

Taste the local *Flavour*

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LUNCH MENU

The best meals begin with the freshest ingredients. The freshest ingredients come from local sources. We make great effort to seek out Nova Scotia farmers, fishers and other producers who demonstrate the same care and attention refining our ingredients as we do preparing them. Both our culinary and service teams are committed to delivering an extraordinary dining experience. We welcome you as a guest and wish you a memorable dining experience.

**Executive Chef**

*Les Stevens*



**Soupe du Jour \$6**

Chef Les' soup of the day,  
seasonally inspired

**French Onion \$7**

Caramelized onion, rich beef broth,  
toasted French loaf, swiss cheese

**Acadian Seafood Chowder \$9**

Fresh Nova Scotia haddock, scallops,  
shrimp, onions, celery, potato, bacon

**Mixed Greens \$9**

Fresh spring River View lettuce, tender  
shoots, dried cranberries, maple pecans,  
seasonally inspired vinaigrette

**Iceberg Salad \$9**

Wedges of crisp lettuce, double-smoked  
bacon bits, stewed tomatoes, citrus sour  
cream dressing, Grana Padano shavings

**Chicken Salad \$13**

Almond-crusted chicken breast,  
baked goat cheese, Annapolis Valley  
pear, tender greens and shoots,  
wild blueberry dressing

**Caesar \$9**

Hearts of romaine, tangy dressing,  
fried pancetta, herb croutons,  
Grana Padano shavings



*Alluring* Appetizers

**Spinach \$9**

Young spinach leaves, baby  
watercress, Van Dyk's blueberry  
dressing, toasted pine nuts,  
white cheddar cheese

**Smoked Salmon \$13**

Smoked salmon, baby watercress  
and micro greens, caramelized  
apple, walnuts, horseradish cream

**Calamari \$10**

Buttermilk soaked, seasoned flour,  
Chef Les' own ketchup, lemon

Add grilled chicken to any salad \$3

**OUR KITCHEN IS YOUR KITCHEN**

Should you wish for an item not found on our  
menu please tell your server and Chef Les Stevens  
and his team will do their best to accommodate  
your special request. Please also inform us of  
any allergies.

# Entrées

## Enticing Entrées

### **Flat Bread "Pizza" \$12**

House-made flatbread, plum tomatoes, bocconcini cheese, fresh basil, balsamic syrup

### **Sourdough Slider \$14**

Smeltzer honey glazed chicken breast, roma tomato, Chef Les' own ketchup, herbs, Fox Hill gouda cheese

### **Bowl of Pho \$15**

Rice noodles, ginger beef, baby bok choy, enoki mushrooms, soy infused broth

### **Club \$12**

Thick sliced multigrain bread, crisp bacon, grilled chicken, cheddar cheese, tomato, lettuce, mayo

### **Harbour City Burger \$12**

Angus beef, sesame kaiser, lettuce, tomato, pickle. Choose two: cheddar or swiss cheese, bacon, sautéed onions, mushrooms

### **Pork Medallions \$16**

Nova Scotia raised pork, pan-roasted, mashed potatoes, spring vegetables, sour cherry cabernet jus

### **Lobster Club \$18**

Harbour City's own baked brioche, Atlantic lobster, bacon, tomato, lettuce, mayo

### **Spaghetti \$16**

Fresh stewed tomato, roasted fennel cream, flaked Nova Scotia haddock, Digby scallops, shrimp and Indian Point mussels, garlic toast

### **Thai Wrap \$12**

Grilled tortilla, spicy Thai curry, coconut infused chicken breast, steamed noodles, sautéed peppers, green onions, lettuce

### **Nova Scotia Arctic Char \$17**

Maple plank-roasted, almond-crusted, spaghetti squash, basmati rice, chartreuse emulsion

### **Nova Scotia Halibut \$17**

Grilled halibut, River View greens and shoots, peach salsa, spiced pecans

### **Fish & Chips \$12**

Fresh Nova Scotia haddock, Garrison Ale batter, chips and house-made tartar

### **Tuna \$16**

Atlantic bluefin, pepper crusted, seared, warm nugget potato, haricots "extra fin", cherry tomato, artichoke hearts, sundried tomato vinaigrette

### **Harbour City Grilled Cheese \$13**

Thick sourdough, pancetta, brie and fontina cheese, sweet onion compote, Chef Les' own ketchup

### **Ravioli \$16**

Goat cheese stuffed, spring vegetable cream, roasted red pepper drizzle, balsamic syrup

### **Salmon \$16**

Grilled Acadian maple butter glazed salmon, young spinach, baby watercress, lemon essence

### **Flank Steak \$15**

Oulton's Farm marinated flank, grilled, fresh herb marinade, sour dough toast, Dragon's Breath cheese, crispy onions

# Dishy Desserts

## **Sweet "Sushi" for Two \$13**

Coconut rice and fruit maki roll, passion fruit curd wontons, banana tempura fritters, chocolate dipping sauce, vanilla poached ginger

## **Afternoon Coffee Break \$9**

Toasted almond semi-fredo, Just Us mini Earl Grey brulée, espresso ganache, almond madeleine

## **Summer Potager \$8**

Gâteau basque, rhubarb sorbet, black currant and strawberry coulis, lavender foam

## **Parade of Sail \$9**

Milk chocolate cheesecake dome, crispy praline base, pistachio ice cream, hazelnut anglaise, orange caramel

## **Beverages**

Coffee, tea, espresso, cappucino & soft drinks

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## **Harbour City Skillet Crisp \$8**

Skilleted seasonal fruit crisp, warm almond streusel, lemon shaker ice cream

## **Garrison's Root Beer Float \$8**

Garrison Brewery's root beer, vanilla ice cream, house-made sponge

