

# 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

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.