

# BREAKFAST MENU

AVAILABLE 7:00AM - 10:30AM

## Eggs Benedict 24

Poached eggs, bacon, house-made hollandaise sauce, skillet potatoes, on a toasted English muffin

## Keltic Blueberry Pancakes 20

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

## Western Omelette 21

Red onion, peppers, ham, mixed cheddar, skillet potato and either multigrain or sourdough toast

## Egg White Omelette 21

Egg white, spinach, mushrooms, tomato, mozzarella, skillet potato and multigrain toast or sourdough V

## Daybreak Oatmeal 16

Traditional oatmeal, toasted walnuts, golden raisins, apricots, and Canadian maple syrup V

## SIDES

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Toast with house-made jam 5

Fresh Berries 9

Avocado 8

Skillet Potato 6

Bacon 4 **for 6**

Sausage 3 **for 6**

Tara's Baked Beans 8

A Great Bagel 8

Willy Krauch Smoked Salmon 12

Nova Scotia Lobster Meat 18

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.

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## Breakfast Sandwich 12

Toasted sweet potato bun, tomato, fried egg, cheddar, bacon, feisty mayo

## Keltic Breakfast 15

Two eggs any style, applewood smoked bacon or maple pork sausage, skillet potato, either multigrain or sourdough toast

## Highlands Burrito 17

Scrambled eggs, mixed cheddar, avocado, chipotle mayo, bacon, sausage and Pico de Gallo in a whole wheat wrap

## Avocado Toast 21

Sourdough, hummus, two poached eggs, avocado, blistered tomatoes, and a light citrus dressing V

## Keltic Parfait 18

Greek yogurt, house granola, with fresh berries, dried raspberry, apricot, honey V

## SOFT DRINKS

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Orange Juice 3.5

Sprite 3.5

Apple Juice 3.5

Ginger Ale 3.5

Cranberry Juice 3.5

Soda Water 3.5

Coke 3.5

Tonic Water 3.5

Diet Coke 3.5

Lemonade 3.5

Coke Zero 3.5

Ice Tea Lemon 3.5

## HOT DRINKS

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

Regular Coffee 3.5

Iced Coffee 5

Decaf Coffee 3.5

Espresso 3.5

Black Americano 4.5

Babychino 3

Latte 5.25

Tea 3.50

Cappuccino 5.25

# LUNCH MENU

AVAILABLE 11:30PM – 4:30PM

## APPETIZERS

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### 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, leek hay

### Chicken Wings **19**

Choose your style:

Naked, Cherry Whisky, Lemon Pepper or Honey Garlic

## PASTA

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### Pomodoro **24**

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

## MAIN

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### Soba Bowl **24**

Buckwheat soba noodle, spicy gochujang miso sauce, bok choy, mushroom, pickled red onion, capsicum, and kimchi *V*

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

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

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## SALADS

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+ 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, grana padano

## HANDHELDS

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### Peninsula Burger **27**

Two 3oz smash patty, cheddar, tomato and 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

# DINNER MENU

AVAILABLE 4:30PM – 10:00PM

## APPETIZERS

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### 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

### Seafood Chowder **22**

Local lobster, seasonal seafood, onion, leeks

### Chicken Wings **19**

Choose your style:

Naked, Cherry Whisky, Lemon Pepper or Honey Garlic

### Digby Scallops **24**

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

### Arancini **20**

Parmesan, arugula, mozzarella, pomodoro sauce

## TIDE TO TABLE

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### 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-crusting, 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*

## SALADS

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+ 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, grana padano

## PASTA & GRAINS

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### Seafood Risotto **50**

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

### The Tidal Trio **40**

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

### Butternut Squash Ravioli **30**

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

### Pomodoro **24**

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

### Carbonara **30**

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

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# MAINS

INCLUDES BREAD SERVICE

## ENTRÉES

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### 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, asparagus, heirloom carrots *GF*

### Soba Bowl **24**

Buckwheat soba noodle, spicy gochujang miso sauce, bok choy, mushroom, pickled red onion, capsicum, and kimchi *V*  
+ SALMON \$20 | + CHICKEN \$9 | + FRIED TOFU \$9  
+ SCALLOPS 3 FOR \$15 | + SHRIMP 5 FOR \$12 | + FRIED EGG \$4

### Atlantic Halibut Florentine **50**

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

### Ribeye 14 oz **72**

Atlantic beef, confit garlic whipped potatoes, glazed root vegetables, parsnip chips, red wine demi glaze *GF*

### Chicken Valentino **43**

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

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## SIDES

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### Truffle Parmesan Fries **12**

### Cheese, Olives & Nuts **28**

### Pan-Fried Seasonal Vegetables **11**

### French Fries **6**

### Side Salad **12**

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# DESSERT

## Crème Brûlée **12**

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

## Basque Lemon Curd Cheesecake **13**

Creamy centre, caramelized top, lemon curd,  
and pecans *GF*

## Chocolate Fudge Brownie **12**

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

## Kickerbocker 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

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Latte **5.25**

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Cappuccino **5.25**

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