

MEAL

SUMMER - 2023



(GF) Gluten Free

(V) Vegetarian

(Vegan) Vegan

APPETIZERS

DRUNKEN JERK SHRIMP (GF)

Seared jumbo shrimp in jerk spice marinade. Served on fresh pineapple salsa. \$20

MEXICAN CORN CHIPS (V)

Fresh made corn tortillas with Mexican spices. Served with salsa. \$10

VEGGIE SAMOSAS (V)

Crispy fried vegetable filled goodness. Served with date chutney. \$12

BRUSCHETTA (V)

Garlic herb crostinis topped with parmesan, heirloom tomatoes, fresh basil, olive oil + drizzled honey balsamic reduction. \$16

POPPA'S POPPERS (GF)

Jalapeño halves, stuffed with spinach dip + wrapped in crisp bacon. Served with sour cream + red pepper jelly. \$20

BIG OLE NACHOS (V)

Fresh made corn tortillas with melted cheddar cheese, green olives, banana peppers, red onion + bell peppers. Served with sour cream. \$20

Add grilled chicken \$8.

SOUP OF THE DAY

Ask us about the daily creation!
Cup \$7 OR Bowl \$9

SALADS

CLASSIC CAESAR SALAD

Crispy bacon, herb + garlic croutons, parmesan cheese, lemon wedge + creamy garlic dressing on crisp romaine.

Small \$12/Large \$18

Add grilled chicken \$8 or grilled shrimp \$9

MANDARIN SPINACH SALAD (V)

Honey roasted peanuts, mandarin oranges, crunchy red cabbage, shredded carrots, green onions, sesame seeds, crispy wonton strips on spinach with miso maple dressing.

Small \$13/Large \$19

Add grilled chicken \$8 or grilled shrimp \$9

GREEN SALAD (GF + Vegan)

Cherry tomatoes, shredded carrot, pumpkin seeds, cucumber on mixed greens.

Small \$11/Large \$17

Add grilled chicken \$8 or grilled shrimp \$9

Choice of dressing:

Lemon poppyseed, cider Dijon, balsamic, creamy garlic, ranch, miso maple, OR blue cheese.

LUNCH

MISO MAPLE NOODLE BOWL

(GF + Vegan)

Warm rice noodles, shredded carrot, crunchy red cabbage, red pepper, cucumber, crushed peanuts, cilantro + sesame tossed in miso maple sauce. \$19

Add grilled chicken \$8 or jumbo grilled shrimp \$9.

MEDITERRANEAN FALAFEL BOWL

(GF + Vegan)

Crispy falafel balls with hummus, kalamata olives, tomato, cucumber, feta cheese, quinoa + pickled turnip. \$22

Below Lunch Mains come with a choice of the following **SIDES**: french fries OR garden salad.

UPGRADE SIDES: caesar salad, onion rings, poutine, mandarin spinach salad OR sweet potato fries **Add \$3.00 / Gluten free bun OR wrap Add \$2.00**

CLASSIC COVE BURGER

All beef patty, lettuce, tomato, red onion, sliced dill pickle, mustard + relish on a toasted bun. \$20 **Add Cheddar \$2, Smoked Cheddar \$2.50 or Bacon \$2.50.**

THE COVE CRUNCHER

Buttermilk fried chicken, lettuce, sliced tomato, sriracha mayo, drizzled honey + dill pickles on a toasted bun. \$20 **Add Cheddar \$2, Smoked Cheddar \$2.50 or Bacon \$2.50.**

FOLEY MOUNTAIN BURGER

The Complete Burger! All beef patty, crispy onions, banana peppers, bacon, smoked cheddar, lettuce, tomato and chipotle mayo on a toasted bun. \$24

JERK CHICKEN WRAP

Jerk spiced chicken, pickled onions, fresh pineapple, cheddar cheese, shredded lettuce, & smoked paprika aioli in a flour tortilla. \$20



DEEP FRIED GOODNESS

CLASSIC CHICKEN WINGS

Our famous, crispy, breaded wings! Choose your sauce: mild BBQ, medium chipotle, Frank's Hot, honey garlic or sweet chilli with french fries. \$22

FISH 'n CHIPS

Perth Brewery Foley Mountain Lager beer battered, panko crusted haddock with French fries. Served with tartar sauce, coleslaw and lemon. One piece \$15/Two pieces \$21

GROWLY BASKET

A Cove Original. Crispy chicken fingers, mozza sticks, onion rings + french fries. \$20

CHICKEN FINGERS

Breaded chicken strips with french fries. Served with plum sauce. \$18

POUTINE

Squeaky Quebec cheese curd, gravy and fries. \$14
Upgrade to sweet potato fries add \$3.00.

SWEET POTATO FRIES (V)

Basket of thick cut fries, served with curry mayo. \$12

FRENCH FRIES (V)

Basket of crispy, seasoned fries. \$9

ONION RINGS (V)

Basket of plump onion rings. Served with dill dip. \$12

MOZZA STICKS (V)

Breaded, stringy, delicious mozzarella sticks. Served with marinara sauce. \$12

DINNER MAINS

BBQ PORK RIBS

½ rack of ribs, seasoned + slowly roasted until tender + juicy. Basted with our house made BBQ sauce. Served with coleslaw + fries. \$28

TERIYAKI GLAZED SALMON

Pan seared Atlantic salmon filet with flavours of garlic, ginger, tamari, sesame + honey. Served with seasonal vegetables + rice. \$35

CREAMY TUSCAN LINGUINE (V)

Fresh spinach, sun dried tomatoes, feta cheese + linguini, tossed in a garlic cream sauce. \$22

Add Grilled chicken \$8 or Grilled jumbo shrimp \$9.

STUFFED CHICKEN (GF)

Roasted chicken breast stuffed with spinach, cream cheese, garlic & herbs, wrapped in crisp bacon. Served with seasonal vegetables + mashed potatoes. \$32

NY STRIPLOIN STEAK (GF)

11oz. Local AAA beef New York striploin. Seasoned with Montreal steak spice. Served with seasonal vegetables + roasted potatoes. \$Market Price

Add grilled jumbo shrimp \$9.