

2009 Summer Lunch Menu

Valley Vegetable Soup \$6

Deliciously Homemade Every Day

Seafood Chowder Bowl \$10

Salmon, Haddock, Baby Shrimp & Clams
In Our Creamy Style Broth

Cup \$7

Carmelized Onion Soup \$7

Blend of Onions Simmered in a Beef Broth
Topped with Croutons & Melted Cheese

Nova Scotia Mussels \$9

Steamed in Garlic, White Wine & Herbs
Served with Garlic Butter & Toasted Baguette

Green Garden Salad Small \$5

Mixed Lettuce & Crisp Garden Vegetables
With a Choice of Our House Dressings

Large \$7

Add Chicken \$5

Caesar Salad Small \$5

Romaine, Herb Croutons, & Crisp Bacon
Tossed with a Garlic Parmesan Dressing

Large \$8

Add Chicken \$5

Greek Salad Small \$5

Romaine Lettuce, Diced Tomato, Cucumber & Red Onion

Large \$8

Blended with Local Feta & Olive Oil

Kalamata Olives & Balsamic Sundried Tomato

Oregano Dressing

Fresh Spinach Salad Small \$5

With Bacon, Sliced Boiled Egg & Mushrooms

Large \$8

Topped with Grated Mozzarella Cheese &
Poppy Seed Dressing

2009 Summer Lunch Menu

Ham & Turkey Wrap

\$9

Garden Vegetables, Turkey, Smoked Ham & Cheddar Cheese
In a Soft Tortilla Shell Brushed with Peppercorn Ranch
Served with Crunchy Vegetable Sticks

Brushetta Chicken Wrap

\$9

Crunchy Chicken Strips Wrapped in a Soft Tortilla Shell
with a Tomato, Garlic & Parmesan Mayo
Served with Zucchini Sticks

Seafood Carbonara

\$13

A Mélange of Seafood & Crisp Bacon
In a Garlic Cream Sauce
Tangled with Linguine Noodles
Accompanied by a Toasted Baguette

Vegetable Spring Rolls

\$9

Created in Our Kitchen
Three Spring Rolls with a Duet of Sauces;
Sweet Chili & Mango Chutney

Farmers Market Frittata

\$10

Open Face Omelet with Potatoes, Onion, Mushroom,
Spinach & Cheese Garnished with Mixed Local Greens

Deluxe Cheeseburger & Skins

\$10

The Works!
6oz Ground Sirloin Grilled & Loaded with Cheddar,
Tomato, Lettuce, Fried Onions, Pickle & Ketchup
On a Toasted Kaiser Served with Our Own Sauce,
Potato Skins & Sour Cream

2009 Summer Lunch Menu

Mister Club

\$10

A Toasted Triple Decker
With Bacon, Tomato, Turkey & Lettuce
Served with Homemade Potato Skins
& Apple Cranberry Chutney

Grilled Vegetable Sandwich

\$9

Farmers Market Grilled Vegetables
Layered with Mixed Greens, Sprouts & Cheese
Served on a Toasted Whole Wheat Kaiser
Flavoured with Lemon Humus

Garlic Shrimp

\$12

Shrimp Sautéed in a Hoisin Sauce & Julienne Vegetables
Served with Coucous & Lemon

Fish & Chips

\$12

Filets of North Atlantic Haddock Battered & Deep Fried
Served with Fries & Coleslaw

Calypso Chicken

\$14

Lightly Coated with Hawaiian Seasoning,
Presented on a Bed of Rice with a Spicy Sweet Thai Sauce

Baked or Grilled Haddock

\$13

Served with Lemon,
Steamed Vegetables & Roasted Potato

Liver & Onions

\$13

Tender Baby Beef Liver
Served with Sautéed Onions & Crisp Bacon

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Desserts

Chocolate Mousse	\$8
Dark Belgium Chocolate and White Chocolate Delicately folded with Egg Whites Whipped Cream and Hint of Orange	
Valley Apple Crumble Pie	\$7
Served with Ice Cream	
Strawberries Romanoff	\$8
With a Touch of Grand Marnier	
New York Cheesecake	\$7
Fresh Fruit Topping Presented on a slice of Creamy Cheesecake With Whipped Cream	
Sour Cream Lemon Pie	\$7
An Orchard Classic, A Light Lemon Filling on an Oreo Crumb Crust Topped with Whipped Cream	
Old Fashioned Berry Sundae	\$7
Seasonal Berries over Vanilla Ice Cream With Whipped Cream & Nuts Complete with a Cherry on top	
Old Orchard's Homemade Pie	\$6
Straight from our kitchen The choice will vary	