



**FRESH INSPIRED**  
**LIGHTER FARE**

ONION & GARRISON ALE SOUP.....\$10  
Grilled Sourdough | Mushrooms | Swiss Cheese  
Gratinée

SOUTH SHORE SEAFOOD CHOWDER **gf**  
Creamy Broth | Haddock | Lobster | Shrimp |  
Scallops Bowl.....\$14  
Cup.....\$9

HOUSE MADE GUACAMOLE **v** **gf**.....\$10  
Avocado | Cilantro | Lime | Tomato | Jalapeño |  
Fresh Tortilla Chips

ROASTED PEAR SALAD.....\$12  
Seasonal Petite Greens | Urban Blue Cheese |  
Candied Pecans | Prosciutto Crisps |  
Honey Balsamic Vinaigrette

LAKE CITY CAESAR.....\$11  
Romaine | Bacon | Herb Focaccia Croutons |  
Parmigiana | Creamy House Dressing

SPICY LENTIL DAHL **v** **gf**.....\$11  
Coconut Curry Lentil Stew | Spiced Basmati Rice

CURRY CHICKPEA BOWL **v**.....\$11  
Warm Chickpeas | Warm Quinoa | Cilantro |  
Carrot | Baby Spinach | Red Cabbage | Raisins |  
Toasted Almonds | Curry Mango Yogurt  
Dressing

**SIMPLY DELICIOUS**

**PIZZA**

7" ....\$12

12" .... \$22

10.5" GLUTEN FREE.... \$16

**FOUR CHEESE**

Parmigiano | Mozzarella | Feta |  
Two Year Aged Cheddar |  
Chili Flakes | Chili Oil

**ITALIAN DELI**

Bacon | Salami | Pepperoni | Marinara |  
Mozzarella | Parmigiano

**VEGETARIAN [v]**

Caramelized Onion | Roasted Peppers |  
Roasted Mushrooms | Artichokes |  
Arugula | Marinara | Pesto

**ROAST CHICKEN**

Mozzarella | Roast Tomatoes | Goat Cheese |  
Cilantro | Marinara | Balsamic Glaze Drizzle

**LOCAL GRILL FAVOURITES**

**LARGE PLATES**

SERVED WITH HAND CUT FRIES | COLESLAW  
SUBSTITUTE SWEET POTATO FRIES OR CAESAR SALAD FOR \$2.50

THE BANOOK BURGER.....\$17  
6oz Local Grass Fed Beef | Aged Cheddar |  
Bacon | Caramelized Onions | Mushrooms |  
Chipotle Mayo | Lettuce | Tomato | Pickle

LUNENBURG FISH & CHIPS.....\$14  
Amber Ale Battered Atlantic Haddock | Lemon |  
House Tartar Sauce | Coleslaw

LAKE CITY TURKEY CLUB.....\$14  
Aged Cheddar | Lettuce | Tomato | Pesto Mayo |  
Bacon | White Focaccia OR Nine Grain Ciabatta

EASTERN SHORE LOBSTER ROLL.....\$21  
Lemon Mayonnaise | Sea Salt |  
Toasted Split Roll

**SNACK · STARTER · SHARING**

**SMALL PLATES**

ROASTED CHICKEN WINGS.....\$15  
Choice of Asian Ginger-Garlic Glaze |  
Memphis Dry Rub | Buffalo with Blue Cheese Dip |  
Sweet Thai Chili Glaze

LOCAL OYSTERS [per].....\$2<sup>95</sup>  
Lemon | Hot Sauce | Herb Mignonette

STEAMED PEI MUSSELS.....\$11  
Tidal Bay Wine | Garlic | Butter | Herbs

WILD MUSHROOM QUESADILLA **v**.....\$12  
Roast Tomato | Smoked Gouda Cheese

FRITES & AIOLI **v**.....\$8

HOT BAJA BEEF QUESO DIP **gf**.....\$14  
Layered with Cheese & Pico de Gallo |  
With Spiced Corn Tortilla Chips

NACHOS **v** **gf**.....\$14  
Fresh Corn Tortillas | Cheddar & Monterey Jack |  
Caramelized Onions | Tomatoes | Olives |  
Banana Peppers | Salsa | Sour Cream  
ADD ON: Guacamole \$3 | Chicken \$4

**MAKE IT A MEAL**

**TOPPINGS**

ADD PROTEIN TO ANY SALAD OR BOWL

Add Char-Grilled Chicken.....\$6  
Add 5oz Black Angus Striploin.....\$12

**HOUSE SPECIALTIES**

**MAIN PLATES**

MISO & GARLIC GLAZED SALMON..\$27  
Panko Crusted Sushi Rice Cake | Mango Slaw |  
Citrus-Ginger Beurre Blanc

PAN SEARED HALIBUT.....\$35  
Tarragon-Dill Chimichurri Glaze | Roast Asparagus  
| Buttery Lobster Smashed Nugget Potatoes

PAN FRIED DIGBY SCALLOPS.....\$32  
Lemon Linguine | Avocado-Basil Pesto |  
Parmigiano Cheese

CHAR-GRILLED CHICKEN SATAY.....\$25  
Thai Peanut Sauce | Cucumber Lychee Salad |  
Spiced Basmati Rice

PAN SEARED, FRENCHED PORK CHOP..\$24  
Chorizo Stuffed | Maple Bourbon Apple-Onion Jam |  
Garlic Mashed Potato

FIVE CHEESE RAVIOLI.....\$19  
Tomato-Vodka Cream Sauce | Ricotta | Parmesan |  
Emmenthal | Romano | Fontina | Pesto Drizzle

BLACK ANGUS STRIPLOIN [10 oz].....\$37  
Herb Roasted Nugget Potatoes | Market Vegetables |  
Forest Mushroom Jus or Béarnaise Sauce

**REFRESH AND RECHARGE**

**BEVERAGES**

JUICE.....\$3  
Apple | Cranberry | Orange | Tomato

FOUNTAIN SOFT DRINK.....\$2<sup>79</sup>  
Ginger Ale | Root Beer | Pepsi | Diet Pepsi |  
7up

STARBUCKS® COFFEE Regular | Decaffeinated  
[CUP].....\$2<sup>50</sup>  
[SMALL POT].....\$10  
[LARGE POT].....\$18

TEAVANA® TEA.....\$2<sup>25</sup>

MILK.....\$3  
Skim | 2% | Chocolate

ESPRESSO.....\$3

CAPPUCCINO.....\$4<sup>25</sup>

LATTE.....\$4<sup>50</sup>

HOT CHOCOLATE.....\$3<sup>75</sup>