



GF **STEAMED MUSSELS** 13
 {ADD FRIES 4}

ONE POUND OF SUSTAINABLY
 CULTIVATED PEI MUSSELS,
 STEAMED IN YOUR CHOICE OF...

- ☞ white wine broth
- ☞ house tomato sauce
- ☞ roasted garlic cream
- ☞ spicy Asian sauce



STARTERS

Classic Crispy Calamari 14
 Lightly fried and tossed in Old Bay seasoning
 Served with our famous chili-lime mayo and cocktail sauce

Shrimp Spring Rolls 8
 Served on Asian sesame slaw with traditional Vietnamese dipping sauce

Escargots 12
 Sautéed in a rich vermouth and mushroom cream
 Served on a bed of crispy spinach with toasted crostini

Fried Fresh Zucchini Sticks 13
 Cut to order, panko-breaded, and perfectly golden-fried!
 Stacked up tall and served with creamy house garlic dip

Coconut Shrimp 15
 Hand-breaded with toasted coconut and panko
 Served on sesame slaw with curry mayo and sweet Thai dip

Shucked Oysters -GF
 six 12 twelve 22
 Sustainably farmed in Avonlea PEI, shucked to order
 Served on the half-shell with sides of fresh horseradish and hot sauce

Seared Nova Scotia Sea Scallops 19 -GF
 Resting on grilled zucchini planks in a pool of fire-roasted red pepper cream

SALADS

{ ALL DRESSINGS AND INGREDIENTS ARE FRESHLY MADE IN-HOUSE }

SIGNATURE SPINACH SALAD -GF 16

Tender baby spinach, crisp gala apples & dried cranberries drizzled in honey-lime vinaigrette | finished with savoury bacon bits, feta cheese & toasted almonds

Garden Market Salad -GF 9

Fresh spring greens tossed in sweet balsamic vinaigrette topped with crisp cucumbers, ripe tomatoes, julienned carrots & sweet red onion

Classic Caesar Salad 10

Slow cooked bacon bits & buttery herbed croutons tossed with crisp romaine lettuce in creamy garlic Caesar dressing | topped with freshly grated parmesan

Mediterranean Salad -GF 12

Diced red and green bell peppers, feta cheese, Kalamata olives, fresh cucumbers & sliced tomatoes tossed with chopped romaine in a tangy Greek dressing

SOUPS

cup 6, bowl 10

NEW ENGLAND CLAM CHOWDER

Classic, creamy and savoury, brimming with baby clams, diced potato and smoky bacon

MANHATTAN SEAFOOD CHOWDER

Rich tomato cream with fresh crab, red shrimp, baby clams, bacon and diced potato

SOUP OF THE DAY

Ask your server for our talented Chef's creation!

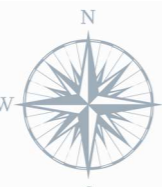
Add on...

SEARED AHI TUNA 12

FRIED CALAMARI 7

3 GRILLED SHRIMP 8

POPCORN SHRIMP 8



ATLANTIC SALMON 9

ROCK LOBSTER TAIL 15

CHICKEN BREAST 8

ZUCCHINI STICKS 7



ALL OF OUR VARIETIES OF WHITE FISH
 ARE WILD-CAUGHT AND SUSTAINABLE

HADDOCK, COD & SOLE 16

PACIFIC HALIBUT {market price}

FIRST MATE'S PLATE 20

Fresh Atlantic salmon, Bay of Fundy haddock and wild cod



BEER BATTERED FISH & SEAFOOD

SERVED WITH FRESH
 CUT FRIES, HOUSE TARTAR
 SAUCE & COLESLAW



WILD PINK SHRIMP 20

Large and plump pink shrimp served with zesty seafood sauce and our famous chili-lime mayo

DIGBY SEA SCALLOPS 22

Sweet Nova Scotia scallops served with zesty seafood sauce and chili-lime mayo

PORT SIDE PLATTER 23

Crispy calamari, wild pink shrimp and Nova Scotia sea scallops served with seafood sauce and our famous chili-lime mayo

FISH TACOS

blackened, grilled, or fried

AHI TUNA 19

HADDOCK 16

ATLANTIC SALMON 18

POPCORN SHRIMP 15

(deep-fried only)

Two tacos served in grilled tortillas with freshly-made tomato salsa, shredded lettuce, sweet red onion and our famous chili-lime mayo

CASUAL FARE

Cape Codder 17

Crispy-fried wild cod on a toasted roll topped with our creamy coleslaw, ripe sliced tomatoes & house tartar sauce served with fresh-cut fries

Maritime Seafood Roll 19

Fresh blue crab, wild red shrimp & sea scallops, tossed with surimi crab, finely diced red pepper, crisp celery and onion in mayonnaise | served on a soft roll with fresh-cut fries

Captain Chris's Beef Burger 16

Handmade beef patty grilled to juicy perfection & topped with the works | served on a Kaiser with fresh-cut fries & coleslaw

Blackened Salmon Burger 18

Blackened Atlantic salmon on a Kaiser with lettuce, tomato, red onion & chili-lime mayo Served with fresh-cut fries & coleslaw

Basque Stew 18

Sea-caught white fish simmered in a spicy rosé broth with diced potatoes, pan-roasted bell peppers, mushrooms, and rosemary | served with garlic crostini

Seafood Stew 20

Rich and creamy stew packed with plump PEI mussels, baby clams, wild red shrimp, scallops, fresh crab, & slow cooked potatoes, carrots, & celery Served with garlic crostini

ENTRÉES

{SERVED WITH CHEF'S VEGETABLES AND CHOICE OF RICE PILAF, ROASTED POTATOES, FRESH-CUT FRIES, OR SWEET POTATO FRIES}

Trout Almandine 23

Fresh Manitoulin organic rainbow trout, pan-roasted with white wine, amaretto glaze and sprinkled with toasted almonds

Sesame Salmon 25

Sesame-breaded fillet of fresh, BAP certified Atlantic salmon, served drizzled in our savoury orange cream reduction {Try our sesame crust for a lighter alternative - GF}

Caribbean Rock Lobster Tails 32 -GF

Two tender 4oz Caribbean rock lobster tails, flame-grilled and generously brushed with garlic butter

Wild Pacific Salmon 25

Pan-roasted sustainable Pacific salmon served in a fresh crab and asparagus cream sauce

Haddock Florentine 25 -GF

Flaky Bay of Fundy haddock stuffed with garlic spinach and roasted mushrooms | baked with freshly grated parmesan and smothered in lemon white wine cream

Ahi Tuna 29 -GF

Yellow Fin Tuna sashimi lightly seared and fanned over crisp greens | topped with fresh tomato salsa and a dollop of wasabi mayo

Wild Pacific Halibut {market price} -GF

Flame-grilled fillet of sustainable Pacific halibut | this premium white fish has a sweet, delicate flavour that speaks for itself!

Nova Scotia Sea Scallops 32 -GF

Succulent Digby sea scallops browned to perfection and served in a simple parsley and lemon butter

Live East Cost Lobster {market price} -GF

1 ¼ lb deep sea P.E.I. lobster, freshly steamed and served with drawn garlic butter and creamy coleslaw {add an extra 1/4lb \$6}



PASTAS

PESCATORE 22 -GF

Steamed fresh mussels, sea scallops, and wild red shrimp, tossed together in a rich rosé sauce with linguine al dente

LAPOINTE'S LINGUINE 23 -GF

Linguine tossed generously in fresh-to-order mushroom alfredo, topped with your choice of wild pink shrimp or sea scallops GRILLED, BLACKENED, OR SEARED

BLACKENED CHICKEN & SHRIMP 23 -GF

Penne tossed in a creamy tomato sauce, topped with Cajun blackened chicken and wild pink shrimp, fresh salsa and scallions

CHICKEN PARMESAN 23

Hand-breaded chicken breast smothered in house tomato sauce and baked with mozzarella and parmesan cheeses. Served with linguine tossed in your choice of fresh alfredo or tomato sauce

BAKED SEAFOOD PENNE 24 -GF

Nova Scotia sea scallops, fresh blue crab, red shrimp, and asparagus tossed in a creamy rosé with penne. Baked with mozzarella and freshly grated parmesan

PRIMAVERA 18 -GF

Fresh mushrooms, zucchini, red and green bell peppers, and sweet onion, sautéed with garlic and tossed with linguini in your choice of creamy alfredo or house tomato sauce

{GLUTEN FREE PASTA \$3}

Have your fish or seafood

GRILLED, BLACKENED, PAN-FRIED, STEAMED
 or BAKED instead, just ask your server!

PLEASE NOTIFY YOUR SERVER OF ANY FOOD
 ALLERGIES AT THE TIME OF ORDERING

...EXTRAS

COD | HADDOCK | SOLE \$6/3oz

SEA SCALLOP \$3.50/ea

WILD PINK SHRIMP \$3/ea

FRESH OYSTER \$2/ea

— SUBSTITUTE FOR FRIES —
 market salad \$2.50 | Caesar salad \$3 | Mediterranean salad \$3.50 | Chef's vegetables \$3 | sweet potato fries \$3