

HARBOUR CITY

B A R & G R I L L

BREAKFAST MENU

buffet

Daily Breakfast Buffet

Featuring scrambled eggs, bacon and sausage, hash browns, fresh baked pastries, individual yogurt, fresh fruit, a toast station and either waffles, pancakes or french toast | **20**

plates

Farmers Breakfast

Two farm fresh eggs any style, choice of bacon, sausage, or ham, hash browns, and toast | **18**

Continental Breakfast

Yogurt, fresh cut fruit, your choice of any two danish, muffin, croissant or toast, or one bagel with cream cheese | **15**

Eggs Benedict

Two poached farm fresh eggs, peameal bacon, fresh citrus hollandaise, hash browns | **17**
Atlantic smoked salmon instead of bacon | **22**

Breakfast Wrap

Scrambled eggs, Colby cheese, mushroom, peppers, caramelized onions, spinach, and Pico de Gallo wrapped in a crisp tortilla shell and served with hash browns | **16**

Cinnamon Roll Pancakes

Brown sugar and cinnamon swirled buttermilk pancakes, cream cheese frosting, served with bacon, ham or sausage | **16**

Three Egg Omelette

Served with mushrooms, caramelized onions, ham, Colby cheese and hash browns | **16**

Lox 'n Bagel

Local Atlantic smoked salmon, red onions, capers, cream cheese, toasted bagel and fresh fruit cup | **20**

healthy start

PB&J Smoothie Blueberries, peanut butter, banana, honey, orange juice, yogurt | **7**

Caramel Apple Oatmeal Oats, brown sugar, caramel apple compote | **9**

Yogurt Parfait Fresh cut melon + seasonal berries, honey, Greek yogurt, granola | **9**

small bites

Side of Bacon (3) or Sausage (2) or Ham (2) | **4**

Bagel with Cream Cheese | **5**

Plain Greek Yogurt | **3.25**

Hot Oatmeal | **6**

Cold Cereal | **3.50**

Side of Cheese | **5**

Muffin, Croissant or Toast | **3**

Fresh Fruit Salad | **6.50**

Beverages

Starbucks® Coffee or Tazo® Teas | **3.75**

Hot chocolate | **3**

Orange, apple or cranberry juice | **3.50**

Milk | **3.50**

Iced Coffee

Starbucks® Iced Coffee | **3.50**

Peanut Butter Vanilla | **4.50**

Salted Butterscotch | **4.50**

Coconut Chocolate | **4.50**

kids*

One Egg any style with choice of bacon, sausage or ham | **8**

Pancakes with syrup and choice of bacon, sausage or ham | **8**

French Toast with syrup and choice of bacon, sausage or ham | **8**

Cold Cereal and Milk with individual fruit yogurt and toast | **8**

All above include orange, apple, cranberry juice or milk

*Kids menu only available for kids under 12

*Kids 6 years and under eat free, children 7-12 years entitled to ½ price

*Valid for up to 2 kids per 1 adult entree

please always inform us of any allergies or food sensitivities

consuming raw or uncooked meats, seafood, shellfish or eggs may increase your risk of food born illness

HARBOUR CITY

BAR & GRILL

DINNER MENU

START + SHARE

LOCAL MUSSELS | 13

CHOOSE FROM: THAI COCONUT BROTH, ROASTED RED PEPPER, WHITE WINE GARLIC, GARRISON BEER + BACON

OYSTERS ON THE HALF SHELL | 15

4 LOCAL OYSTERS WITH RUDY'S LOCAL HOT SAUCES **ADDITIONAL OYSTER | 4 EACH**

CALAMARI | 14

HAND TOSSED FRIED SQUID + RAITA DIP

CRISPY FRIED WINGS | POUND 16

CHOOSE FROM: BBQ, MILD, HOT, SWEET CHILI, OR HONEY GARLIC SAUCES TOSSED OR ON THE SIDE

HARBOUR CITY CHEESE NACHOS | 15

FRESH FRIED TORTILLA CHIPS WITH LAYERED CHEESE + PICO DE GALLO SERVED WITH SOUR CREAM AND SALSA

ADD LOCAL GROUND BEEF | 5 GRILLED CHICKEN | 5 FRESH GUACAMOLE | 4

LOADED BAKED POTATO DIP | 15

RANCH FLAVORED CREAM CHEESE DIP, TOPPED WITH BACON, GREEN ONION, AND CHEESE, SERVED WITH HOUSE CHIPS

SALAD + SOUP

KALE SALAD | 12

CANDIED PECANS, APPLE, GOAT CHEESE, RADISH, HEIRLOOM GRAPE TOMATOES + WHITE BALSAMIC DRESSING

CAESAR SALAD | 12 or MAKE IT KALE | 12

CRISP ROMAINE, HOUSE DRESSING, CROUTONS, CRISPY SMOKED BACON, PARMESAN CHEESE, LEMON GARNISH

SEAFOOD CHOWDER | 16

OUR HOUSE SPECIAL, FEATURING SMOKED BACON, BAY SCALLOPS, COLDWATER SHRIMP, HADDOCK

CHEF'S DAILY SOUP | 9

ASK YOUR SERVER ABOUT TODAY'S CHEF-INSPIRED SOUP CREATION



VEGETARIAN



GLUTEN FREE



DAIRY FREE



NUT FREE

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BAR & GRILL

CASUAL FARE

INCLUDES YOUR CHOICE OF CAESAR SALAD, KALE SALAD, HAND-CUT FRITES OR HOUSE CHIPS
UPGRADE YOUR SIDE BATTERED RED ONION RINGS | 4 OR SEAFOOD CHOWDER | 5

TEMPURA SHRIMP TACOS | 19

3 OPEN-FACE SOFT SHELL TACOS, NORI PICO DE GALLO + LEMONGRASS MISO AIOLI

HARBOUR CITY BURGER | 18

OULTON'S FARM LOCAL BEEF PATTY, SMOKED CHEDDAR, GARLIC AIOLI, BACON JAM, ARUGULA + HALLAH BUN

TANDOORI CHICKEN NAAN WRAP | 18

HOUSE MARINATED CHICKEN THIGH, ROMAINE, TOMATO, CILANTRO + MASALA CITRUS AIOLI

FISH N' CHIPS | 18

LOCAL CRAFT BEER BATTER FRESH NOVA SCOTIAN HADDOCK, HAND-CUT FRITES, COLESLAW + TARTAR

HARBOUR CITY BEEF MELT | 20

SHAVED RIBEYE BEEF, SWISS CHEESE, ARUGULA, DIJONNAISE, CRISPY FRIED ONIONS ON GRILLED CIABATTA LOAF

ALLERGEN-FRIENDLY MENU SELECTIONS

CAN BE MADE WITH OMISSIONS OR SUBSTITUTIONS

MUSSELS  

CAESAR SALAD 

KALE CAESAR SALAD 

HARBOUR CITY BURGER  

TANDOORI CHICKEN WRAP 

HARBOUR CITY BEEF MELT 

ALOO GOBI  

HARBOUR CITY

BAR & GRILL

GLOBALLY INSPIRED CUISINE

ALOO GOBI | 22 

CAULIFLOWER CURRY SERVED WITH COCONUT RICE AND GRILLED NAAN

PAD THAI | 23  

TRADITIONAL STYLE, WITH HOUSEMADE PEANUT SAUCE, TOFU + RICE NOODLES

ADD GRILLED CHICKEN | 5 3 GRILLED SHRIMP | 6 FULLY LOADED | 12

GARDEN POKE | 24   

SLOW ROASTED ROOT VEGETABLES TOSSED IN TAMARI DRESSING SERVED OVER COCONUT RICE

CLASSIC ENTRÉES

SURF N' TURF | 38 

8 OZ BEEF STRIP LOIN GRILLED YOUR WAY, A SKEWER OF SHRIMP AND A SKEWER OF DIGBY SCALLOPS
SERVED WITH CHIMI CHURRI, ROASTED RED PEPPER SAUCE + ROASTED NUGGET POTATOES

ADD GRILLED ASPARAGUS | 4 SAUTEED WILD MUSHROOMS | 4 SAUTEED ONIONS | 3

GRILLED HALIBUT | 34 

FRESH ATLANTIC CAUGHT HALIBUT, SWEET POTATO HASH, GRILLED ASPARAGUS + ROASTED RED PEPPER SAUCE

MARINATED GRILLED PORK LOIN | 27

LOCALLY SOURCED PORK, WILD MUSHROOM RISOTTO, TOPPED WITH SAUTEED PEPPERS AND ONIONS + DEMI SAUCE

SHORT RIB GNOCCHI | 28

BRAISED + PULLED SHORT RIB, SERVED OVER HOUSE MADE GNOCCHI, TOPPED WITH GOAT CHEESE + SHORT RIB DEMI

STEAK FRITES | 6 oz - 25 8 oz - 29 10 oz - 34 12 oz - 38

STRIP LOIN GRILLED YOUR WAY. SERVED WITH HAND-CUT FRITES, MUSHROOMS AND SAUTEED ONIONS + DEMI

ADD-ONS

4 oz TOFU | 6

5 oz GRILLED CHICKEN | 5

5 GRILLED TIGER SHRIMP SKEWER | 10

3 SEARED DIGBY, NOVA SCOTIA SCALLOPS | 15



VEGETARIAN



GLUTEN FREE



DAIRY FREE



NUT FREE

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HARBOUR CITY

BAR & GRILL

HOUSE WINES

5oz | 8 9oz | 14

ALARIO SAUVIGNON BLANC, CHILE

ALARIO CABERNET SAUVIGNON, CHILE

PLEASE ASK YOUR SERVER OR BARTENDER FOR PAIRINGS & SUGGESTIONS

DESSERTS

BANOFFEE FOSTER PIE | 9 

GRAHAM CRUST, DULCE DE LECHE, VANILLA ICE CREAM, WHIPPED CREAM
+ BARRELLING TIDE RUM FLAMBÉED BANANAS

PEANUT BUTTER TORTE | 9

CHOCOLATE GRAHAM CRUST, PEANUT BUTTER MOUSSE, DARK CHOCOLATE GANACHE, ROASTED PEANUTS
+ GRAPE COULIS

CHOCOLATE HAZELNUT CAKE | 9

CHOCOLATE CAKE, CHOCOLATE HAZELNUT BUTTERCREAM, BACI DI DANA, CANDIED HAZELNUT
+ BLOOD ORANGE COULIS

MAPLE BACON JAR | 9 

BACON BUTTER CAKE, MAPLE DIPLOMAT CREAM, APPLE CARAMEL + BACON SPONGE TOFFEE

RED VELVET CRÈME BRÛLÉE | 8   

COCONUT MILK CUSTARD, DARK CHOCOLATE MINT TRUFFLE, TOASTED COCONUT + FRESH BERRIES

SPECIALTY COFFEE

SPANISH COFFEE | 7

KAHLUA + TRIPLE SEC

IRISH COFFEE | 7

IRISH WHISKEY + KAHLUA

HAVE IT YOUR WAY COFFEE | 7

ANY 1 oz. LIQUEUR OR BAR SHOT

HAPPY HOUR MENU

BEVERAGES

Domestic Bottled Beer \$5

Keith's, Coors Light, Budweiser, Bud Light, Oland's
Labatt Blue, Molson Canadian, Michelob Ultra

Bar Shots \$5

Barreling Tide Vodka, Gin, Rum, Rye
served with your favorite mix + garnish

Wine by the Glass 5oz \$5

Alario Cabernet Sauvignon, Chile
Alario Sauvignon Blanc, Chile

BITES

½ lb Local Mussels with Grilled Baguette \$8

choose from: Thai Coconut Broth, Roasted Red Pepper Sauce,
White Wine + Garlic, Garrison Beer + Bacon

Oysters \$3 each

served with Rudi's local hot sauces
(order as many as you like)

½ Nachos \$8

fresh cut tortillas layered with cheese + pico de gallo
served with sour cream and salsa

Crispy Fried Wings 1 lb \$14

choose from Honey Garlic, BBQ, Sweet Chili, Mild or Hot
wings tossed or sauce on the side

Loaded Baked Potato Dip \$10

served with house chips

Calamari \$10

freshly hand tossed and served with raita dip

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LATE NIGHT MENU

SEAFOOD CHOWDER | BOWL 16 CUP 8

BRIMMING WITH HADDOCK, SCALLOPS, SHRIMP
AND POTATO IN A RICH CREAM

FULL NACHOS | 15 ½ NACHOS | 8

HOUSE FRIED CORN TORTILLAS BAKED WITH 3 CHEESE BLEND + PICO DE GALLO
SERVED WITH SOUR CREAM AND SALSA

ADD CHICKEN OR BEEF \$5 ADD GUACAMOLE \$4

ONION RINGS | 10

CRISPY RED ONIONS DIPPED IN BUTTERMILK BATTER
AND FRIED TO A GOLDEN BROWN

CAULIFLOWER WINGS | 10

BATTERED LOCAL CAULIFLOWER FLORETS, CRISP FRIED
CHOOSE FROM BBQ, MILD, HOT, SWEET CHILI OR HONEY GARLIC

CRISPY FRIED WINGS | POUND 16

CHOOSE FROM: BBQ, MILD, HOT, SWEET CHILI OR HONEY GARLIC

CAESAR SALAD | 12

CRISP ROMAINE HEARTS, CROUTONS, BACON,
PARMESAN CHEESE, ZESTY GARLIC DRESSING AND LEMON GARNISH

KALE CAESAR SALAD | 12

SAME GREAT CAESAR WITH FRESH KALE LEAVES

LOADED BAKED POTATO DIP | 15

SERVED WITH HOUSE CHIPS



VEGETARIAN



GLUTEN FREE

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HARBOUR CITY

BAR & GRILL

FEATURED SPIRIT SELECTION

WELLSHOTS | 6.25

BARRELING TIDE WHITE RUM, BARRELING TIDE 5 FATHOMS DARK RUM, BARRELING TIDE VODKA, BARRELING TIDE GIN, STREET PARTY WHISKEY

COCKTAIL OF THE DAY | 8

ASK YOUR SERVER OR BARTENDER FOR DETAILS

READY TO DRINK CANS | 7

Barreling Tide Vodka Soda Citrus Twist
Barreling Tide Vodka Mixed Berry
Barreling Tide Vodka Red Berry
Barreling Tide Tropical Rum Punch
Barreling Tide Concorde Grape Gin Soda
Coldstream Clear Blueberry Lemonade
Coldstream Clear Peach Iced Tea

BACK BAR SELECTION

PREMIUM VODKA

Steinhart | 9 Grey Goose | 9 Belvedere | 9

PREMIUM GIN

Bombay | 7 Steinhart | 8.50 Tanqueray | 7 Hendricks | 8

PREMIUM RUM

Fortress | 7 Goslings | 7.50 Appleton | 8 El Dorado 12yr | 7
Old Sam Demerara | 8

PREMIUM WHISKEY + BOURBON + RYE

Glynnevan Double Barrelled Rye | 8 Glynnevan 12yr Rye | 11
Glynnevan Triple Barrelled Rye | 9 Glen Breton Rare | 11
Forty Creek | 11 Jack Daniels | 7 Jim Beam | 7
Crown Royal | 7 Makers Mark Bourbon | 9 1792 Bourbon | 10
Blanton's Bourbon | 11

SINGLE MALT SCOTCH

Glenfiddich 12yr | 8 Glenlivet Founder's Reserve | 9
Balvenie 12yr | 12 Highland Park 12yr | 11 Dalwhinnie 15 yr | 14
Talisker 10yr | 12 McCallan 12yr | 15 Lagavulin 16yr | 16.50

BLENDED SCOTCH

The Famous Grouse | 7 Johnnie Walker Black | 9

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HCBG SIGNATURE COCKTAILS

EAST COAST BREWTAIL | 9

ADD 1oz OF ANY LOCAL SPIRIT TO A 14oz. ALEXANDER KEITH'S

NOVA SCOTIA MULE | 8

BARRELING TIDE VODKA, PROPELLER GINGER BEER, SPLASH OF LIME, AND LIME GARNISH

HARBOUR CITY CAESAR | 15

BARRELING TIDE VODKA, MOTTS CLAMATO, RUDI'S HOT SAUCE, WORCESTERSHIRE, DASH OF SALT & PEPPER, SEARED LOCAL SCALLOP, SHRIMP, STRIP OF BACON, AND PICKLED BEAN GARNISH

HONEY B.G. | 8

BARRELING TIDE GIN, SODA, HONEY, SPLASH OF LEMON, AND LEMON GARNISH. REFRESHING & SIMPLE

PALOMA | 9

JOSE CUERVO SILVER TEQUILA, GRAPEFRUIT JUICE, SODA, SPLASH OF LIME, AND LIME GARNISH

MELON KITTY | 8

BARRELING TIDE WHITE RUM, MELON LIQUEUR, SIMPLE SYRUP, LIME, SODA, AND MARASCHINO CHERRY SERVED IN AN ELEGANT CHAMPAGNE FLUTE

CLASSIC MARTINI | 11

2 oz. VODKA or GIN, VERMOUTH MADE YOUR WAY, GARNISHED WITH OLIVE OR A TWIST

[ASK ABOUT OUR SPECIALTY MARTINIS](#)

BLUEBERRY DREAM | 9

DESSERT IN A GLASS! BLUE CURACAO, CRÈME DE BANANE, BLUEBERRY EXTRACT, MILK, SERVED OVER ICE. OPTION TO ADD WHIPPED CREAM

BEER

DOMESTIC BEER | 6.25

Alexander Keith's, Coors Light, Budweiser, Bud Light, Olands, Molson Canadian, Labatt Blue

LOCAL CRAFT BEER | 7

Propeller IPA or Pilsner, Garrison Irish Red or Tall Ship, Nine Locks Dirty Blonde or Frig Off

IMPORT BEER | 7.50

Stella Artois, Heineken, Corona, Michelob ULTRA

COOLERS + CIDERS | 7.50

Smirnoff Ice, Bulwark Cider, Lake City Cider District 5 (16oz)

DRAUGHT 20oz | starting at 8.25

Alexander Keith's, Bud Light, Nine Locks Dirty Blonde Garrison Tall Ship, Propeller IPA, Stella Artois

[ASK US ABOUT OUR ROTATING LOCAL TAP](#)

WINES BY THE GLASS

	Origin	5oz	9oz	½ L
Alario Sauvignon Blanc	Chile	8	14	24
McGuigan Pinot Grigio	Australia	8	14	24
Curico Valley Pinot Grigio	Chile	9	16	26
Rawsons Retreat Chardonnay	Australia	10	17	---
Alario Cabernet Sauvignon	Chile	8	14	24
McGuigan Shiraz	Australia	8	14	24
Curico Valley Cab. Sauvignon	Chile	9	16	26
Footprint Merlot	S. Africa	10	17	---

Tidal Bay - Nova Scotia's Signature Wine

Described as the very essence of Nova Scotia in a glass, Tidal Bay is a cool, crisp, lively and aromatic white blend.

Since 2011, Tidal Bay is the first wine appellation for Nova Scotia and one-of-a-kind for North America. Its name was inspired by the influence of the sea on the Bay of Fundy, which is home to the biggest tidal changes in the world.

Although all Tidal Bay wines must follow the same set of standards and signature varietals, wineries can express their individuality and each wine is slightly different.

WINES FROM HERE

	5oz	9oz	Bottle
Grand Pré Tidal Bay	10	18	51
Grand Pré Baco Noir	10	18	50
Gaspereau Rosé	10	18	50
Gaspereau Lucie Kuhlmann			44
Gaspereau Riesling			53
Jost L'Acadie Chardonnay			39
Jost Ceilidh Marechal Foch			38
Mercator Tidal Bay			67
Mercator Upper Ridge Marquette			65
Lockett Vineyards Phone Box Red			49
Lockett Vineyards Old Bill			65
Benjamin Bridge Tidal Bay			53
Benjamin Bridge Riesling			66

SPARKLING

	Origin	Bottle
Benjamin Bridge Nova 7	Nova Scotia	57
L'Acadie Prestige Brut	Nova Scotia	89
Terre Gaie Prosecco	Italy	48
Freixenet Cava	Spain	49

WHITE WINES FROM AWAY

	Origin	Bottle
LIGHT & CRISP		
Jackson Triggs Pinot Grigio	Canada	41
McGuigan Pinot Grigio	Australia	39
Kim Crawford Sauvignon Blanc	New Zealand	47
Woodbridge Sauvignon Blanc	USA	49
Aveleda Vinho Verde	Portugal	43
Alario Sauvignon Blanc	Chile	39
AROMATIC		
Ruffino Orvieto Classico	Italy	49
Dr. ZenZen Riesling	Germany	51
La Pera Rioja Blanco	Spain	59
Pine Ridge Chenin Blanc Viognier	California	67
Joseph Cattin Gewürztraminer	France	72
FULL BODIED		
Meomi Chardonnay	California	69
Antonelli Grechetto	Italy	63
Quails Gate Chenin Blanc	Ontario	66
Rawsons Retreat Chardonnay	Australia	43

RED WINES FROM AWAY

	Origin	Bottle
LIGHT & FRUITY		
La Madone Beaujolais	France	67
Malivoire Gamay	Ontario	64
Mud House Pinot Noir	New Zealand	66
Meiomi Pinot Noir	California	68
MEDIUM BODIED		
Ruffino Il Ducale Toscana	Italy	67
Vina Santurina Rioja Reserva	Spain	65
Footprint Merlot	South Africa	45
Jackson Triggs Merlot	Ontario	41
Ruffino Chianti	Italy	57
FULL BODIED		
Woodbridge Cabernet Sauvignon	California	51
Jackson Triggs Shiraz	Ontario	41
Alario Cabernet Sauvignon	Chile	39
Gnarly Head Zinfandel	California	67
McGuigan Black Label Shiraz	Australia	39

Please ask your server or bartender for recommendations and featured wine specials.

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