

# Main Street ..... *Café* .....

*Casual Food with a Professional Touch*

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## LUNCH

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## ..... *Signature Soups, Chowders & Salads* .....

### ***daily feature soup***

Prepared fresh daily with the finest ingredients  
cup \$3 / crock \$5

### ***seafood chowder***

Loaded with haddock, salmon, shrimp  
and scallops finished with roasted  
red peppers and fresh cream  
cup \$5 / crock \$7

### ***backyard garden salad***

Fresh baby greens tossed with  
crisp garden vegetables  
\$7 / tapas \$4

### ***vegetable minestrone***

Our unique version of the classic Italian staple  
cup \$4 / crock \$6

### ***classic caesar salad***

Crisp romaine, chopped bacon, oven-baked  
croutons and parmesan cheese tossed  
with a creamy garlic dressing  
\$7 / tapas \$4

### ***greek salad***

Tossed in a zesty lemon oregano dressing  
and topped with crumbled feta cheese  
\$9 / tapas \$5

### ***maple spinach salad***

Baby spinach, mandarin oranges, bacon, red onion, mushroom  
and chopped egg tossed in a maple cream dressing  
\$8 / tapas \$5

*Add a grilled chicken breast to any salad for \$4*

*Or top your salad with garlic sautéed lobster, shrimp or scallops for \$6*

## ..... *Apps & Sides* .....

### ***bruschetta***

Marinated tomatoes, basil and parmesan cheese,  
served with a warm garlic baguette  
\$10 / tapas \$6

### ***garlic cheese loaf***

Garlic baguette, topped with cheese and baked  
to perfection \$7

### ***mussels***

A full pound of blue mussels, steamed in white  
wine, garlic and tomato basil broth  
\$8 / tapas \$5

### ***calamari***

Lightly breaded, fried and served with our  
pickled ginger and wasabi dipping sauce  
\$10 / tapas \$6

### ***lobster & crab dip***

Piping hot cream cheese with lobster, sweet crab  
and baby spinach served with oven baked flat bread  
\$11 / tapas \$6

### ***chicken wings***

Your choice of medium, hot, honey garlic  
or spicy sauce  
half dozen \$8 / dozen \$14

### ***sweet potato fries***

With curried mayo or smoked jalapeno bistro sauce  
\$6

### ***kettle chips***

With curried mayo or smoked jalapeno bistro sauce  
\$6

### ***cracked pepper onion rings***

With curried mayo or smoked jalapeno bistro sauce  
\$6

## *Sandwiches, Wraps & Grills*

### ***chicken club***

Grilled chicken breast, lettuce, tomato, bacon and cheese stacked high on toasted bread of your choice with chipotle pepper mayo **\$11**

### ***mediterranean chicken salad***

Marinated chicken mixed with onions, olives, peppers, feta cheese and fresh oregano **\$10.25**

### ***grilled ham & cheese***

Black forest ham and swiss cheese grilled on your choice of bread and topped with fresh lettuce and tomato **\$10.25**

### ***grilled chicken quesadilla***

Chicken breast, sautéed peppers, onions, tomatoes and a three cheese blend wrapped with a tomato basil tortilla and served with sour cream salsa **\$11**

### ***summer vegetable crunch wrap***

Garden fresh vegetables drizzled with red pepper mayo and wrapped in a tomato basil tortilla **\$10.25**

### ***roasted vegetable tuna***

Lime scented and tossed with fresh cilantro and chipotle pepper mayo **\$10**

### ***steak sandwich***

A 6oz top sirloin charbroiled on a toasted baguette topped with garlic fried mushrooms and cracked pepper onion rings **\$14.25**

### ***smoked meat***

Piled high on multigrain rye, drizzled with dijon mustard and topped with red onion and swiss cheese **\$10.50**

## *Main Street Features*

### ***atlantic lobster roll***

A generous serving of fresh atlantic lobster mixed with shredded lettuce, green onion and a lemon scented mayo **\$14**

### ***salt cod fish cakes***

Pan-fried and served with our house-made tomato caper chow and a side salad of your choice **\$11.50**

## *Best of the Rest*

### ***greek pasta***

Penne pasta tossed in a sun-dried tomato, olive and balsamic pesto with bell peppers, red onion and cherry tomatoes topped with fresh oregano and crumbled feta **\$14.50**

### ***chicken & veg alfredo***

Grilled chicken, broccoli, roasted mushroom, red onion and fettuccine tossed in a garlic parmesan cream sauce **\$16**

### ***maple scented salmon salad***

Warm maple marinated salmon served on a bed of baby greens tossed with sundried cranberries, red onion, mandarin oranges, pecans and a sweet onion vinegarete **\$16**

### ***fish & chips***

Two piece battered haddock and golden fries served with tartar sauce and creamy coleslaw **\$12**

### ***chicken & shrimp spiedini citrus salad***

Cajun chicken & shrimp skewers grilled and served on a tossed salad with toasted almonds, green onions, orange & grapefruit segments **\$15**

### ***the classic burger***

A half pound chopped chuck patty topped with bacon and cheddar served on a toasted kaiser with all the fixings **\$10.50**

### ***pineapple curry chicken pizza***

Baked flatbread with a mild pineapple curry sauce and topped with tandoori chicken, bell peppers, red onion and mozza cheese served with your choice of starter salad **\$14**

### ***asian toss***

Fresh vegetables sautéed with your choice of spicy thai, teriyaki or coconut curry sauce and served on steamed rice or rice noodles **\$11**

*Make it a chicken, beef or shrimp toss for just \$3*

## Non-alcoholic Beverages

chilled juice or milk \$3

chocolate milk \$3

hot chocolate \$3

soft drink \$2

freshly brewed coffee or tea \$2

herbal tea \$2

## Beer

domestic bottle \$4.50

premium bottle \$5.50

draught on tap

small / large / pitcher \$4 / 5 / 14

## Wines by the Glass

### whites

jost l'acadie chardonnay, nova scotia \$6

frontera sauvignon blanc, chile \$7

lindemans cawarra semillion chardonnay,  
australia \$8

copper moon pinot grigio, canada \$7

### reds

jost cabernet foch, nova scotia \$6

frontera cabernet sauvignon merlot, chile \$7

lindemans cawarra shiraz cabernet,  
australia \$8

little penguin merlot, australia \$8

Please ask your server for our list  
of wines by the bottle

## Cocktails

We will prepare your favourite, ask your server \$6

## Liquors

bar brand liquors \$4.50

premium liquors \$5.50

## Scotches & Cognacs

johnny walker red, j&b rare, chivas regal,  
courvoisier • 1oz \$6

glenlivet, glenfiddich • 1oz \$7

talisker, glenkinchie • 1oz \$8

glen breton single malt, lagavulin • 1oz \$9

liqueurs • 1oz \$4.50

premium liqueurs • 1oz \$6

## Coolers & Shooters

We offer a variety of coolers and we will prepare  
your favourite shooter \$5.50

## Desserts

### maple pecan bread pudding

Served warm and drizzled with crème anglaise  
and caramel sauce \$6 / teaser \$4

### cheesecake of the day

Oven baked and served with fresh  
whipped cream and topping \$6

### wild blueberry buckle

Topped with whipped cream and a wild  
blueberry compote \$6 / teaser \$4

### crème brulee

Ask your server for today's flavour \$5

### chocolate brownie sundae

Rich double chocolate brownie served along side  
french vanilla ice cream and topped with warm  
chocolate sauce, whipped cream and cherry \$6

Please ask about our daily dessert feature  
and our freshly baked pie-of-the-day



Main Street  
Café

