

Appetizers



Green Salad

With a balsamic vinaigrette, red onion, berries, nuts and goat cheese.

Caesar Salad

Crispy romaine lettuce, bacon, parmesan cheese, croutons tossed with a creamy caesar dressing.

Crab and Artichoke Dip

Fresh local crab, artichoke, cheeses and green onion served hot with blue corn or tostitos chips.

Appetizers



Soup of the Day

Carrot and Ginger Soup

A puree of local carrot, onion and fresh ginger.

Seafood Chowder

A rich cream broth with shrimp, scallops, cod and salmon.

Shrimp or Scallops Market Price

Sandwiches

Club Sandwich

Turkey or roast beef, ham, cheddar cheese, bacon, lettuce, tomato and mayo.

Club Wrap

Turkey or roast beef, ham, cheese, tomato, lettuce and bacon wrapped in a tortilla with mayo.

Caesar Wrap

Romaine lettuce, grilled chicken breast, croutons, bacon and parmesan cheese with a creamy caesar dressing wrapped in a tortilla.

Chicken Croissant Sandwich

Grilled chicken breast, dried cranberries, celery, apple and mayo served on a croissant

Grilled Cheese Sandwich

Cold Turkey or Roast Beef

Ham and Cheese

Add a Side

Fries

Salad

Sweet Potato Fries

All sandwiches are made with homemade bread.

Burgers



Hamburger Platter

Lean ground beef topped with onions, ketchup, mustard, and relish served with home fries.

Cheeseburger Platter.....

Lean ground beef topped with cheese, onions, ketchup, mustard, and relish served with home fries.

Sophia's Special Burger Platter.....

Lean ground beef topped with lettuce, tomato, bacon and our signature sauce served with home fries and coleslaw.

Chicken Burger Platter

Lightly seasoned chicken breast stuffed with a savoury dressing (optional) on a kaiser bun with mayo and lettuce served with home fries and coleslaw.

Entrees



Fresh Local Crab

Steamed crab clusters served with a side garden salad.

Fresh Local Lobster Market Price

Steamed lobster served with a side garden salad.

New York Strip Loin Steak

A 10 oz Canada AAA beef grilled to perfection served with fresh steamed vegetables and choice of potato.

Add Mushrooms

Add Onions

Entrees



Turkey Dinner

Oven roasted turkey, fresh steamed vegetables, choice of potato, savory dressing, cranberry sauce and a side of gravy.

Quarter Chicken Dinner

Char grilled chicken, fresh steamed vegetables and choice of potato.

Pork Chop Dinner (1) (2)

Grilled tender cuts of pork loin served with fresh vegetables and choice of potato.

Seafood Platter

Fresh cod, salmon, scallops and shrimp with fresh steamed vegetables choice of potato and our signature tartar sauce.

Entrees



Pan Fried Cod

Fresh local cod fish fried served with scunchions, fresh steamed vegetables, choice of potato and our signature tartan sauce.

Cod Tongue Dinner

Fresh cod tongues served with scunchions, steamed vegetables, choice of potato and our signature tartan sauce.

Filet of Salmon

Salmon roasted with an east west spice rub and a side of orange soy glaze served with sesame noodles and steamed vegetables.

Fish and Chips

2 pieces of deep fried fish in a light batter served with home fries and coleslaw.

Entrees



Fish Cakes and Salad

A mixture of potato, salt cod, onions and parsley pan fried served with a garden salad.

Caesar Salad Add Chicken

Romaine lettuce, croutons, bacon bits and parmesan cheese tossed with a creamy caesar dressing.

Lasagna & Garlic Bread

Layered pasta with a flavourful tomato base meat sauce & cheeses served with garlic bread.

Chicken Quesadilla

Grilled chicken breast, peppers, salsa and cheese served on a tortilla.

Fish & Chips 1 pc 2 pc

Deep fried fish in a light batter served with home fries and our signature tarter sauce.

House wine – Glass 0.5L Bottle

Beer – Domestic Iceberg