

# Welcome to the Sandbar Restaurant

## STARTERS

### Mussels \$7.99 lb

Fresh Atlantic Mussels from Ship Harbour

Served with red or white sauce & crusty bread for dipping

### Chicken Wings \$10.95

1 dozen crispy wings with mild, med, hot or honey garlic sauce

### Soup of the Day~Bowl \$4.99 Cup \$3.99

### Chili~Bowl \$5.75 Cup \$3.99

### Lobster & Roasted Red Pepper Dip \$10.25

### BLT Dip \$8.75

Our dips are perfect for sharing. Served with Tortilla Chips

### Nachos \$8.95

Crispy Tortilla chips with shredded cheese, tomatoes, diced peppers & onions

## LIGHTER FARE

Angus Burger \$5.25 100% Canadian Beef, lettuce, tomato & Bistro Sauce

Pulled Pork Burger \$5.00 Tender BBQ pork with sautéed onion

Poutine \$6.99 We use the best cheese curds & authentic poutine gravy

French Fries ~ Regular \$4.25

Small \$3.50

Sweet Potato Fries ~ Regular \$5.25

Small \$4.50

## MAIN DISHES

Served with Potato Salad, Coleslaw & Garlic Bread

¼ BBQ Chicken \$12.95

Planked Salmon \$17.95

½ Rack of Ribs \$15.95

Grilled Lobster Tail \$13.95

5 oz Rib Eye Steak \$17.95

2 Piece Fish & Chips \$10.95 1 PC \$9.95

Gravy \$1.75

Coleslaw \$1.75

## DESSERTS

Garlic Bread \$1.75

Sticky Toffee

Ask your server for today's selection

Pudding \$4.99

Mixed Berry Crumble \$5.25

Continental Breakfast \$8.7

Chocolate Cake \$5.75

8AM~10:30AM

Plus 15% HST

## SALADS

Garden Salad

Regular \$6.25

Side \$4.75

Toasted Almond  
& Mandarin Salad

Regular \$7.25

Side \$5.00

**BEVERAGE**

**S**

Pop \$2.00    Bottled Water \$1.50  
Lemonade \$1.75    Coffee/Tea \$1.25  
Milk ~ Small \$1.50    Large \$2.25

***Welcome to the Sandbar Restaurant***

***From the Bar***

***Beer \$4.25***

Keith's India Pale Ale

*Nova Scotia's most popular Beer*

Oland Export Ale

*Another popular Nova Scotia Ale*

Budweiser Lager

Budweiser Light

Miller Chill

***Nova Scotia Micro Brew \$4.75***

Propeller Special Bitter Ale

Garrison Tall Ship Ale

Garrison  
Ale

Garrison Nut Brown Al

***Coolers \$5.2***

Smirnoff Ic

Mike's Hard

Mike's Pink Lemonad

Irish Red

e

5

e

Lemonade

e



Plus 15% HST

<b><i>Wine</i></b>	<b><i>Glass</i></b>	<b><i>½ Carafe</i></b>	<b><i>Carafe</i></b>
<i>Jost Contessa White</i>	\$5.25	\$8.25	\$14.25
<i>Jost Chablis</i>	\$5.25	\$8.25	\$14.25

*Please ask your server for our current selection of Specialty Wine and Liqueurs*

***Shots & Mixed Drinks \$4.25***