

# HARBOUR CITY

## BAR & GRILL

### 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

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# HARBOUR CITY

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### DINNER MENU

#### START + SHARE

##### **LOCAL MUSSELS | 13**

CHOOSE FROM: THAI COCONUT BROTH, LEMON DILL CREAM, WHITE WINE GARLIC, GARRISON BEER + BACON

##### **OYSTERS ON THE HALF SHELL | 14 [GF]**

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

##### **CALAMARI | 13**

COCONUT HAND TOSSED FRIED SQUID + RAITA

##### **CRISPY BUTTERMILK FRIED WINGS | POUND 16**

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

##### **HARBOUR CITY CHEESE NACHOS | 15 [VEG]**

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**

##### **CRAB DIP | 15**

SERVED WITH GRILLED PITA + NACHO CHIPS

#### SOUP + SALAD

##### **KALE SALAD | 12 [VEG] [GF]**

FETA, RED PEPPERS, PUMPKIN SEEDS, RED CABBAGE + OXFORD, NS WILD BLUEBERRY BALSAMIC DRESSING

##### **CAESAR SALAD | 12**

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

##### **KALE CAESAR SALAD | 12**

FRESH KALE, HOUSE DRESSING, FOCACCIA CROUTONS, CRISPY SMOKED BACON, ASIAGO CHEESE, LEMON GARNISH

##### **SEAFOOD CHOWDER | 15**

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

**[VEG] VEGETARIAN**

**[GF] GLUTEN FREE**

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### CASUAL FARE

THE FOLLOWING COME WITH YOUR CHOICE OF CAESAR SALAD, KALE SALAD, FRENCH FRIES OR HOUSE CHIPS.  
UPGRADE TO SEAFOOD CHOWDER | 4

#### **FISH TACOS | 17**

SOFT + HARD SHELL TACOS, CRISPY LOCAL FRIED HADDOCK, LEMON AIOLI, PICO DE GALLO, LETTUCE

#### **HARBOUR CITY BURGER | 17**

OULTONS FARM LOCAL BEEF PATTY, SWISS CHEESE, GARLIC AIOLI BACON JAM, LETTUCE, TOMATO + HALLAH BUN

#### **KOREAN BBQ CHICKEN SANDWICH | 18**

HOUSE MADE KOREAN BBQ MARINATED CHICKEN, KIMCHI MAYO, PEA SHOOTS, GRILLED OULTONS FARM PORK BELLY, BRIOCHE BUN

#### **FISH N' CHIPS | 17**

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

#### **PHILLY CHEESE STEAK | 18**

SHAVED SEARED BEEF, SAUTED ONIONS, RICH CREAMY CHEESE SAUCE, LOCAL BOULANGERIE LA VENDEENNE HOAGIE ROLL

### EAST COAST DINING

WE'RE PROUD TO SEEK OUT LOCAL AND SUSTAINABLE FOOD  
AND BEVERAGE SUPPLIERS TO PROVIDE YOU WITH A GENUINE TASTE OF NOVA SCOTIA.

DISCOVER SEASONAL DISHES INSPIRED BY CLASSIC EAST COAST CUISINE, AN EXTENSIVE SELECTION OF NOVA  
SCOTIAN MADE WINE AND SPIRITS AND A TEAM DEDICATED TO PROVIDING  
YOU WITH THE FINEST IN MARITIME HOSPITALITY.

FROM REGIONAL FARMERS TO FISHERS, TO NEIGHBORHOOD DISTILLERS AND BREWERS, WE LOVE OUR LOCAL  
CULINARY CULTURE AND ARE CERTAIN YOU WILL TOO.

THANK YOU FOR DINING WITH US.

YOUR HARBOUR CITY BAR & GRILL TEAM

**[VEG] VEGETARIAN**

**[GF] GLUTEN FREE**

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### CLASSIC ENTREES

#### **SURF N' TURF | 38**

8 OZ BEEF STRIP LOIN GRILLED YOUR WAY, A SKEWER OF SHRIMP, DIGBY SCALLOPS + ROASTED NUGGET POTATOES  
SERVED WITH CHIMI CHURRI + LEMON DILL CREAM

**ADD GRILLED ASPARAGUS | 4 SAUTEED MUSHROOMS | 4**

#### **CHICKPEA CURRY | 22 [VEG]**

COCONUT + TOMATO CURRY OVER BIRYANI RICE, GRILLED NAAN

#### **GRILLED HALIBUT | 29**

FRESH ATLANTIC CAUGHT HALIBUT, THAI COCONUT BROTH, ROASTED NUGGET POTATO, GRILLED ASPARAGUS

#### **TIKKA CHICKEN SUPREME | 26**

"AUTHENTIC" TANDOORI MARINADE, BIRYANI RICE, RAITA,  
GRILLED NAAN

#### **SPANISH RISOTTO | 26**

#### **VEGETARIAN RISOTTO | 22 [VEG]**

CHORIZO, ATLANTIC HADDOCK, BAY SCALLOPS, COLDWATER SHRIMP, SAFFRON, PEAS

#### **STEAK FRITES | 6 oz - 25      8 oz - 29      10 oz - 33      12 oz - 37**

STRIP LOIN GRILLED YOUR WAY. SERVED WITH FRIES, COLESLAW, MUSHROOM + SAUTEED ONIONS, RED WINE DEMI

#### **SALMON PAPARDELLE | 26**

#### **VEGETARIAN PAPARDELLE | 20 [VEG]**

LEMON DILL CREAM SAUCE, PAPPARDELLE PASTA, GARLIC BAGUETTE

### ADD ON

#### **ADD ON TO ANY MEAL:**

**5 OZ GRILLED CHICKEN BREAST | 7**

**5 GRILLED TIGER SHRIMP SKEWER | 10**

**3 SEARED DIGBY, NOVA SCOTIA SCALLOPS | 12**

**4 oz GRILLED ATLANTIC SALMON | 12**

**5 oz GRILLED ATLANTIC HALIBUT | 14**

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**[VEG] VEGETARIAN**

**[GF] GLUTEN FREE**

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### HOUSE WINES

**HOUSE WINE** 5oz | 7.50 9oz | 13

CURICO VALLEY PINOT GRIGIO, CHILE

CURICO VALLEY CABERNET SAUVIGNON, CHILE

**PLEASE ASK YOUR SERVER OR BARTENDER FOR SUGGESTIONS**

### DESSERTS

**BROWNIE JAR | 9 [GLUTEN + NUT FREE]**

ORANGE CHOCOLATE MOUSSE, DARK CHOCOLATE GANACHE, RASPBERRY COULIS

**TIRAMISU | 8 [NUT FREE]**

MARSCAPONE MOUSSE, CHOCOLATE SHAVINGS, ESPRESSO

**CARROT CAKE | 8**

CREAM CHEESE BUTTERCREAM, CANDIED PISTACHIOS + WALNUTS, SALTED CARAMEL

**LEMON MERINGUE CHEESECAKE | 9 [NUT FREE]**

SHORTBREAD PIE CRUST, CRUMBLD MERINGUE, BLUEBERRY ANGLAISE

### 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

**ASK YOUR SERVER OR BARTENDER FOR SUGGESTIONS**

**We Proudly Serve Starbucks™/MC**

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### LATE NIGHT MENU

#### SEAFOOD CHOWDER | BOWL 15 CUP 8

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

#### FULL NACHOS | 15 ½ NACHOS | 8 [VEG]

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 [VEG]

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

#### CAULIFLOWER WINGS | 10 [VEG]

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

#### CRISPY BUTTERMILK WINGS | POUND 16

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

#### CAESAR SALAD | 12 [GF]

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

#### KALE CAESAR SALAD | 12 [GF]

SAME GREAT CAESAR WITH FRESH KALE LEAVES

#### CRAB DIP | 15

SERVED WITH GRILLED PITA + NACHO CHIPS

[VEG] VEGETARIAN

[GF] GLUTEN FREE AVAILABLE

PLEASE ALWAYS INFORM US OF ANY  
ALLERGIES OR FOOD SENSITIVITIES