

# the *Rope Loft*



## Lunch Menu

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### Breads

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#### Fresh Homemade Baguette

Four slices of bread & sweet butter

#### Garlic Four Cheese Bread

Four slices of baguette with fontina, asiago, mozzarella and parmesan

#### Garlic Bread

Four slices of baguette with garlic butter

#### Tomato & Basil Bruschetta

Tomatoes, red onion, garlic & basil with bocconcini cheese

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### Appetizers

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#### Calamari

Tossed in garlic, chili & tomato sauce

#### Peel & Eat Shrimp 1/2 lb or 1 lb

Seasoned with roasted garlic & pepper spice  
or steamed with melted butter

#### Nachos

Crispy nachos topped with cheese, tomato, olives, red onion and jalapeño peppers served with salsa, sour cream & guacamole

#### Battered Onion Rings

Steak cut onion rings in tempura batter

#### Fresh Mahone Bay Mussels

Cultivated Indian Point mussels steamed in fresh garlic, basil, chilies & tomato sauce

#### Rope Loft Wings

Deep fried wings served with veggie stix ~

Honey Garlic or Mild, Medium or Hot Sauce

#### Sweet Potato Fries

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### Salads

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#### Greek Salad

Tomatoes, red onion, peppers, cucumber, kalamata olives & feta cheese with homemade Mediterranean dressing

#### Caesar Salad

Crisp romaine, bacon, parmesan cheese and homemade croutons tossed in our own dressing  
Add chicken

### *Capricciosa Salad*

Mixed greens with asparagus, grape tomatoes, olives & roasted red peppers with sweet basil vinaigrette

### *Warm Chicken Salad*

Sautéed chicken breast with almonds & feta cheese served on baby spinach in a honey and orange dressing; garnished with fresh fruit

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## *Soups & Chowders*

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### *Rope Loft Shellfish Chowder*

Premium chowder in a creamy sauce with shrimp, scallops, salmon, white fish & mussels

### *Rope Loft Fish Chowder*

Fresh haddock & salmon in a cream based broth

### *Lobster Bisque*

#### *Soup*

Fresh lobster the traditional style served with garlic crouton

### *Chef's Daily*

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## Sandwiches & Burgers

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Served with French Fries or replace with your choice of Sweet Potato Fries,  
Onion Rings  
Caesar, Capricciosa or Greek Salad for

### Rope Loft Clubhouse

Grilled chicken with tomato,  
avocado, bacon served on  
ciabatta bread

### Traditional Lobster Sandwich

Fresh local lobster mixed in a  
light dill dressing served white,  
multigrain or on panini roll

### Rope Loft Burger

8 oz Canadian Grade beef charbroiled to perfection with lettuce,  
tomato, bacon & cheese

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## Pasta & Pizza

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### Spaghetti & Meatballs

Homemade meatballs in fresh  
tomato & basil sauce

### Penne Carbonara

Classic Italian bacon & egg cream  
pasta with fresh cracked black  
pepper

### Greek Pizza

Tomatoes, peppers, onions,  
black olives & feta cheese on a  
12" thin crust

### Shrimp & Lobster Pizza

Plump grilled shrimp, chunks of  
lobster topped with four cheeses on  
a 12" thin crust

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## Seafood Favorites

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Fresh Maritime Lobster a Traditional Favorite 1lb 1 ½lb 2 lb

### Fish n' Chips

Haddock, lightly battered &  
deep-fried

### Fish Cakes

a Maritime tradition served with  
baked beans and homemade chor

### Seafood Crepe

Lobster, scallops, shrimp & mussels  
in a light curry cream sauce served  
with salad

### Risotto Crab Cakes

Chunky crab meat with lemon  
pepper aioli served with salad

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## Desserts

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### Oatmeal Cake

Toasted almonds & coconut icing  
served with brandy cream

### Tiramisu

Classic Italian mascarpone delight  
with coffee & lady finger cookies

*Lemon Tart with Raspberry  
Sauce  
Served with Raspberry Passion  
Fruit Ice Cream*

*Ice Cream  
Old Fashioned French Vanilla  
Ice Cream*

*Triple Chocolate Brownie  
With Vanilla crème en glaze  
served with Almond Butter Gelato*

*Fresh Berry Pie  
Strawberries, Blueberries &  
Raspberries Crumbled topping  
with fresh whipped cream*

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## *Join Us For Brunch*

*Saturday and Sunday 11 am - 1 pm*

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*Quiche & Salad  
Served with your choice of Greek,  
Capricciosa or Caesar Salad*

*Rope Loft Loblette  
Three egg lobster omelet served with  
your choice of Greek, Caesar or  
Capricciosa Salad*

*French Toast & Bacon  
Three slices of French Bread served  
with bacon & whipped cream*

*Blueberry Pancakes & Bacon  
Pancakes with maple pecan butter  
Served with bacon*

*Gift Certificates Available*