



FRESH INSPIRED  
**LIGHTER FARE**

ADD CHAR-GRILLED CHICKEN FOR \$6

- SOUTH SHORE SEAFOOD CHOWDER **gf**  
Creamy Broth | Haddock | Lobster | Shrimp | Scallops  
Bowl.....\$14  
Cup.....\$9
- ONION & GARRISON ALE SOUP .....\$10  
Grilled Sourdough | Mushrooms | Swiss Cheese Gratinée
- LAKE CITY CAESAR.....\$11  
Romaine | Parmigiana | Herb Focaccia Croutons |  
Creamy House Dressing | Bacon
- SPICY LENTIL DAHL **v** **gf** .....\$11  
Coconut Curry Lentil Stew | Spiced Basmati Rice
- HOUSE MADE GUACAMOLE **v** **gf** .....\$10  
Avocado | Cilantro | Lime | Tomato | Jalapeño |  
Corn Tortilla Chips
- PAD THAI NOODLE STIR FRY **gf** .....\$12  
Sweet Sriracha Soy Glaze | Peppers | Bean Sprouts |  
Cilantro | Scallions | Peanuts | Lime  
**Add on: Chicken \$4 | Shrimp \$7**
- PAN SEARED HADDOCK .....\$13  
Tarragon-Dill Chimichurri Glaze | Nugget Potatoes |  
Asparagus
- WARM CURRY CHICKPEA BOWL **v** .....\$11  
Warm Quinoa | Red Cabbage | Raisins | Cilantro |  
Toasted Almond | Spinach | Carrot | Curry Mango  
Yogurt Dressing

REFRESH AND RECHARGE  
**BEVERAGES**

- JUICE.....\$3  
Apple | Cranberry | Orange | Tomato
- MILK.....\$3  
Skim | 2% | Chocolate
- FOUNTAIN SOFT DRINK.....\$2.79  
Ginger Ale | Root Beer | Pepsi | Diet Pepsi | 7up
- TEAVANA® TEA.....\$2.25
- STARBUCKS® COFFEE (Regular OR Decaffeinated)  
[CUP].....\$2.50  
[SMALL POT].....\$10  
[LARGE POT].....\$18
- ESPRESSO.....\$3  
CAPPUCCINO.....\$4.25  
LATTE.....\$4.50  
HOT CHOCOLATE.....\$3.75

LOCAL GRILL FAVOURITES

**LUNCH PLATES**

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

- FISH TACO WRAP.....\$13  
Blackened Haddock | Grilled Pineapple Salsa |  
Hot Sauce | Cilantro Lime Slaw | Salad Greens
- LAKE CITY TURKEY CLUB.....\$14  
Aged Cheddar | Lettuce | Tomato | Bacon | Pesto Mayo |  
White Focaccia OR Nine Grain Ciabatta  
**Half Order \$9.50**
- GRILLED CUBANO SANDWICH.....\$14  
Ham | Porchetta | Salami | Swiss Cheese | Mustard |  
Kosher Dill Pickle | Mayo | Herb Bread
- LUNENBURG FISH & CHIPS.....\$14  
Amber Ale Battered Atlantic Haddock | Lemon |  
House Tartar Sauce | Coleslaw  
**Half Order \$9.50**
- THE BANOOK BURGER.....\$14  
5oz Local Grass Fed Beef | Aged Cheddar | Bacon |  
Caramelized Onions | Mushrooms | Chipotle Mayo |  
Lettuce | Tomato | Pickle
- EASTERN SHORE LOBSTER ROLL.....\$21  
Lemon Mayonnaise | Sea Salt | Toasted Brioche Roll
- TUNA POKE BOWL.....\$16  
Sesame-Ginger Ocean Wise Yellowfin Tuna | Avocado |  
Cilantro | Edamame | Corn | Wasabi-Avocado Cream |  
Black Beans | Lavash | Quinoa & Ancient Grains
- SOUTHWESTERN CILANTRO LIME SALAD.....\$17  
Spring Mix Greens | Romaine | Corn | Black Beans |  
Edamame | Sweet Peppers | Tortilla Crisps  
**Choice of Char-Grilled Shrimp, Chicken Breast or  
Beef Sirloin Steak**
- SANTA FE ZUCCHINI NOODLES .....\$13  
Pepper Seared Chicken | Fresh Salsa Cream | Cilantro |  
Garden Fresh Zucchini Sliced a la Linguini

