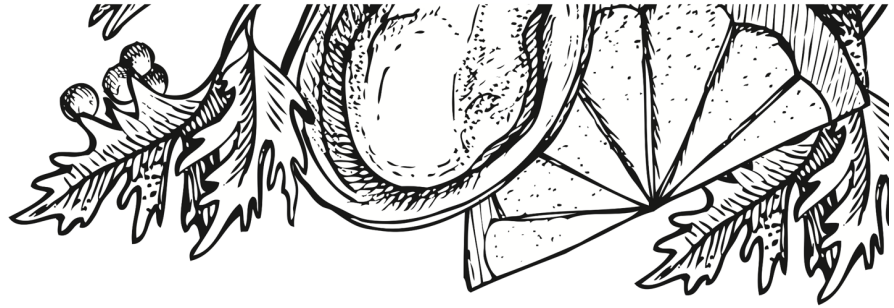


Menu



Starters

COCONUT SHRIMP

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

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 **11.**

NACHOS **GFr**

homemade tortilla chips topped with cheese, green peppers, red onion, tomato, jalapeño peppers & olives - salsa & sour cream **23.** add chicken **8.**

ONION RINGS

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

Flatbread Pizzas & Pasta

GFr flatbread add \$7

MARGHERITA PIZZA

tomato sauce topped with our four-cheese blend, cherry tomatoes & fresh basil **18.** add chicken **4.**

BBQ CHICKEN PIZZA

house made BBQ sauce, four-cheese blend, roasted seasoned chicken, green peppers & cherry tomatoes **21.** add bacon **3.**

MUSHROOM CARBONARA

mushrooms simmered in a bacon carbonara sauce finished with cracked pepper & green onion tossed in linguini **20.**

add chicken **8.** grilled shrimp **8.** grilled scallops **14.**

GFr *Gluten Friendly*

Boulangerie Breads

BAGUETTE ON A BOARD

melted garlic butter with parmesan **8.**

GARLIC CHEESE BREAD

fresh garlic, butter & four cheese blend on grilled focaccia with marinara sauce **13.**

Salads

CAESAR SALAD

crisp romaine lettuce, bacon, croutons & parmesan cheese with our homemade caesar dressing **15.**
add chicken **8.** grilled shrimp **8.** grilled scallops **14.**

HOUSE BEET SALAD **GFr**

artisan mixed greens, beets, feta cheese, roasted pecans, blueberries, cherry tomatoes, carrot curls & house made apple vinaigrette **19.**

Chowders

ROPE LOFT HADDOCK CHOWDER

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

SHELLFISH CHOWDER

premium chowder in a light cream broth with potatoes, celery, carrot, onion, shrimp, scallops, haddock & mussels **24.**

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

Sandwiches & Burgers

items served with fries can be replaced for sweet potato fries or onion rings 5. Poutine, caesar or beet salad 6.

ROPE LOFT CLUBHOUSE

chicken breast with tomato, lettuce, bacon, and cheddar cheese with sun-dried tomato mayo on focaccia & french fries 22.

ROPE LOFT CHARBROILED BURGER

charbroiled beef with tomato, onion, lettuce, and pickle on a toasted brioche bun & french fries 19. add cheddar cheese 3. add bacon 3.

SPICY BLACK BEAN CORN BURGER

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

CRISPY CHICKEN THAI WRAP

sweet and spicy thai chicken, artisan greens, carrots, sesame seeds and garlic lime dressing in a grilled flour tortilla & french fries 17. add four cheese blend 3. add bacon 3.

LOBSTER & SHRIMP ROLL

lobster, shrimp, celery, lettuce and red onion in a light mayo on a lightly toasted sweet brioche roll & french fries 26. LOBSTER ROLL 34.

Take Away Menu

902 275-3430

From the Sea

FRESH MARITIME LOBSTER GFr

fresh lobster served with coleslaw, cracked and ready to enjoy

FISH N' CHIPS

lightly battered deep-fried haddock with coleslaw one 16. two 24.

PAN-FRIED HADDOCK & FRIES

lightly seasoned in corn flour, lemon dill butter 21. or served with aromatic jasmine rice and seasonal vegetables 25. GFr

ATLANTIC GRILLED SALMON GFr

grilled salmon fillet in a light garlic siracha maple glaze, served with aromatic jasmine rice and seasonal vegetables 29.

ROPE LOFT FISH CAKES GFr

three maritime salt cod fishcakes with homemade baked beans & chow 20.

SEAFOOD RISOTTO GFr

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

Dessert

*Save room for our homemade desserts!
It's Somebody's Birthday Somewhere ...*

STICKY TOFFEE PUDDING

drizzled with caramel sauce 11.

BAILEYS CHEESECAKE

decadent baileys infused cheesecake finished with chocolate ganache, sea salt, & berries 14.

CHOCOLATE TORTE GFr

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

*All desserts are served with whipping cream
& fresh berries ...*

