

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

SOUP + SALAD

HARBOUR CITY SALAD | 10

HERITAGE GREENS, CHERRY TOMATOES, JULIENNE CARROT, CUCUMBER, RADISH + HONEY DIJON HOUSE DRESSING

CAESAR SALAD | 12

ROMAINE, CRISP SMOKED BACON, CROUTONS, PARMESAN CHEESE, CAESAR DRESSING + LEMON GARNISH

LOCAL SEAFOOD CHOWDER | 16

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

FRENCH ONION SOUP | 10

RICH BEEF BROTH, CARAMELIZED SPANISH ONIONS, GRILLED GARLIC BAGUETTE TOPPED WITH SWISS CHEESE

STARTERS + SHAREABLES

BRUSCHETTA FLATBREAD | 18

THIN CRUST, PESTO SAUCE, CHERRY TOMATO, FETA, PARMESAN, BALSAMIC DRIZZLE

CAULIFLOWER BITES | 11

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

LOADED BAKED POTATO DIP | 15

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

LOCAL MUSSELS | 15

JOST VINEYARDS WHITE WINE + GARLIC

APPETIZER PLATTER | 22

RED ONION RINGS, CAULIFLOWER BITES, CRISPY
WINGS SERVED WITH HOUSE CHIPS

CRISPY FRIED WINGS | POUND 18

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

HARBOUR CITY NACHOS | 18

FRESH FRIED TORTILLA CHIPS WITH LAYERED
CHEESE, GREEN ONION, JALAPENOS + TOMATOES
SERVED WITH SOUR CREAM AND SALSA

ADD GROUND BEEF | 6 GRILLED CHICKEN | 6
FRESH GUACAMOLE | 4 EXTRA CHEESE | 4

POUTINE | 11

FRIES, LOCAL SOURCED CHEESE CURDS + GRAVY

CALAMARI | 14

HAND TOSSED FRIED SQUID + SWEET CHILI SAUCE

RED ONION RINGS | 10

CRISPY RED ONION RINGS + GARLIC AOILI



VEGETARIAN



GLUTEN FREE



DAIRY FREE



NUT FREE

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HARBOUR CITY

BAR & GRILL

BURGERS + HANDHELDS

INCLUDES YOUR CHOICE OF HARBOUR CITY SALAD, CAESAR SALAD, HOUSE CHIPS OR FRIES

UPGRADE TO: SEAFOOD CHOWDER | 6 ONION RINGS | 4 SWEET POTATO FRIES | 4 POUTINE | 6

HARBOUR CITY BURGER | 18

APPLEWOOD SMOKED CHEDDAR, BACON JAM, GARLIC AIOLI, LETTUCE + TOMATO

ANDY RECOMMENDS A 20oz. ALEXANDER KEITHS TO GO WITH THIS DISH

ZESTY RINGER BURGER | 19

CRISPY RED ONION RINGS, SMOKED BACON, HCBG BURGER SAUCE + SWISS CHEESE

PORTOBELLO MUSHROOM SANDWICH | 17

GRILLED PORTOBELLO MUSHROOM CAP, HCBG BURGER SAUCE, LETTUCE, TOMATO, SWISS + CRISPY ONIONS

CRISPY CHICKEN BURGER | 18

CRISPY FRIED CHICKEN BREAST, HOUSE-MADE COLESLAW, LETTUCE, TOMATO, DILL PICKLES + MAYO

BEER BATTERED HADDOCK BURGER | 18

LOCAL BEER BATTERED FRESH NOVA SCOTIAN HADDOCK, LETTUCE, TOMATO, HOUSE-MADE COLESLAW + TARTAR

AHMAD RECOMMENDS A 20oz. GARRISON TALL SHIP TO GO WITH THIS DISH

CHICKEN CLUB WRAP | 18

GRILLED CHICKEN BREAST, SMOKED BACON, LETTUCE, TOMATO + CHEDDAR TOSSED IN MAYO

STEAK SANDWICH | 24

6OZ. STRIPLOIN SLICED, HORSERADISH MAYO, SMOKED CHEDDAR, SAUTEED MUSHROOMS, PEPPERS, ONIONS + DEMI ON GRILLED BAGUETTE

THOMAS RECOMMENDS A GLASS OF MCGUIGAN SHIRAZ TO GO WITH THIS DISH

STONE OVEN PIZZAS

PEPPERONI | 20

FOCCACIA CRUST, HCBG PIZZA SAUCE, LOCAL FRESH PEPPERONI, MOZZARELLA + OREGANO

GREEK | 22

FOCCACIA CRUST, HCBG GREEK PIZZA SAUCE, MOZZARELLA, PEPPERS, RED ONIONS, TOMATO, OLIVES, + FETA

LAUREN RECOMMENDS A GLASS OF LAKECITY CIDER DISTRICT 5 TO GO WITH THIS DISH

BUILD YOUR OWN | 22

CHOOSE TWO VEGETABLES: MUSHROOMS, RED PEPPERS, SPINACH, RED ONION, TOMATO

CHOOSE ONE PROTEIN: BACON, CHICKEN, PEPPERONI, GROUND BEEF, OKTOBERFEST SAUSAGE

ADD EXTRA TOPPING | 2 EXTRA CHEESE | 4

HARBOUR CITY

BAR & GRILL

BUILD YOUR OWN PASTA

HARBOUR CITY PASTA | 16

CHOOSE ONE: TAGLIATELLE -OR- CAVATAPPI PASTA

CHOOSE ONE: MARINARA -OR- ROASTED GARLIC PARMESAN CREAM -OR- PESTO SAUCE

INCLUDES ALL: MUSHROOMS, PEPPERS, SPINACH, ONIONS

ADD 5OZ. GRILLED CHICKEN | 6 FIVE SHRIMP | 8 ONE OKTOBERFEST SAUSAGE | 6

BAY SCALLOPS, SHRIMP, AND MUSSELS | 8

SERVED WITH GRILLED GARLIC BAGUETTE

PLATES

FISH N' CHIPS | 1PC. - 16 2PC. - 18

LOCAL CRAFT BEER BATTER FRESH NOVA SCOTIAN HADDOCK, FRIES, COLESLAW + TARTAR

CHICKEN PARMESAN | 22

CRISPY FRIED CHICKEN BREAST, MARINARA, MELTED MOZZARELLA, TAGLIATELLE PASTA, + GRILLED GARLIC BAGUETTE

PAN FRIED HADDOCK | 22 🌱

CORNMEAL CRUSTED NOVA SCOTIAN HADDOCK, STEMMED CARROTS, RED SKIN MASHED POTATOES + LEMON BUTTER SAUCE

ANTHONY RECOMMENDS A GLASS OF ALARIO SAUVIGNON BLANC TO GO WITH THIS DISH

STEAK FRITES | 8oz. - 29 100z. - 34 120z. - 39

STRIPLOIN GRILLED YOUR WAY. SERVED WITH FRIES, MUSHROOMS AND SAUTEED ONIONS + DEMI

BANGERS AND MASH | 20

OKTOBERFEST SAUSAGE, RED SKIN MASHED POTATOES, STEMMED CARROTS, SAUERKRAUT, GRAVY + GRAINY DIJON

JOHN RECOMMENDS A COLD ERDINGER WEISSBIER TO GO WITH THIS DISH

SIDES + ADD-ONS

FRIES | 5

SWEET POTATO FRIES | 6

GRAVY | 4

GRILLED GARLIC BAGUETTE | 2

HOUSE CHIPS | 6

CUP OF SEAFOOD CHOWDER | 8

5 oz GRILLED CHICKEN | 6

5 GRILLED TIGER SHRIMP | 8

SAUTEED ONIONS -or- MUSHROOMS | 3

PORTOBELLO MUSHROOM CAP | 6

MASHED POTATOES | 5

OKTOBERFEST SAUSAGE | 6

HARBOUR CITY

BAR & GRILL

SWEET ENDINGS

STICKY TOFFEE PUDDING CHEESECAKE | 10

STICKY TOFFEE PUDDING, BRANDY TOFFEE SAUCE + CRANBERRY COULIS

SNOW CAKE | 9

BUTTER PASTRY, RASPBERRY COULIS, VANILLA CAKE, COCONUT + LIME ANGLAIS

PEANUT BUTTER TURTLE SUNDAE | 9

PEANUT BUTTER BROWNIE, CHOCOLATE ICE CREAM, PEANUT BUTTER CARAMEL + CANDIED PECANS

MINT CHOCOLATE CHIP MERINGATA | 8 GLUTEN FREE AVAILABLE

MINT CHOCOLATE CHIP CREAM FILLED MERINGUES, WARM ESPRESSO CHOCOLATE SAUCE + TUILLE

ROASTED APPLE CRISP | 8 VEGAN

BROWN SUGAR APPLES, CINNAMON OAT CRUMBLE + VANILLA WHIPPED CREAM

BEVERAGES

PEPSI, DIET PEPSI, 7UP, GINGER ALE | 3.25

FREE REFILLS ABOVE

BRISK ICED TEA, MUG ROOT BEER | 3.25

ORANGE, APPLE, CRANBERRY JUICE | 3.50

LIME BUBBLY | 3.25

PROPELLER ROOT BEER -OR- GINGER BEER | 4

BOTTLED WATER | 3

PERRIER | 3.50

STARBUCKS COFFEE, DECAF, TAZO TEAS | 3.75

ADD 1OZ. LIQUEUR | 7

LATTE, CAPPUCCINO | 4.25

ESPRESSO, AMERICANO | 3.75

16oz ICED COFFEE | 3.50

ADD 1OZ. FLAVOR SHOT TO ANY ABOVE | 1.50

FRENCH VANILLA CAPPUCCINO | 3.50

HOT CHOCOLATE | 3

HOUSE WINES

5oz. | 8 8oz. | 14

ALARIO SAUVIGNON BLANC, CHILE

ALARIO CABERNET SAUVIGNON, CHILE

MCGUIGAN PINOT GRIGIO, AUSTRALIA

MCGUIGAN SHIRAZ, AUSTRALIA



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BAR SELECTION

WELLSHOTS | 7 *(Ask your Bartender or Server for Today's Cocktail of the Day + Top Shelf Options)*

Barrelling Tide White Rum, Barrelling Tide 5 Fathoms Dark Rum, Barrelling Tide Vodka, Barrelling Tide Gin. Street Party Whiskey, Coldstream Spiced Rum

DOMESTIC BOTTLED BEER | 6.50

Alexander Keith's, Coors Light, Budweiser, Bud Light, Olands Export, Molson Canadian, Sleeman Clear 2.0

LOCAL CRAFT BEER 7.50

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

IMPORT BEER 7.75

Stella Artois, Heineken, Corona, Guinness [9], Pilsner Urquell [10], Erdinger Weissbier [10]

READY TO DRINK CANS + COOLERS + CIDER | 7.50

Barrelling Tide Vodka Soda Citrus Twist, Barrelling Tide Vodka Red Berry, Coldstream Clear Blueberry Lemonade, Coldstream Clear Peach Iced Tea, Smirnoff Ice, Lake City District 5 Cider [9]

DRAUGHT BEER 20oz STARTING AT 9

Alexander Keith's, Bud Light, Stella Artois, Garrison Tall Ship, Garrison Irish Red, Propeller IPA

Ask about our rotating local tap

SIGNATURE COCKTAILS

HONEY B.G. | 10

Refreshing. Barrelling Tide Gin, Soda, Honey, Splash of Lemon + Lemon Garnish

PALOMA | 10

Classic. Jose Cuervo Silver Tequila, Grapefruit Juice, Soda, Splash of Lime + Lime Garnish

MELON KITTY | 11

Elegant. Barrelling Tide White Rum, Melon Liqueur, Simple Syrup, Lime, Soda + Maraschino Cherry

CLASSIC MARTINI | 16

Made your way. 2 oz. Vodka or Gin + Vermouth Garnished with Olive or a Twist.

ASK ABOUT OUR SPECIALTY MARTINIS

BLUEBERRY DREAM | 11

Dessert in a glass. Blue Curacao, Creme de Banane, Blueberry Extract, + Milk Served over Ice.

OPTION TO ADD WHIPPED CREAM

WHITE WINES FROM AWAY

LIGHT & CRISP	ORIGIN	5OZ.	8OZ.	BOTTLE
Alario Sauvignon Blanc	Chile	8	14	40
McGuigan Pinot Grigio	Australia	8	14	41
Curico Valley Pinot Grigio	Chile	9	16	
Kim Crawford Sauvignon Blanc	New Zealand			61
Woodbridge Sauvignon Blanc	USA			49
Aveleda Vinho Verde	Portugal			43
Jackson Triggs Pinot Grigio	Canada			43
AROMATIC	ORIGIN	5OZ.	8OZ.	BOTTLE
Ruffino Orvieto Classico	Chile			49
Dr. ZenZen Riesling	Australia			53
La Pera Rioja Blanco	Chile			61
Pine Ridge Chenin Blanc Viognier	New Zealand			67
Joseph Cattin Gewürztraminer	USA			72
FULL BODIED	ORIGIN	5OZ.	8OZ.	BOTTLE
Rawsons Retreat Chardonnay	Chile	10	17	45
Quails Gate Chenin Blanc	Australia			66
Meomi Chardonnay	Chile			69
Antonelli Grechetto	Italy			63

RED WINES FROM AWAY

LIGHT & FRUITY	ORIGIN	5OZ.	8OZ.	BOTTLE
La Madone Beaujolais	France			67
Malivoire Gamay	Ontario			64
Mud House Pinot Noir	New Zealand			66
Meomi Pinot Noir	USA			72
MEDIUM BODIED	ORIGIN	5OZ.	8OZ.	BOTTLE
Footprint Merlot	South Africa	10	17	46
Vina Santurina Rioja Reserva	Spain			65
Ruffino Il Ducale Toscana	Italy			67
Jackson Triggs Merlot	Ontario			45
Ruffino Chianti	Italy			57
FULL BODIED	ORIGIN	5OZ.	8OZ.	BOTTLE
Alario Cabernet Sauvignon	Chile	8	14	41
McGuigan Black Label Shiraz	Australia	8	14	41
Curico Valley Cabernet Sauvignon	Chile	9	16	
Woodbridge Cabernet Sauvignon	USA			51
Fuzion Shiraz Malbec	Argentina			45
Gnarly Head Zinfandel	USA			67

WINES FROM HERE

	ORIGIN	5OZ.	8OZ.	BOTTLE
Jost Tidal Bay	Nova Scotia	10	18	51
Jost Great Big Friggin' Red	Nova Scotia	10	18	53
Gasperau Rosé	Nova Scotia	10	18	50

Ask your Bartender or Server about our other Nova Scotian Wines by the Bottle.