

The ROPE LOFT



APPETIZERS

Calamari

lightly dusted in seasoned flour served with spicy mayo dipping sauce

Coconut Shrimp

butterfly shrimp in a coconut crust with pineapple curry sauce

Fresh Maritime Mussels

fresh mussels steamed in wine, onion & garlic by the pound or 1/2 lb GF

Rope Loft Wings

deep fried wings by the pound **GF** baja chipotle, honey garlic, medium or hot sauce

Tomato & Basil Bruschetta

diced plum tomatoes, red onion, basil, garlic, lemon & parmesan served on focaccia

Solomon Gundy

pickled herring & sour cream served with crackers (rice crackers available GF)

Sweet Potato Fries

sweet & fluffy on the inside, served with a light curry sauce for dipping GF

Smoked Salmon Pâté

a mixture of salmon, cream cheese, capers & shallots served on fresh baguette slices

Peel n' Eat Shrimp

½ lb of steamed shrimp tossed in butter, roasted red pepper & garlic seasoning

Nachos

crispy corn nachos topped with cheese, tomato, green peppers, red onion, jalapeño peppers & olives - salsa & sour cream

Rope Loft Pub Basket

deep fried mozzarella stix, zucchini, mushroom caps & onion rings served with pineapple curry sauce

Onion Rings

steak cut onion rings in tempura batter

GF – Gluten Friendly

• Food Allergies •

Because of the handcrafted nature of our menu items, the shared cooking and preparation areas of our kitchen, we cannot eliminate the risk of cross-contact or guarantee that any item is free of any allergen

FRESH BOULANGERIE BREADS

Bread on a Board

freshly baked baguette brushed with garlic butter and topped with parmesan

Garlic Bread

fresh garlic & butter toasted on focaccia

Garlic Cheese Bread

fresh garlic, butter & cheese on focaccia

PIZZAS

Margherita Pizza

tomato sauce topped with our four cheese blend and basil served on flatbread

Greek Pizza

tomatoes, peppers, black olives, red onion and feta served on flatbread

above pizzas may be substituted with **Gluten Free** pizza crust



CHOWDERS & SOUPS

Rope Loft Haddock Chowder

fresh haddock, potatoes, celery, carrots & onion in a light cream broth Cup or Bowl

Shellfish Chowder

premium chowder in a light cream broth with potatoes, celery, carrots, onion, shrimp, scallops, haddock & mussels Cup or Bowl

Soup of the Moment fresh & full of flavor

GIFT CERTIFICATES AVAILABLE



SALADS

Spinach Salad

sliced eggs, red onion, cherry tomatoes, mushrooms & feta topped with oulton's smoked bacon in a balsamic dijon mustard vinaigrette GF

Caesar Salad

crisp romaine lettuce, oulton's bacon, parmesan cheese & croutons with creamy caesar dressing add chicken

Greek Salad

tomatoes, peppers, cucumber, red onion, romaine lettuce, kalamata olives & feta cheese GF

Warm Chicken Salad

chicken breast with almonds & feta served on baby spinach in a honey citrus dressing garnished with watermelon & seasonal fruit GF

SANDWICHES & BURGERS

Items served with French Fries can be replaced with Sweet Potato Fries, Onion Rings, Caesar, Greek or Spinach Salad

Rope Loft Clubhouse

chicken breast with tomato, lettuce, oulton's smoked bacon & cheddar cheese with sun-dried tomato mayo on boulangerie focaccia & french fries

Rope Loft Burger & Fries

½ pound premium beef on boulangerie sesame seed bun with lettuce, tomato & onion add oulton's smoked bacon add cheddar cheese

Spicy Black Bean Burger & Fries

a vegetarian favorite - with lettuce, tomato, onion, side spicy mayo, four cheese blend (optional) served on boulangerie sesame seed bun

Chicken Burger & Fries

crispy chicken breast, lettuce and tomato with sun-dried tomato mayo on boulangerie sesame seed bun

Lobster & Shrimp Roll with Fries

lobster, shrimp, celery & red onion in a light mayo on a lightly toasted sweet boulangerie brioche roll

PASTA

Vegetable Linguini

seasonal vegetables, bell peppers, mushrooms, tomatoes & onions sautéed in olive oil, wine, garlic, chilies and parmesan add chicken (GF with rice)

Shellfish Linguini

shrimp, scallops, lobster & mussels with bell peppers, tomatoes & onions sautéed in olive oil, wine, garlic, chilies and parmesan (GF with rice)

FROM THE SEA

Fish n' Chips

lightly battered deep-fried haddock
one two three

Rope Loft Fish Cakes

three maritime fishcakes with homemade baked beans & chow GF

Pan Fried Haddock & Fries

lightly seasoned in corn flour & lemon dill butter served with french fries

EVENING FEATURES

Carbonara

oulton's bacon, garlic, egg, parmesan cheese & fresh cracked pepper served on linguini

Spaghetti & Meatballs

fresh tomato and basil sauce, topped with parmesan cheese

Charbroiled Striploin

8 oz centre cut beef ~ drizzled with sun-dried tomato caramelized onion butter, served with potato, black bean corn salsa & topped with onion rings add peppercorn demi-glaze

Pan Fried Haddock

lightly seasoned in corn flour & lemon dill butter served with rice & black bean corn salsa GF

ROPE LOFT WEEKLY FEATURES

THURSDAY WING NIGHT

with purchase of a beverage

FRIDAY PRIME RIB NIGHT

roasted 8 oz prime rib served with au jus, yorkshire pudding & all the trimmings

SATURDAY & SUNDAY BRUNCH

Eggs Benedict on Boulangerie Focaccia
two poached eggs, hollandaise sauce served with hash browns

smoked salmon smoked bacon smoked ham

Watch out for our many steps and slanted floors! The building was constructed using the remnants of the famed privateer ship "Teaser", which burned and sank in the waters of Mahone Bay in 1813.