

LUNCH

Available from 11:30 am to 3:00 pm and 5:30pm to close.

Substitute Salad or Sweet Potato Fries for \$2.00

ADD Greek or Spinach Salad for \$2.00

Please be patient with us when we are busy as we are working as fast as we can!

WRAPS, SANDWICHES & HAMBURGERS

Basa Sandwich | mild, buttery, flaky ocean fish on ciabatta | fries \$10.99

***6oz Steak Sandwich** | mushrooms, onions, garlic butter on ciabatta | fries \$12.49

Ranch House Chicken Sandwich | bacon, cheddar, creamy ranch | fries \$11.49

The Cove Burger | 5oz burger w/ lettuce, tomato, onion, mustard, relish | fries \$9.99

ADD cheddar cheese or bacon \$0.50 ea.

***Hot Sandwiches** | fresh roasted turkey or roast beef | fries or mashed \$9.99

Chicken Quesadilla | cheddar, onion, hot peppers, salsa, sour cream | salad \$11.99

Chicken Wrap | tomato, lettuce, cheddar, red onion, honey dijon | salad \$11.49

Veggie Wrap | mixed sauteed vegetables, feta | salad \$10.99

ADD grilled chicken \$3.00

Beef Wrap | fresh roast beef, mozzarella, peppers, mushrooms | salad \$10.99

***Heart Smart Wrap** | roasted turkey, feta, tomato, red onion | salad \$10.99

English Style Fish & Chips | battered haddock fillet, tartar, coleslaw | fries \$12.99

Homestyle Lasagna | house meat sauce, blend of cheeses | salad and roll \$11.99

Quiche | ask for our daily feature | salad and roll \$9.99

***Our Favourites**

KIDS & YOUNG AT HEART

Deli Sandwiches | fresh roasted turkey, roast beef, ham, tuna or egg salad on whole wheat or white bread \$5.99

ADD fries \$2.00 ADD soup or salad \$3.00

Fish & Chips | one piece of lightly battered haddock | fries \$7.99

Growly Basket | one finger, 2 mozzarella sticks, rings | fries \$6.99

Pogo & Fries | battered hot dog | fries \$5.99

Ham and Mashed Potatoes | \$5.99

Pasta | tomato or alfredo sauce and garlic bread \$5.99

Grilled Cheese & Fries | \$5.99

Chicken Fingers | 2 tenders | fries \$6.99

Ask your server about our GLUTEN FREE Menu.

We proudly prepare your fried foods with **FRY-ON ZTF** containing zero grams of fat per serving and is low in saturated fats.