

# Starters

## **Vegetable Spring Rolls**

**\$9**

Created from Fresh Vegetables and Rice Noodles  
made in our kitchen  
served with a Sweet Chili Sauce and Mango Chutney

## **Nova Scotia Mussels**

**\$9**

Local Cultivated Mussels  
steamed in White Wine, Garlic and Lemon Broth

## **Chicken and Vegetable Soup**

**\$7**

A Medley of Fresh Seasonal Vegetables & Beans  
with Chicken

## **Seafood Chowder**

**Cup \$8**

Salmon, Haddock, Baby Shrimp and Clams  
in our Creamy Style Broth

**Bowl \$10**

## **Caramelised Onion Soup**

**\$9**

Blend of Onions simmered in a Beef Broth  
topped with Croutons and Melted Cheese

# Salads

## Classic Caesar Salad

Crisp Romaine tossed with Herb Croutons  
Smokey Bacon Bits in our Garlic Dressing  
topped with Shredded Parmesan Cheese

Small \$6  
Large \$8

## Spinach Salad

With Bacon , Sliced Boiled Egg and Mushrooms  
topped with Grated Mozzarella Cheese  
and Poppy Seed Dressing

Small \$6  
Large \$8

## Greek Salad

Romaine Lettuce, Diced Tomato, Cucumber and Red Onion  
blended with Local Feta and Olive Oil  
garnished with Kalamata Olives and a  
Balsamic Oregano Dressing

Small \$6  
Large \$8

## Green Garden Salad

Mixed Lettuce with Crisp Garden Vegetables  
Your Choice of Dressing

Small \$6  
Large \$8

Enhance your Salad by adding your Choice of

Chicken \$5

Garlic Shrimp \$7

## Mediterranean Farmer's Frittata

Open Faced Omelet with Potato, Onion, Tomato, Roasted Peppers  
& Feta Cheese garnished with Kalamata Olives & Mixed Spring Greens

\$11

# Wraps & Sandwiches

## **Ham & Asparagus Wrap**

**\$10**

Garden Vegetables, Smoked Ham, Spring Asparagus & Camembert Cheese wrapped in a Tortilla brushed with a Bell Pepper Aioli served with Crunchy Vegetable Sticks

## **Bruschetta Chicken Wrap**

**\$10**

Crunchy Chicken Strips wrapped in a Soft Tortilla shell with a Tomato, Garlic & Parmesan Mayo served with Zucchini Sticks

## **Market Vegetable Wrap**

**\$10**

Seasonal Vegetables in a Whole Wheat Wrap with Mixed Greens & Cheese served warm & flavoured with a Lemon Hummus

## **Spicy Buffalo Chicken Sandwich**

**\$10**

Crunchy Chicken tossed in a Spicy Sauce served on a Toasted Kaiser with Lettuce, Tomato & Crumbled Blue Cheese Mayo

## **Mister Club**

**\$10**

A Toasted Triple Decker with Turkey, Bacon, Lettuce, and Tomato served with Potato Skins and Apple-Cranberry Chutney

## **Deluxe Cheeseburger & Skins**

**\$10**

The Works!

6oz Ground Sirloin grilled and loaded with Cheddar, Tomato, Lettuce, Fried Onions, and Pickles on a Toasted Kaiser served with our own Sauce, Potato Skins & Sour Cream

# Entrees

**Calypso Chicken** **\$14**

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

**Seafood Linguine** **\$13**

A Melange of Seafood & Vegetables tossed in a  
Garlic Cream Sauce, garnished with Mussels

**English Style Fish & Chips** **\$12**

Flaky Fillets of North Atlantic Haddock  
battered and deep-fried  
served with Fries and Coleslaw

**Atlantic Grilled Haddock** **\$14**

Freshly caught Haddock Rolled in Seasoned Breadcrumbs  
grilled until golden, served with Lemon,  
Steamed Vegetables & Roasted Potatoes or Brown Rice

**Garlic Shrimp** **\$12**

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

**Baby Beef Liver, Onions & Bacon** **\$14**

Sauteed with Onions & Crisp Bacon  
served with a Vegetable Medley and Choice of Potato

# Desserts

**Chocolate Mousse** **\$8**

Dark Belgium Chocolate and White Chocolate  
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**

A slice of Creamy Cheesecake with a  
Fresh Fruit Topping and Whipped Cream

**Sour Cream Lemon Pie** **\$7**

An Orchard Classic

A Light Lemon Filling on an Oreo Crumb Crust

**Old Orchard's Homemade Pie** **\$6**

Selection will vary and is subject to availability

**~\* Flambéed Desserts - Table Side for Two People \*~**

**Cherries Jubilee for Two** **\$14**

Cherries Flambéed with Brandy and Kirsch  
Served over Vanilla Ice Cream

**Orchard Apple Crepes for Two** **\$14**

Flambéed Apples in a Buttery Sauce with Brandy  
Finished with Cream and served over Crepes