

The Lost Anchor

SALADS

- 🌾 **AUTHENTIC GREEK SALAD** 14
✓ cucumber, cherry tomato, red onion, kalamata olives, feta cheese & red wine vinaigrette
- 🌾 **MIXED GREENS** 14
✓ fresh island greens, cucumber, peppers, red onion, cherry tomato & raspberry vinaigrette
- 🌾 **CAESAR SALAD** 13
✓ crisp romaine hearts, asiago, chunky bacon, croutons & smokey caesar dressing
- 🌾 **SUMMER SALAD** 14
✓ spinach, dehydrated apple, candied pecans, strawberries, raspberry vinaigrette

STARTERS

- HAND BREADED SCALLOPS** 14
 hand breaded scallops w/ cured lemon tarragon tartar
- 🌾 **STEAMED ISLAND MUSSELS** 13
✓ fresh island mussels, creamy white wine sauce, tomato, garlic w/ fresh herbs & garlic bread
- 🌾 **SEAFOOD CHOWDER** 14
 celeriac, leeks, roasted fingerling potato, butter cream broth, lobster, mussels, clams, & homemade biscuit
- ✓ **TOASTED NAAN & HUMMUS** 11
 roasted red pepper hummus, grilled naan
- BREADED WINGS** 16
 one pound of breaded wings
 YOUR CHOICE OF: hot, bbq or honey garlic
- LEMON CAPER CRAB CAKES** 14
 house made cakes, corn relish & red pepper marmalade.
- 🌾 **BUILD YOUR OWN NACHO DIP** 14
✓ cream cheese, green onion, roma tomato, lettuce, black olives, salsa, jalapeno, shredded mozza & cheddar
 ADD: ground beef, chicken, bbq porkbelly 5

ADD: salad or sweet potato fries 4

MAINS

- SOUTHERN STYLE FRIED CHICKEN SANDWICH** 15
 fried chicken, chipotle bbq mayo, lettuce, tomato w/ fresh cut island fries
- 🌾 **CHICKEN CURRY & RICE** 16
 slow cooked chicken curry & basmati rice served w/ naan
- CAPTAINS BURGER** 16
 8 oz beef, smoked cheddar, lettuce, tomato, pickled red onion, sriracha comeback sauce, dill pickle, & brioche bun w/ fries
- FISH & CHIPS** 18
 seasoned & battered haddock w/ fresh cut island fries, & house made tartar
- BLACKENED HALIBUT** 29
 seasoned halibut, corn relish & bearnaise on roasted garlic mashed
- ✓ **FALAFEL WRAP** 14
 falafel balls, lettuce, tomato, pickle, sriracha lime tahinni, pickled red onion & roasted red pepper hummus w/ fries
- FISH TACOS** 16
 panko breaded haddock, spicy slaw, home made sweet tamarind taco sauce, lettuce, & tomato w/ fries
- PORK BELLY TACOS** 18
 bbq pork belly, arugula, scallions, sun-dried tomato bruschetta & chipotle bbq mayo w/ fresh cut island fries
- 🌾 **BURRITO BOWL** 15
✓ black beans, corn, shredded lettuce, tomato, green onion, rice, spicy mayo, guacamole, & shredded cheese
 ADD: spiced chicken, korean beef \$5

ATLANTIC LOBSTER

- FRIED LOBSTER TAILS & WAFFLES** 28
 fried lobster tail, waffles & butter rum sauce
- LOBSTER ROLL** 22
 island lobster, creamy mayo, lettuce, portuguese roll & fingerling potato salad
- LOBSTER FRITTERS** 22
 house made fritters, fresh island greens, & corn mayo
- LOBSTER MAC & CHEESE** 26
 macaroni, creamy mornay sauce, asiago, and broken lobster
- 🌾 **LOBSTER FEAST** 29
 chilled lobster, potato salad, coleslaw, flavoured butter
 ADD: chowder \$5 mussels \$5

🌾 GLUTEN FREE ✓ VEGETARIAN