

APPS & SHAREABLES

Kettle Chips & Dip 11
Thinly sliced and fried PEI potatoes with Cajun seasoning, served with roasted bell pepper dip.

Cheese Rolls 16
Crispy halloumi and mozzarella rolls, served with sweet chili dipping sauce.

Hummus 16
Creamy hummus, falafel bites, dill tzatziki, olive oil, served with naan bread.

Wild Mushroom Tart 17
Golden puff pastry, mushrooms, caramelized onions, thyme, goat cheese, balsamic glaze.

Calamari 19
Crispy calamari and fried jalapeños, served with tartar sauce.

Chicken Wings 18
Crispy breaded chicken wings. Choice of Korean BBQ, spicy buffalo, salt & pepper, or blue cheese.

Nachos 22
Tortilla chips, cheddar, Monterey jack, corn & black bean salsa, banana peppers, served with sour cream and salsa. Add guac 5, chicken 7, or taco beef 5.

PEI Crab Dip 22
PEI rock crab, shallots, cream cheese, parmesan, served with crisps.

Island Mussels 22
1 lb of PEI blue mussels, white wine, garlic butter, served with a grilled baguette.

Smoked Salmon Board 28
Maple-cured applewood-smoked salmon, lemon & dill crème fraîche, shallots, mustard pickles, served with house focaccia.

SOUPS & SALADS

Caesar Salad 16
Romaine, pork belly lardons, ciabatta croutons, parmesan, house made Caesar dressing.

Beet Salad 17
Roasted beets, baby spinach, honey crisp apple, goat cheese, pepitas, pecans, balsamic vinaigrette.

Greek Salad 17
Romaine, tomato, cucumber, bell pepper, Spanish onion, feta cheese, olive oil, lemon juice, oregano.

Add chicken 7, add salmon 15.

Seafood Chowder 22
Creamy broth, haddock, shrimp, scallops, mussels, served with a toasted bun.

Smoked Tomato Bisque 13
House-smoked tomato, cream, served with a mini grilled cheese sandwich.

Classic Beef & Barley Soup 14
Chuck roast, barley, carrots, onions, celery, tomato, served with a toasted bun.

ENTRÉES

Seared Atlantic Salmon 34
Seared Atlantic salmon, roasted rosemary baby red potatoes, asparagus, herb supreme sauce.

Herb-Crusted Atlantic Halibut 44
Herb-crusted Atlantic halibut, PEI mussels, warm potato salad, asparagus, Thai lobster bisque.

Chicken Marsala 29
Chicken breast, fresh mozzarella, tomato pesto, boulangère potato, marsala mushroom sauce.

Island Ribeye 52
12 oz PEI ribeye, creamy mashed potatoes, buttered vegetables, red wine bone marrow jus.

Osso Buco Rigatoni 36
Slow-braised veal shank, rigatoni, tomato and red wine jus, parmesan, gremolata.

Mediterranean Platter 27
Marinated chicken skewers, Lebanese rice, hummus, pita, garlic sauce, feta green salad.

Atlantic Fish & Chips 23
7 oz. beer battered Atlantic haddock, house tartar sauce, served with fries and coleslaw. Add an extra piece of fish for 16.

HANDHELDS

All handhelds are served with fries or a garden salad. Upgrade to sweet potato fries, Caesar salad, or Greek salad for 4.

Island Smash Burger 22
6 oz of PEI beef, bacon, smoked cheddar, lettuce, pickles, caramelized onion, house aioli, brioche bun.

Buttermilk Fried Chicken Burger 22
Crispy fried chicken breast, lettuce, pickles, tomato, maple chipotle mayo, brioche bun.

Baha Fish Tacos 20
Beer battered Atlantic haddock, cabbage slaw, chipotle lime crema, corn, avocado, Tajin.

Baha Cauliflower Tacos 19
Crispy fried cauliflower, cabbage slaw, chipotle lime crema, corn, avocado, Tajin.

Avocado Grilled Chicken Sandwich 23
Grilled marinated chicken, avocado, Swiss cheese, green goddess spread, lettuce, charred tomato, pickles, rye bread.

DESSERTS

Apple Crumble 10
With COWS vanilla ice cream.

COWS Ice Cream Sundae 10
Two scoops of COWS ice cream, chocolate sauce, caramel sauce or strawberry coulis, whipped cream.

Crème Brûlée 11
With fresh berries.

Black Forest Cake 12
With whipped cream, macerated cherries.