



Lunch Menu

Appetizers

Calamari lightly dusted in seasoned corn flour with garlic, chili & tomato sauce

Coconut Shrimp butterfly shrimp in a coconut crust with pineapple curry sauce

Fresh Mahone Bay Mussels cultivated Indian Point mussels steamed in garlic, basil, chilies & tomato sauce or wine & garlic

Solomon Gundy pickled herring served with sour cream

Battered Onion Rings steak cut onion rings in tempura batter

Rope Loft Wings deep fried wings by the pound Honey Garlic, Mild, Medium or Hot Sauce

Nachos crispy nachos topped with cheese, tomato, green pepper, olives, red onion and jalapeño peppers served with salsa & sour cream

Greek Pizza tomatoes, peppers, onions, black olives & feta cheese on panini bread

Tomato & Basil Bruschetta tomatoes, red onion, garlic, basil & parmesan cheese

Lobster Bruschetta lobster, tomatoes & red onions, topped with smoked mozzarella served on panini bread

Breads

Bread on a Board fresh baked baguettine

Garlic Bread **Garlic Cheese Bread**

Chowders

Rope Loft Fish Chowder fresh haddock & salmon in a light cream broth

Shellfish Chowder premium chowder with shrimp, scallops, salmon, haddock & mussels

Salads

Caesar Salad crisp romaine lettuce, bacon, parmesan cheese and croutons

Rope Loft Salad baby spinach & romaine lettuce with tomato, cucumber & onion in a sun-dried tomato vinaigrette

Greek Salad tomatoes, peppers, cucumber, red onion, kalamata olives & feta cheese

Warm Chicken Salad charbroiled chicken breast with almonds & feta served on baby spinach in a honey citrus dressing garnished with seasonal fruit

Sandwiches & Beef

Served with french fries or replace with Caesar, Greek or Rope Loft Salad

Rope Loft Clubhouse grilled chicken with tomato, lettuce, bacon & swiss cheese

Traditional Lobster Sandwich fresh local lobster mixed in a light mayo served in a roll or wrap

Rope Loft Burger 8 oz Canadian Grade beef on a kaiser bun - charbroiled to perfection with lettuce, tomato, onion, bacon & cheddar cheese

Steak & Fries pub Style rib-eye steak served with fries & au jus

Pastas

Chicken Chipotle sautéed chicken, bell peppers, red onion, mushrooms with a sweet chipotle cream sauce on linguini

Spaghetti & Meatballs homemade meatballs in fresh tomato & basil sauce

Seafood

Fresh Maritime Lobster a Traditional Favorite market price

Fish n' Chips lightly battered deep-fried haddock one two three

Rope Loft Fish Cakes traditional Maritime fishcakes served with beans and chow

Pan Fried Haddock with lemon dill butter served with our house salad

Baked Salmon in a light maple glaze served with our house salad

Saturday and Sunday

11 am - 2 pm

Eggs Benedict Poached eggs & hollandaise sauce on an English Muffin with hash browns with Ham or Smoked Salmon