARROTS, RASPBERRY VINAIGRETTE

REGULAR 10

SMALL 6.50

BREAKWATER CAESAR SALAD

HEARTS OF ROMAINE, CRISP PANCETTA, POTATO ROSEMARY CROUTONS,

GRANO PADANO CHIPS, ROASTED GARLIC DRESSING

REGULAR 11

SMALL 7

ADD CHICKEN BREAST, SALMON OR SHRIMP 8

MALPAQUES OYSTERS ON THE HALF SHELL

APPLE CIDER MIGNONETTE, FRESH HORSE RADISH,

LEMON WEDGES

18

ESCARGOT MUSHROOM RAGOUT

SALMON GRAVLAX, PARSLEY FOAM, ROASTED GARLIC PASTE,
HONEY MUSHROOMS, SCALLIONS, PUFF PASTRY

15

TASTE OF THE SEA

SMOKED MACKEREL, DILL PICKLE, SMOKED TROUT, POTATO, RED ONION,
SMOKED SALMON, CAVIAR SHOOTER, COD FRITTER, TZATSIKI

15 FOR TWO 30

PLEASE ASK YOUR SERVER FOR OUR SELECTION OF VEGETARIAN OPTIONS.

SANDWICHES

CHOICE OF MIXED GREEN SALAD, FRITES OR CAESAR SALAD WITH SANDWICHES

CHICKEN & GOAT CHEESE SANDWICH

SMALL BAGUETTE, HOMEMADE MAYONNAISE, ONION JAM, ARUGULA

13

ANGUS BEEF BURGER

ARTISAN BUN, CHEDDAR, TEMPURA ONION RINGS, TOMATO JAM

(PLEASE ALLOW 20 MINUTES)

13

BREAKWATER CLUB

WHOLE WHEAT BREAD, SLICED TURKEY, BACON, TOMATO, BOSTON BIBB

13

ANGUS BEEF TENDERLOIN SANDWICH

SWISS HERB BREAD, PORTOBELLO MUSHROOMS, PROVOLONE CHEESE,

CARMELIZED ONIONS

13

SEA AND LAKE

ATLANTIC SMOKED SALMON

POACHED EGGS, PUMPERNICKLE RYE,

SMOKED SALMON, DILL YOGURT

13

SESAME HONEY MISO GLAZED SALMON

SPICY RICE SPRINGROLL, SOY-SHIITAKE MUSHROOMS,

BABY BOK CHOY, SOY GELEE

22

FISH & CHIPS

BATTERED HADDOCK CRISPY FRIED,

COLESLAW, TARTAR SAUCE

15

SEAFOOD RISOTTO

HALIBUT, SALMON, JUMBO TIGER SHRIMP, SCALLOPS,

FRENCH BEANS, BABY CARROTS, TOMATO RISOTTO

29

MAINS

SPAGHETTINI PASTA

TOMATO ROSE SAUCE, GRILLED SHRIMP,
FRIED BASIL LEAFS, BACON, GRILLED PEPPERS

18

VEAL SCALOPPINI

SILKY MASHED POTATOES, CRUSHED ROMA TOMATOES,
BASIL PESTO, SAUTEED BELL PEPPERS

18

TRADITIONAL EGGS BENEDICT

ENGLISH MUFFIN, POACHED EGGS, CANADIAN BACON,
HOLLANDAISE SAUCE, MIXED GREEN SIDE SALAD

14

PROVIMI VEAL LIVER

FIELD MUSHROOMS, SAUTEED ONIONS, PEPPERCORN BRANDY SAUCE,
CRISPY BACON

19

ORGANIC RAISED GRILLED CHICKEN SUPREME

POTATO RAVIOLI, GRILLED ZUCCHINI, RED PEPPERS,

PORTOBELLO MUSHROOM

20

SMOKED MARINATED GRILLED FLINTSTONE STEAK

SWEET POTATO FRIES, WASABI MAYO,

THAI SPICED ASIAN SLAW

20

SUNDAY BRUNCH AVAILABLE FROM 11:00AM –3:00PM

ENJOY A SELECTION OF BREAKFAST AND LUNCH OPTIONS INCLUDING FAVOURITES SUCH AS

HOUSE SPECIALTIES, EGGS BENEDICT OR OUR ANGUS BEEF TENDERLOIN BURGER.