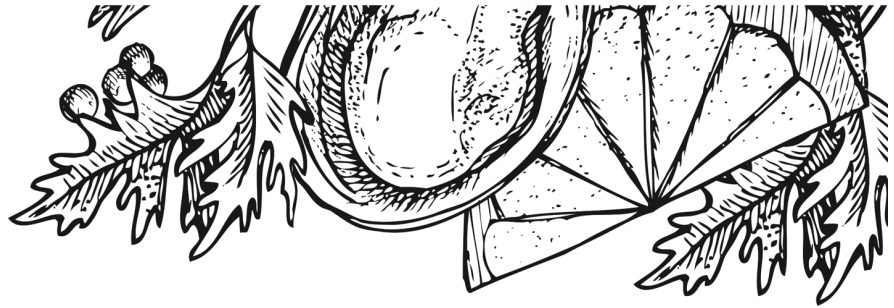


Menu



Starters

CALAMARI

lightly dusted in seasoned flour served with chipotle mayo dipping sauce **20.**

COCONUT SHRIMP

six butterflied shrimp in a coconut crust with pineapple curry sauce **16.**

FRESH MARITIME MUSSELS GFr

one pound of fresh mussels steamed in wine, onion & garlic **18.**

ROPE LOFT ROASTER WINGS GFr

deep-fried wings by the pound - your choice of honey garlic, ranch, blue cheese, BBQ, mild, medium or hot sauce **21.**

SWEET POTATO FRIES GFr

sweet & fluffy on the inside, served with pineapple curry mayo for dipping **12.**

NACHOS GFr

light pre-cut corn tortilla chips topped with cheese, green peppers, red onion, tomato, jalapeño peppers & olives – salsa & sour cream **25.**
add chicken **9.**

ONION RINGS

steak cut onion rings in tempura batter **12.**

FRESH OYSTERS GFr

oysters on the half shell, served with lemon and mignonette sauce
three **13.** six **24.** twelve **44.**

Boulangerie Breads

BAGUETTE ON A BOARD

melted garlic butter with parmesan **9.**

GARLIC CHEESE BREAD

fresh garlic, butter & four cheese blend on grilled focaccia with marinara sauce **14.**

Food Allergies

because of the handcrafted nature of our menu items, the shared cooking and preparation areas of our kitchen, we cannot eliminate the risk of cross-contact or guarantee that any item is free of any allergen

Salads

CAESAR SALAD

crisp romaine lettuce, bacon, focaccia croutons and parmesan cheese, with our in-house caesar dressing **16.**

add chicken **9.** grilled shrimp **9.** grilled scallops **15.**

HOUSE BEET SALAD GFr

artisan mixed greens, beets, feta cheese, roasted pecans, blueberries, cherry tomatoes, carrot curls with our in-house apple vinaigrette **21.**

add chicken **9.** grilled shrimp **9.** grilled scallops **15.**

Chowders

ROPE LOFT HADDOCK CHOWDER

fresh haddock, potatoes, celery, carrot and onion in a light cream broth
cup **15.** bowl **24.**

SHELLFISH CHOWDER

premium chowder in a light cream broth with potatoes, celery, carrot, onion, shrimp, scallops, haddock & mussels
cup **21.** bowl **32.**

Flatbread Pizzas & Pasta

GF flatbread add \$8

MARGHERITA PIZZA

tomato sauce topped with our four-cheese blend, cherry tomatoes & fresh basil **18.** add chicken **4.50**

BBQ CHICKEN PIZZA

roasted seasoned chicken, four-cheese blend, green peppers & cherry tomatoes with our in-house BBQ sauce **23.** add bacon **3.**

MUSHROOM CARBONARA

mushrooms simmered in a bacon carbonara sauce finished with cracked pepper & green onion tossed in linguini **22.**

add chicken **9.** grilled shrimp **9.** grilled scallops **15.**

GFr Gluten Friendly

Sandwiches & Burgers

Items served with fries can be replaced for sweet potato fries, onion rings, poutine, caesar or beet salad **6**.

LOBSTER ROLL

4 oz of lobster, celery, lettuce & red onion in a light mayo on a lightly toasted sesame seed brioche roll & fries **33**. **LOBSTER & SHRIMP ROLL** **26**.

ROPE LOFT CLUBHOUSE

chicken breast with tomato, lettuce, bacon, and cheddar cheese with sun-dried tomato mayo on focaccia & fries **23**.

ROPE LOFT CHEESEBURGER

charbroiled beef with tomato, onion, lettuce and pickle and cheese on a toasted brioche bun & fries **20**. add bacon **3**.

SPICY BLACK BEAN CORN BURGER

a vegetarian favourite - with lettuce, tomato, onion, four cheese blend and side chipotle mayo on a toasted brioche bun & fries **16**.

CRISPY CHICKEN THAI WRAP

sweet and spicy thai chicken, artisan greens, carrots, sesame seeds and garlic lime dressing in a flour tortilla & fries **19**.

add four cheese blend **4.50**. add bacon **3**.

SHRIMP TACO

fried shrimp in two grilled tortilla shells with lettuce, tomato, jalapenos, chipotle mayo, crispy tortilla strips & fries **17**.

Thursday Feature

THURSDAY PUB NIGHT @ 4:30 pm

(Beverage purchase required, eat in only)

Wing Night **18**. (1 lb of Roaster Wings) **GFr**

deep-fried wings - your choice of honey garlic, ranch, blue cheese, BBQ, mild, medium or hot sauce

Potato Skins **GFr** cajun dusted potato skins topped with cheese, green peppers, red onion, tomato, jalapeño peppers & olives served with sour cream **21**. add chicken **9**.

From the Sea

FRESH MARITIME LOBSTER **GFr**

1 ½ lb steamed fresh lobster served with coleslaw, cracked and ready to enjoy

FISH N' CHIPS

lightly battered deep-fried haddock with coleslaw one **18**. two **24**.

PAN-FRIED HADDOCK & FRIES

lightly seasoned in corn flour, lemon dill butter **26**. or served with aromatic jasmine rice and seasonal vegetables **28**. **GFr**

ATLANTIC GRILLED SALMON **GFr**

grilled salmon fillet in a light garlic siracha maple glaze, served with aromatic jasmine rice and seasonal vegetables **32**.

ROPE LOFT FISHCAKES **GFr**

three maritime salt cod fishcakes with in-house baked beans & chow **21**.

SEAFOOD RISOTTO **GFr**

creamy arborio rice, shrimp, scallops, mussels, spinach, cherry tomatoes, onion and crispy parmesan flakes **30**. add bacon **3**.

Desserts

It's Somebody's Birthday Somewhere... all desserts are made in-house, served with whipping cream & fresh berries

STICKY TOFFEE PUDDING

drizzled with caramel sauce **11**.

BAILEYS CHEESECAKE

decadent baileys infused cheesecake finished with chocolate ganache, sea salt & chocolate syrup **15**.

CHOCOLATE TORTE **GFr**

a chocoholic delight finished with cracked sea salt & caramel sauce **14**.

WILD BLUEBERRY & APPLE CRUMBLE

our signature dessert **15**.

FRENCH VANILLA ICE CREAM

with chocolate syrup or caramel sauce **8**.

ALA MODE EXTRA **4.50**

