

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 or marinara sauce
by the pound or 1/2 pound GF

Rope Loft Wings

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

Tomato & Basil Bruschetta

diced roma tomatoes, basil, garlic, four cheese blend served on focaccia

Sweet Potato Fries

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

Smoked Salmon Dip

a mixture of salmon, cream cheese, sour cream and dill with homemade tortilla chips

Peel n' Eat Shrimp

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

Nachos

homemade tortilla chips topped with cheese, tomato, green peppers, red onion, jalapeño peppers & olives - salsa & sour cream GF
add chicken 3.00

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
add four cheese blend

PIZZAS

Margherita Pizza

tomato pesto sauce topped with our four cheese blend & fresh basil served on flatbread

Greek Pizza

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

Chicken Pesto Pizza

thinly sliced chicken breast & pesto sauce topped with four cheese blend on flatbread

substitute with **Gluten Free** pizza crust



CHOWDERS & SOUPS

Rope Loft Haddock Chowder

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

Shellfish Chowder

premium chowder in a light cream broth with potatoes, celery, carrots, onion, shrimp, scallops, haddock & mussels Cup 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 our homemade caesar dressing add chicken grilled shrimp grilled scallops

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 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 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

FROM THE SEA

Fresh Maritime Lobster market price GF

a traditional favorite served with coleslaw

Fish n' Chips

lightly battered deep-fried haddock served with coleslaw 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 & tartar sauce served with french fries

PASTA

Vegetable Linguini

red & green peppers, mushrooms, tomatoes & onions sautéed in olive oil, wine, garlic, chilies, parmesan cheese add chicken

Shellfish Linguini

shrimp, scallops, lobster & mussels with bell peppers, tomatoes, onions sautéed in olive oil, wine, garlic, chilies, parmesan cheese

Bolognese

ground maritime beef & tomato ragu served on linguini, parmesan cheese

Bacon & Mushroom Linguini

oulton's bacon, mushrooms, garlic, parmesan cheese, cream, cracked pepper & green onion on linguini add chicken

EVENING FEATURES

Charbroiled Striploin

8 oz manhattan thick cut ~ finished with garlic butter, topped with onion rings, served potato & vegetable medley green peppercorn demi-glaze

SURF & TURF IT!

add grilled shrimp add grilled scallops

Pan Fried Haddock

lightly seasoned in corn flour & lemon dill butter served with rice & vegetable medley GF

ROPE LOFT WEEKLY FEATURES

THURSDAY NIGHT

(beverage purchase required, eat in only) Wings and 1/2 lb Peel n' Eat Shrimp

FRIDAY BEEF SHORT RIB

tender braised short rib served with potato & vegetable medley

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.