Team Information Package
Hubbards, Nova Scotia
Team Information
Official Site Opening - August 15, 2022

Event Site Location
20 Yacht Club, Hubbards, Nova Scotia, Canada

Emergency Contacts
Emergency: 911
General Manager (Angela Chisholm): (902) 225-8295
Non-Emergency – Halifax Regional Police: (902) 490-5020
Ambulance: 1-888-346-9999
Nurse: 811

Fuel Station Hours*

<table>
<thead>
<tr>
<th>Period</th>
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<tbody>
<tr>
<td>August 15</td>
<td>12:00 – 4:00</td>
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<td>August 16 – 18</td>
<td>10:00 – 4:00</td>
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<td>August 19 – 21</td>
<td>09:00 – 05:00</td>
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<td>August 22 – 29</td>
<td>10:00 – 4:00</td>
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<td>August 30 – September 5</td>
<td>09:00 – 05:00</td>
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*Coach Boats: Morning
*Officials/RC: Afternoon

Fueling Location
**Boat Park**
Boat Park is arranged by country
Refer to Boat Park Plan posted at 49er.org or Nacra17.org
Worlds 2022 -> Event Program -> Boat Park Plan

**Athlete Parking**
Located 1.6km from the Event Site - 363 Trunk 3, Hubbards, NS
Refer to Community Map posted at 49er.org or Nacra17.org
Worlds 2022 -> Event Program -> Community Map

Shuttles run every 15 mins from 9am - 12pm and 3pm - 6pm on
August 18 - 21 and August 27 - September 5

We suggest Coaches drop Teams at the Main Event Site and go to the Parking Area for the Shuttle. On dates there is no Shuttle Service Available,
Contact Angela @ 902-225-8295 for a Courtesy Shuttle Pick Up 😊

**Water**
Water Stations will be available in the Sobeys Sailor’s Lounge

**Gym**
GoodLife Fitness - located on 3650 Hammonds Plains Road, Upper Tantallon
(15 Minutes from Hubbards heading towards Halifax)
Wi-Fi

Network: 2022 Worlds Sailors Lounge

Password: Sailing1234!
Restaurants
(See below for menus)

Gallants Fish and Chips
64 Beach Road

<table>
<thead>
<tr>
<th>Day</th>
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Rosa Rugosa Seaside Market
30 Nova Scotia Trunk 3
(902) 858-2232
https://www.rosarugosamarket.ca/

<table>
<thead>
<tr>
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Scotia Curry Indian Cuisine
9989 St Margarets Bay Road
(902) 407-5582
https://scotiacurry.ca/

<table>
<thead>
<tr>
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<td>Sunday</td>
<td>12 - 6p.m.</td>
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</tbody>
</table>
**Shelia’s Too**  
10426 St Margarets Bay Road  
(902) 229-5605  
[https://www.facebook.com/sheilascanteen](https://www.facebook.com/sheilascanteen)  
<table>
<thead>
<tr>
<th>Day</th>
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<tr>
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**Shore Club**  
250 Shore Club Road  
(902) 857-9555  
[https://www.shoreclub.ca/](https://www.shoreclub.ca/)  
<table>
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<tr>
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**The Savary Plate**  
100 Nova Scotia Trunk 3  
(902) 857-1300  
[https://www.facebook.com/SavaryPlate](https://www.facebook.com/SavaryPlate)  
<table>
<thead>
<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Monday</td>
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### Trellis Café
22 Nova Scotia Trunk 3  
(902) 857-1188  
[https://www.trelliscafe.ca/](https://www.trelliscafe.ca/)

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### Tuna Blue
167 Shore Club Road  
(902) 857-1790  
[https://www.tunablue.ca/](https://www.tunablue.ca/)

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## Stores

### Bell's Independent Grocer
100 Nova Scotia Trunk 3  
(902) 857-2065

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### Hubbards Hardware
100 Nova Scotia Trunk 3  
(902) 857-9627  
[https://www.hardwarehubbards.com/](https://www.hardwarehubbards.com/)

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### Irving Oil
90 Main Street, Hubbards  
(902) 857-4700  
[https://www.irvingoil.com/location/irving-oil](https://www.irvingoil.com/location/irving-oil)

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Lucky Cab (Local Taxi Service)
Hubbards
(902) 222-6213

NSLC (Liquor Store)
100 Highway #3
(902) 857-9766
https://www.mynslc.com/

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Pharmasave Hubbards
11 Highway 329
(902) 857-1743
https://pharmasave.com/store/pharmasave-hubbards/

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PILATES
PERSONAL TRAINING

Build Strength
Increase Energy
Feel Powerful

Mat Pilates with props
Strength Training
Resistance Training
Interval & Cardio Training

SHAINAFALCONEFITNESS.COM
For more info & to book a session,
contact: info@shainafalconefitness.com

10149 St Margaret's Bay Rd
Hubbards
Rosa Rugosa

Dinner

Shrimp & Polenta - $26
Tiger Prawns, Smoked Cavicchi’s Bacon, Brown Butter, Roasted Garlic, Wilted Market Greens, Seared Citrus & Herb Polenta Cake

Grilled Striploin - $36
Thinly Sliced AAA Canadian Sirloin, Chimichurri, Giro’s Ricotta Secca, Wilted Market Greens, Herb and Mushroom Wild Rice

Tuna Tartare - $19
Afishionado Blue Fin Tuna, Lemon Aioli, Fresh Herbs, Crispy Tarragon, Celeriac and Parsnip Chips, Applewood Smoked Sea Salt

Haloumi Bowl - $20
Seared Haloumi, Wilted Market Greens, Herb and Mushroom Wild Rice, Orange Segments, Tahini Citrus Drizzle, Toasted Pumpkin Seeds, Fresh Herbs

Seafood Chowder - $19
Lobster, Scallops, Haddock, Shrimp, Smokey Bacon, Potato, Cream, Fresh Herbs, Boulangerie Tea Biscuit

Lobster Roll - $22
Butter, Lemon, Herb Aioli, Fresh Herbs, Boulangerie la Vendeene Viennoise Bun, Side Salad

Crab Cakes - $20
Crab, Tiger Prawns, Basil, Lemongrass, Star Anise, Bird’s Eye Chili, Fresh Herbs, Spiced Lime Aioli, Market Salad
SCOTIA CURRY CUISINE

MAIN COURSE

BUTTER CHICKEN
Cooked in tomato base, butter and creamy sauce $15.99

CHICKEN TIKKA MASALA
Cooked in tomato base dry curry with diced onions and peppers $15.49

SCOTIA CHICKEN CURRY
Tomato onion base curry, medium spicy $15.99

CHICKEN MADRAS CURRY
Tomato onion base curry with coconut $16.99

CHICKEN VINDALOO
Spicy hot chicken curry in tomato onion base with coconut and potato $16.99

CHICKEN KORMA
Tomato onion base curry, cooked with cream and cashew nuts $16.99

LAMB CURRY
Pieces of tender lamb in tomato onion base curry, medium spicy $17.99

LAMB KORMA
Tomato onion base curry, cooked with cream and cashew nuts $18.99

SHRIMP CURRY
Shrimp in tomato onion base curry, medium spicy $18.99

SHRIMP KORMA
Tomato onion base curry, cooked with cream and cashew nuts $18.99

TANDOORI CHICKEN 1/2
Chicken cooked in tandoori spices, served with onion salad $17.99

TANDOORI CHICKEN FULL
Whole cut chicken cooked in tandoori spices, served with onion salad $24.99

Please advise server of any allergy concerns
SCOTIA CURRY CUISINE

VEGETABLE CURRIES

VEGETABLE CURRY
Tomato onion base curry $12.99 🌶️ 🌶️

MIXED VEGETABLE KORMA
Tomato onion base curry, cooked in cream and cashew nuts $13.99

CHICKPEA MASALA
Chana masala cooked in tomato onion base curry $11.99 🌶️ 🌶️

ALOO GOBI
Cauliflower, potatoes cooked in dry tomato onion base $12.99 🌶️ 🌶️

PANEER MASALA
Indian cottage cheese in tomato onion base curry with diced onions and peppers $12.99 🌶️ 🌶️

PANEER BUTTER MASALA
Indian cottage cheese rich & creamy curry, cooked in spices, onions, tomato, and butter $14.99

ALOO BAINGAN
Diced potatoes and eggplant simmered in a spiced onion tomato base curry $12.99 🌶️ 🌶️

DAL MAHKANI
Black lentils and kidney beans cooked in butter and tomato paste with Indian spice $12.99 🌶️

PUSHPA'S CURRY
Potato and peas cooked with Indian spices and turmeric in onion base curry $11.99

Please advise server of any allergy concerns
**SCOTIA CURRY CUISINE**

**BIRIYANI**

**CHICKEN BIRIYANI**
Chicken mixed with flavoured rice, serve with Raita (Indian yogurt sauce) $18.99

**LAMB BIRIYANI**
Lamb mixed with flavoured rice, serve with Raita (Indian yogurt sauce) $19.99

**MIXED VEGETABLE BIRIYANI**
Mixed vegetable and flavoured rice, serve with Raita (Indian yogurt sauce) $14.99

**EXTRA RAITA**
Made with yogurt, tomato, cucumber and red onion. pairs well with breyani $3.50

Please advise server of any allergy concerns
# Sheila’s Too

Welcome to Sheila’s Chip Wagon!

**Take out Menu**

Call 902-229-5605

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>1 pce Fish &amp; Chips</td>
<td>$10.25</td>
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<tr>
<td>2 pce Fish &amp; Chips</td>
<td>$16.50</td>
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<tr>
<td>3 pce Fish &amp; chips</td>
<td>$14.75</td>
</tr>
<tr>
<td>1 pce Fish only</td>
<td>$4.00</td>
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<tr>
<td>Fish Burger</td>
<td>$6.75</td>
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<tr>
<td>Seafood Platter</td>
<td>$24.00</td>
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<tr>
<td>Fish Bits</td>
<td>$10.25</td>
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<tr>
<td>Hamburger</td>
<td>$5.25</td>
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<tr>
<td>Double Hamburger</td>
<td>$8.50</td>
</tr>
<tr>
<td>Cheeseburger</td>
<td>$5.75</td>
</tr>
<tr>
<td>Double Cheeseburger</td>
<td>$8.75</td>
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<tr>
<td>Chicken Burger</td>
<td>$5.75</td>
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<tr>
<td>Hot Dog</td>
<td>$2.00</td>
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<tr>
<td>Cheese Dog</td>
<td>$2.25</td>
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<tr>
<td>Chicken Nuggets &amp; Fries</td>
<td>$6.00</td>
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<tr>
<td>Loose Hamburger &amp; Fries</td>
<td>$11.00</td>
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<tr>
<td>Small Fries</td>
<td>$3.75</td>
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<tr>
<td>Large Fries</td>
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<tr>
<td>Mozza Sticks 6 for</td>
<td>$6.75</td>
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<tr>
<td>Deep fried pickles 5 for</td>
<td>$7.00</td>
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<tr>
<td>Gravy</td>
<td>$1.50</td>
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<tr>
<td>Scallops &amp; Fries</td>
<td>$17.50</td>
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<tr>
<td>Scallops only</td>
<td>$13.25</td>
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<tr>
<td>Clams &amp; Fries</td>
<td>$17.75</td>
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<tr>
<td>Clams only</td>
<td>$13.50</td>
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<tr>
<td>Scallop Burger</td>
<td>$7.75</td>
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<tr>
<td>Onion Rings</td>
<td>$6.75</td>
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<tr>
<td>Poutine</td>
<td>$7.75</td>
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<tr>
<td>Beverages</td>
<td>$2.25</td>
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</tbody>
</table>
1. Choose a Main Dish  2. Choose a Signature BBQ Sauce  3. Really hungry? Add a Side

All burgers & sausages are served with crunchy homemade potato chips, apple slaw and pickle.
Gluten-free options available.

**Juicy Smoked Apple Sausage**
Topped with caramelized onions • 15

**Tender Smoked Beef Brisket Burger**
Topped with pickled red onion • 20

**Sweet & Smoky Pulled Pork Burger**
Topped with crunchy apple slaw • 20

**Soft-Shell Tacos with Brisket, Tofu or Pork**
Topped with Cilantro, pickled onions and Queso • 16

**Smoky Macaroni & Cheese**
Open-flamed smoked bacon, 3 cheeses, and a blend of savoury spices • 6
Add brisket or pulled pork • 5

**Sides**
– 8 oz. of fresh and crunchy apple slaw • 4
– Warm cornbread with butter and honey • 4
– The Dirty Elote: garlic butter, herbs, spices, Cajun Aioli, Parmesan and Romano • 6
– Crunchy homemade potato chips and dill pickle Aioli • 5
– 8 oz. smoked boozy beans made with BHD maple rum • 6
– Burbank and sweet potato salad • 6

**Extra Toppings** • 2 each
– Sauerkraut
– Jalapeño
– Cilantro
– Pickled onions
– Queso Fresco
– Cajun Aioli
– Caramelized onions

**Signature BBQ Sauces:**
– BHD 329 Gin Sauce
– Sticky Korean
– Sweet Chili Lime
– Carolina Mustard
SANDWICHES & WRAPS
Gluten-free breads and wraps available

Clubhouse Sandwich
Classic Savary clubhouse served with fries. • 14

Western Sandwich
Smoked ham, onions and eggs on toasted bread. • 8

BLT
Always tasty bacon, lettuce and tomato sandwich. • 6

Apple Bacon Cheddar
Aged cheddar, sweet apple and smoky bacon. Served on homemade grilled baguette. • 5

Curry Roasted Veggie Wrap
Green-roasted seasoned veggies, spinach, sour cream, cilantro and lime in a tortilla and oven-toasted. • 12

Quesadilla
Hearty tortilla with garlic butter, two cheeses and three vegetables of your choice. Served with fries, sour cream and salsa. • 15

Donair
Donair meat cradled in a steamed greek pita with fresh tomato, onion and mozzarella cheese. Served with donair sauce. • 10

Chicken & Bacon Ranch Wrap
Tender shredded chicken, smoky bacon, mozza, tomato, lettuce, ranch dressing and oven-toasted. • 12

Mediterranean Wrap
Spinach, tomatoes, black olives, feta, fresh garlic, red onion, chickpeas and balsamic reduction. • 13

CLASSIC & SAVORY BURGERS

Crispy Chicken Burger
Seasoned breaded chicken breast with mayo, tomato and lettuce. • 15

Works Burger
Quarter pound all-beef patty, red onion, tomato, lettuce, mayo, ketchup, mustard and pickle. • 12

Haddock Burger
Battered haddock, mayo, pickled vegetables and crisp romaine lettuce. • 16

Cheddar Bacon & Onion Burger
Quarter pound all-beef patty, smoky bacon, cheddar, crispy fried onions with the works. • 15

Gratto's Brisket Burger
Slow-roasted beef brisket on a garlic-toasted bun stacked with crunchy slaw, mozza, diced onion and homemade BBQ sauce. • 18

Maple Bacon Moonshine Smash Burger
8 oz of local beef smashed with sweet onions, smoky bacon, cheddar, apple, peanut butter and maple syrup. • 22

Lumberjack Burger
Two quarter pound all-beef patties, fried egg, bacon, cheese, Hollandaise, dijon, red onion, lettuce and topped with a picklce. • 19

Black Bean & Sweet Potato Burger
House-made with sweet potato, black beans and spices. Topped with aged cheddar or smoked gouda. Served on a bun with greens, tomato and spicy aioli. • 15

SALADS & SIDES

Salad – Garden, Caesar or Greek
Large • 10 Small • 6

Soup 'o the Day
Bowl • 12 Cup • 7

Ask your server for today's delicious soup.
Served with homemade baguette.

Sweet Potato Fries
Crispy, sweet and delicious. Served with spicy aioli. • 6

Chips & Salsa
Hand-cut corn tortillias, fried and served with fire-roasted salsa. • 5

Onion Rings
Large • 5 Small • 5

French Fries
House or McCain
Large • 6 Small • 5

Kettle-Style Chips
Crunchy seasoned homemade potato chips. • 4

Carrot Sticks & Dip
Freshly cut and served with creamy ranch dressing. • 3

Chicken Wings
A pound of breaded chicken wings. Served with your choice of sauce — hot, mild, honey garlic, sweet chili or ranch. • 15

LASAGNA
Layers of cheese, homemade noodles, local beef and vegetables. Served with garlic bread. • 14

Noodle Bowl
Cantonese noodles and sauteed vegetables with your choice of chicken or crunchy chickpeas. Tossed in sweet chili, honey garlic or curry sauce. • 16

Fried Chicken
Three pieces of delicious southern fried chicken. Served with fries. • 15

Traditional Fish 'N Chips
Fresh & local: • 1pc – 11 • 2pc – 13

Traditional Poutine
Fries, cheese curds and gravy. • 11

Beef Brisket Poutine
Fries, tender beef brisket, dusted onions, sweet BBQ sauce and cheese curds. • 16

Donair Poutine
Fries, donair meat, gravy, tomato, onion, garlicy donair sauce and cheese curds. • 16

SAVARY FAVOURITES

Breakfast served until 4 pm
THE TRELLIS CAFÉ

To Share

Baked Brie
topped with red onion jam and sliced apples, served with gluten-free organic crackers GF .............................................. 15

Thai Shrimp
flash-seared and finished in a sweet and savory Thai garlic sauce GF .............................................................. 14

Steamed Mussels
one pound local mussels steamed with white wine, shallots, garlic, served with bread and garlic butter GF .......................... 16

Seared Scallops
pan-seared, butter basted, drizzled with an aged balsamic reduction GF .............................................................. 17

Meze Plate
hummus, tzatziki, kalamata olives, feta cheese, pita crisps .............................................................. 15

Fried Brussel Sprouts
pan seared, tossed with butter, walnuts and honey, topped with scallions, shredded parmesan and balsamic glaze GF .............................................. 13

Curry Fries
Trellis House Fries served with curry mayo GF ......................................................................................... 10

• V – Vegan GF – Gluten Free
• V* or GF* – V or GF option available upon request.
THE TRELLIS CAFÉ

Soup
served with bread or GF crackers

African Peanut Soup
*rich, thick and delicious V GF*
..................13

Seafood Chowder
*fresh haddock, shrimp, scallop, lobster, potato, cream, herbs GF*
..................20

Salads

Orange Almond
*mixed greens, mandarins, raisins, sliced almonds, orange poppyseed*
vinaigrette V GF
..................13

Spinach
*strawberries, asiago cheese, sunflower seeds, poppyseed dressing*
V* GF
..................14

Caesar
*romaine, fresh parmesan, real bacon, seasoned croutons, bistro caesar dressing GF*
..................14

Greek
*romaine, cucumbers, tomatoes, red onion, kalamata olives, feta, herb*
vinaigrette V* GF
..................14

Add Chicken 5 or Shrimp 8

* V – Vegan  GF – Gluten Free
* V* or GF* – V or GF option available upon request.
THE TRELLIS CAFÉ

Seafood served with choice of salad

Pan-Fried Haddock
fresh haddock fillet, dusted and pan-fried, house fries, tartar sauce (GF*).................. 22.00

Trellis Fishcakes
three savoury salt cod and potato cakes, green tomato chow (GF*).......................... 19.00

Cedar Plank Salmon
fresh Atlantic salmon fillet, orange ginger glaze, seasoned quinoa (GF)...................... 23.00

Queensland Crab Cakes
two panko-crusted queen crab cakes, house fries, chipotle aioli............................... 28.00

Burgers Served with house fries

Trellis Burger
1/2 lb maritime-raised grass-fed beef, classic works.................................................. 16

BC Burger
1/2 lb maritime-raised grass-fed beef, bacon, cheddar, caramelized onions, chipotle aioli.......................... 18

Lamb Burger
1/2 lb fresh local ground lamb, tzatziki, mixed greens, curry mayo............................. 19

Veggie Burger
falef style patty topped with caramelized onions, mixed greens, bombay sauce V*.................. 17
THE TRELLIS CAFÉ

Entrees

Pan-Fried Haddock
fresh haddock fillet, dusted and pan-fried, house fries, salad, tartar sauce
GF* ........................................... 24

Trellis Fishcakes
three savoury salt cod and potato cakes, salad, green tomato chow .......................... 21

Tortellini Alfredo
cheese filled pasta with seared ham and mushrooms in a rich and creamy alfredo sauce ........................................ 22

Pistachio Chicken
inguine, sweet peppers, asparagus, sliced chicken breast in a maple brown butter sauce ........................................ 23

Cedar Plank Salmon
fresh Atlantic salmon fillet, orange ginger glaze, seasoned quinoa, salad .......................... 25

Massaman Coconut Curry
sweet potato, chickpeas, lentils, raisins, apple, quinoa, cashews, green onion V GF .............. 19

Jagerschnitzel
panko breaded chicken breast cutlet, potato, spinach, mushroom, bacon, cream ........................................ 25

New York Strip
10oz hand-cut AAA steak, flame grilled to perfection, house fries, chipotle aioli, salad GF .................. 36

• V – Vegan  GF – Gluten Free
• V* or GF* – V or GF option available upon request.
THE TRELLIS CAFÉ

Side Orders

Fisheake ......................................................... 8
House Fries ....................................................... 7
Sliced Tomato ..................................................... 4
Green Tomato Chow .............................................. 3
Housemade Mayo, Aioli & Sauces .............................. 2
Starters & Shareables

**Scallops wrapped in bacon**
Digby scallops wrapped in bacon served with a roasted red pepper aioli  
$17

**Seafood Chowder**
a combination of haddock, lobster, shrimp and scallops in a creamy broth served with homemade tea biscuit  
$14

**Fried Pepperoni**
a generous portion of Brothers pepperoni, sliced and served crispy and tender with honey mustard for dipping  
$12

**Chicken Wings**
a lb. of wings served with your choice of hot sauce, BBQ sauce or honey mustard  
$17

**Basket of Fries**
a basket of crispy fries served with curry mayo  
$9

**Tuna Blue House Chippers**
our homemade chips tossed in our chefs secret spice topped with cheese, green onion and bacon, served with tzatziki sauce  
$15

Main Courses

**Traditional Club Wrap**
sliced chicken, crispy bacon, tomato, cheddar cheese, lettuce and mayo rolled in a tortilla served with fries  
$18

**Tuna Blue Burger**
burger served with lettuce, tomato, onions, ketchup, mustard, relish on a fresh bun served with fries (Veggie Burger available)  
$17

**Lobster Roll**
fresh local lobster combined with mayo, diced celery and a splash of lemon juice served on a toasted bun served with fries  
$24

**Fish and Chips**
Fresh beer battered haddock served with fries  
$18

**Fish Tacos**
four haddock tacos served grilled or battered served on coleslaw and chimichurri sauce on corn tortillas  
$9

**Beyond Meat Burger**
A beyond meat patty served with lettuce, tomato, onion, ketchup, mustard and relish on a fresh bun, served with fries and coleslaw  
$17

Kids Meals

**Chicken Tenders**
Crispy chicken tenders and fries  
$12