

Traders' Salads

Add Grilled Chicken \$4

Caesar Salad Basket \$9

Served in a basket of crispy parmesan cheese with fresh romaine lettuce and our own creamy Caesar dressing.



Field Green Salad \$9

Tossed with candied walnuts, raisin bread croutons and honey balsamic dressing. Topped with roasted pears.

Baby Spinach Salad \$9

Tossed with double smoked bacon bits, watercress, blue cheese dressing and wild blueberry drizzle

Traders' Sandwiches & Such

The following items are served with your choice of French fries, salad, or soup of the day.

Make it seafood chowder for an additional \$2

Szechwan Chicken Wrap \$13

A marinated chicken breast grilled and wrapped in a soft flour tortilla with peppers, peanut sauce and Asian noodles

Southwestern Burger \$14

Eight ounces of handmade and grilled Southwestern beef burger with guacamole, chili mayo and melted apple wood smoked cheddar

Chicken & Chorizo Quesadilla \$14

Grilled chicken and Sweet Williams chorizo sausage with black bean spread, jalapeno havarti, grilled pepper and red onion between two pieces of grilled flour tortilla. Served with salsa and sour cream

Chicken Clubhouse Sandwich \$13

Grilled chicken breast, smoked bacon, lettuce and tomato with cheddar cheese. Served between two thick slices of multigrain bread



Bistro Sandwich \$18

Slow roasted Choice Atlantic beef striploin served on a toasted ciabatta bun with caramelized onion, tomatoes, Boursin cheese, and bistro sauce

The Lobster Sandwich of Halifax \$17

Lobster meat, artichoke hearts, red peppers and dill mayonnaise, served between two thick slices of multigrain bread



Maritime Beer Battered Fish & Chips \$13

Our haddock fillets are seasoned just right with a brewed ale batter

Chicken Fingers \$12

Breaded chicken with a choice of hot or sweet dipping sauce, served with crisp fries



Indicates a vegetarian option

D Our specialty

Created with local products