

EST'D

# ANCHOR & ORE

2019

## LUNCH MENU

### START HERE

#### SOUP OF THE DAY

chef's homemade soup served with bread rolls  
Add on: Caesar or House Salad +8

#### FARM FRESH SALAD WITH PICKLED EGGS V|D|G

beet brined eggs, heritage lettuce, beetroot, grilled  
artisan bread, cherry tomato, mustard mayo dressing

#### A&O VEGAN SUPER FOOD SALAD VG|GF

fresh kale, mixed greens, chickpeas, edamame, cherry  
tomato, carrot, beetroot, avocado, blueberry, pumpkin seeds,  
orange ginger dressing

#### CAESAR SALAD G|D|F

romaine hearts, lemon, garlic croutons, parmesan cheese,  
smoked bacon, Caesar dressing

#### BEEF & CARAMELIZED ONION FLATBREAD D|G

shredded beef chuck, garlic cream sauce, caramelized  
onions, shredded cheese blend, roasted red peppers,  
balsamic glaze

#### THUNDER FRIED CHICKEN Halal\* D|G

honey dill sauce, tangy coleslaw

#### CHICKEN WINGS (10 pcs) D|G

tossed with your choice of sauce, carrot sticks and ranch  
dressing

Choice of sauce: BBQ; buffalo; honey garlic; salt & pepper

Enhance Your Starters: shrimp 4 oz SF +10;

chicken breast 6 oz DF|GF +8; falafel 3 pcs V|D|G +6

### BIG PLATE

- 12 **A&O FISH AND CHIPS** F|D|G  
Sleeping Giant Skull Rock battered haddock, coleslaw, lemon, homemade  
tartar sauce, thick cut fries

- 19 **NORTH SHORE CHICKEN PASTA** D|G  
Big Lake casarecce, grilled chicken breast, parmesan cream pesto sauce,  
mixed peppers

22

### DESSERTS

- 19 **NEW YORK CHEESECAKE** N|D|G  
served with toffee sauce

- CLASSIC TIRAMISU** N|D|G  
served with rich chocolate espresso sauce

- 24 **VEGAN CHOCOLATE CAKE** VG|GF  
served with mixed berry compote

24

22

### HANDHELDS

- 28 All handhelds are served with choice of thick cut fries or house  
salad

- A&O BURGER** D|G 25

- 32 local prime rib beef patty, caramelized mushrooms, smoked  
Thunder Oak Gouda, cabbage slaw, crispy jalapeno popper,  
A&O signature sauce, sesame brioche bun

- VEGETARIAN BLACK BEAN BURGER** V|D|G 22

- double bean patties, cabbage slaw, lettuce, tomato,  
Thunder Oak Gouda, A&O signature sauce, sesame brioche bun

- 16 **HOUSE CLUB SANDWICH** D|G 24

- whole grain bread, crispy bacon, smoked turkey, tomato,  
lettuce, Thunder Oak Gouda cheese, signature A&O house sauce

- 16 **FISH TACO** F|D|G 24

- 14 beer battered pickerel, soft tortilla, coleslaw, pico de gallo,  
chipotle aioli

#### ALLERGENS :

GF - gluten free / DF - dairy free / VG - vegan / V - vegetarian / F - contains fish / SF - seafood / G - contains gluten / D - contains dairy / N - contains nuts

IF YOU HAVE ANY CONCERNS ABOUT FOOD ALLERGIES, PLEASE ALERT YOUR SERVER PRIOR TO ORDERING. CONSUMING RAW OR UNDERCOOKED MEAT, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY  
INCREASE YOUR RISK OF FOOD BORNE ILLNESS.

TAXES & GRATUITIES ARE NOT INCLUDED.

15% GRATUITY WILL BE ADDED TO A GROUP OF 8 OR MORE.