

LUNCH MENU

AVAILABLE 11:30AM – 4:30PM

APPETIZERS

Traditional Mussels 21

Cape North mussels, white wine, shallots, garlic, olive oil, served with sourdough

Coconut Curry Mussels 21

Cape North mussels, kaffir lime, galangal, green curry, preserved lime, served with sourdough

Seafood Chowder 22

Local lobster, seasonal seafood, onions, corn, leek hay

SALADS

+ CHICKEN \$9 | + SALMON \$20 | + BACON \$3
+ SCALLOPS 3 FOR \$15

Local Farmers Salad 19

Mesclun mix greens, whipped goat cheese, heirloom tomato, candied nuts, beets, maple-dijon thyme vinaigrette *GF V*

Caesar Salad 19

Romaine hearts, applewood smoked bacon, house-made dressing, focaccia croutons, Grana Padano

PASTA

Pomodoro 24

Spaghetti pasta, pomodoro, heirloom tomato, burrata, Grana Padano, basil chip *V*

MAIN

Ramen Bowl 24

Ramen noodles, spicy gochujang miso sauce, bok choy, mushroom, pickled red onion, and capsicum *V*

+ SALMON \$20 | + CHICKEN \$9 | + FRIED TOFU \$9
+ SCALLOPS 3 FOR \$15 | + SHRIMP 5 FOR \$12 | + FRIED EGG \$4

Chicken Wings 19

Choose your style:

Naked, Cherry Whisky, Lemon Pepper or Honey Garlic

Truffle Parmesan Fries 12

Fries tossed in truffle oil and Parmesan, served with champagne rosemary cream *V*

Cheese, Olives & Nuts 28

Imported & domestic cheeses, spicy pecans, mango chutney, honeycomb, Italian olives

HANDHELDS

Peninsula Burger 27

Two 3oz smash patty, cheddar, lettuce, applewood bacon, onion jam, house burger sauce, pickle, brioche bun

Buffalo Burger 25

Memphis-style fried chicken breast, house-made slaw, dill pickles, and maple memphis mayo, brioche bun

Keltic Clubhouse 24

Roasted chicken, bacon, tender greens, tomato, pesto mayo, fried egg, ciabatta

The Franey Burger 29

Vegetable burger rice, black bean, walnut, chickpea, pickled red onion, cucumber, tomato, and burger sauce on a gluten-free bun bun *GF V*

Lobster Roll 33

Warm buttered brioche, local lobster, tarragon aioli, old bay seasoning, skin-on fries

Panko Breaded Haddock 27

Beer-battered and panko-crusted haddock, greek-style fries, old bay tartar sauce

DINNER MENU

AVAILABLE 4:30PM – 10:00PM

APPETIZERS

Coconut Curry Mussels 21

Cape north mussels, kaffir lime, galangal, green curry, preserved lime, served with sourdough

Traditional Mussels 21

Cape North mussels, white wine, shallot, garlic, olive oil, served with sourdough

Chicken Wings 19

Choose your style:

Naked, Cherry Whisky, Lemon Pepper or Honey Garlic

Arancini 20

Parmesan, arugula, mozzarella, pomodoro sauce

PASTA & GRAINS

Seafood Risotto 50

Scallops, shrimp, lobster, tarragon, garlic crunch, grana padano tuile *GF*

The Tidal Trio 40

Fettuccine, Scallops, shrimp, mussels, limoncello cream, sun-dried tomato pesto, chives, citrus gremolata

Butternut Squash Ravioli 30

Squash & herb filling, brown butter sage cream sauce, citrus sweet potato, wild mushroom, walnuts, Parmigiano *V*

Pomodoro 24

Spaghetti pasta, pomodoro, heirloom tomato, burrata, grana padano, basil chip *V*

Carbonara 30

Spaghetti pasta, applewood smoked bacon, cracked black pepper, and grana padano sauce

Digby Scallops 24

Seared scallops, applewood smoked bacon, mushrooms, spinach, Pernod cream sauce *GF*

Seafood Chowder 22

Local lobster, seasonal seafood, onions, corn, leek hay

Truffle Parmesan Fries 12

Fries tossed in truffle oil and Parmesan, served with champagne rosemary cream *V*

Cheese, Olives & Nuts 28

Imported & domestic cheeses, spicy pecans, mango chutney, honeycomb, Italian olives

SALADS

+ CHICKEN \$9 | + SALMON \$20 | + BACON \$3
+ SCALLOPS 3 FOR \$15

Local Farmers Salad 19

Mesclun mix greens, whipped goat cheese, heirloom tomato, candied nuts, beets, maple-dijon thyme vinaigrette *GF V*

Cobb Salad 20

Roasted chicken, bacon, blue cheese, egg, heirloom tomato, avocado, honey mustard thyme dressing *GF*

Caesar Salad 19

Romaine hearts, applewood smoked bacon, house-made dressing, focaccia croutons, Grana Padano

SIDES

Pan-Fried Seasonal Vegetables 11

French Fries 6

Side Salad 12

MAINS

INCLUDES BREAD SERVICE

ENTRÉES

Cabot Trail Lobster Dinner **Market Price**

Locally caught lobster, drawn butter, PEI new potatoes, pan-seared vegetables

Tenderloin 7 oz **64**

Certified Angus beef tenderloin with garlic whipped potato, truffle snow, bordelaise, charred onion, heirloom carrots *GF*

Ramen Bowl **24**

Ramen noodles, spicy gochujang miso sauce, bok choy, mushroom, pickled red onion, and capsicum *V*

+ SALMON \$20 | + CHICKEN \$9 | + FRIED TOFU \$9

+ SCALLOPS 3 FOR \$15 | + SHRIMP 5 FOR \$12 | + FRIED EGG \$4

Atlantic Halibut Florentine **54**

Seared halibut, anise sauce, mushroom and spinach, heirloom carrot, and crispy new potato *GF*

Chicken Valentino **43**

Roasted stuffed red pepper, prosciutto, mashed potato, cipollini onion, provolone, tarragon sauce, roasted root vegetables *GF*

HANDHELDS

Peninsula Burger **27**

Two 3oz smash patty, cheddar, lettuce, applewood bacon, onion jam, house burger sauce, pickle, brioche bun

Buffalo Burger **25**

Memphis-style fried chicken breast, house-made slaw, dill pickles, and maple memphis mayo, brioche bun

Keltic Clubhouse **24**

Roasted chicken, bacon, tender greens, tomato, pesto mayo, fried egg, ciabatta

The Franey Burger **29**

Vegetable burger rice, black bean, walnut, chickpea, pickled red onion, cucumber, tomato, and burger sauce on a gluten-free bun *GF V*

Lobster Roll **33**

Warm buttered brioche, local lobster, tarragon aioli, old bay seasoning, skin-on fries

Panko Breaded Haddock **27**

Beer-battered and panko-crusted haddock, greek-style fries, old bay tartar sauce

TIDE TO TABLE

Half Shell Oysters **6 for 20**

Pink peppercorn mignonette, citrus cocktail sauce *GF*

Hand-Rolled Sushi **3 for 21**

Avocado, cucumber, carrot, spicy dragon sauce, nori *GF V*

+ SMOKED SALMON \$6 | + TUNA \$5

Yellowfin Tuna Tataki **18**

Sesame-crusted, served chilled with ponzu, ginger, scallions, and micro salad *GF*

Cold Smoked Salmon **20**

Willy Krauch smoked salmon, pumpernickel, goat cheese, brined onion, blueberry compote *GF*

DESSERT

Crème Brûlée 12

House-made crème brûlée, fresh berries
and meringue *GF*

Lemon Basque Cheesecake 13

Creamy centre, caramelized top, lemon curd,
whipped cream, candied lemon *GF*

Caramel Apple Basque Cheesecake 13

Rum caramel, Granny Smith apples, caramel
candy shard, and caramel popcorn *GF*

Chocolate Fudge Brownie 12

Fudge brownie, chocolate ganache drizzle and
vanilla ice cream *GF*

Knickerbocker Glory 14

Layers of vanilla ice cream, strawberry coulis,
whipped cream and crisp pearls

Sticky Toffee Pudding 12

Sweet dates, spiced cake, caramel,
vanilla bean Ice cream

HOT DRINKS

CHOOSE YOUR MILK: 2% | ALMOND | LACTOSE-FREE

Regular Coffee 3.5

Decaf Coffee 3.5

Tea 3.50

GF – Gluten Friendly | V – Vegetarian | VG – Vegan

All our food is freshly prepared in our open kitchen, so we cannot guarantee the absence of any unintentional allergens in any of our dishes or drinks. For further information, please speak to one of our managers. Please let your server know if you have any allergies or intolerances.

KIDS MENU

12 AND UNDER

BREAKFAST

Keltic Blueberry Pancake 10

Fluffy buttermilk pancake, seasonal berries, and brown butter oat crumble

ENTRÉES

Tomato Pasta 12

Fettuccine pasta tossed in a house-made tomato sauce served with garlic bread

Cheese Pasta 12

Fettuccine pasta tossed in a house-made cheese sauce served with garlic bread

Vegetable Crudite 12

Selection of vegetables with a side of ranch dip

Chicken Fingers & Fries 12

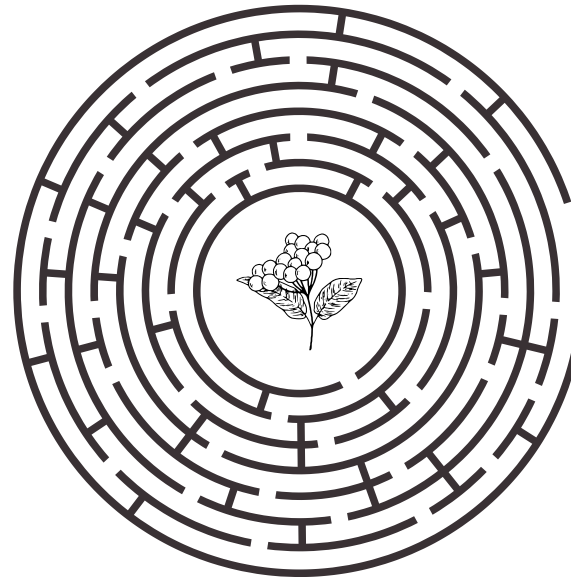
Fried chicken fillets served with french fries

Cheese Pizza 12

Classic house-made cheese pizza

Cheeseburger 12

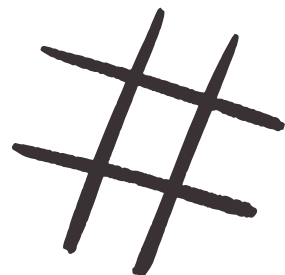
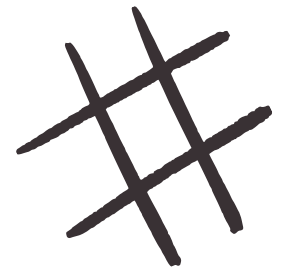
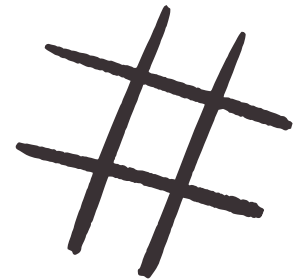
3 oz smash burger, cheese, served with french fries



HELP ME FIND MY DINNER!



LET'S PLAY
NOUGHTS &
CROSSES



WORD SEARCH

EAGLE

SHIP

WHALE

PARK

KELTIC

OCEAN

F	S	E	O	E	K	T	S	T
I	H	P	L	C	L	N	H	R
V	I	W	C	G	E	A	W	M
O	P	A	R	K	A	A	H	J
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