



Welcome

Sandwiches / Soups:

All our Sandwiches are made on oven fresh White, Whole Wheat, Rye and when available 9 Grain or Oatmeal Brown or on a wrap All sandwiches come with fresh veggies and dip.

- Our own Smoked Beef Brisket 5.95
- Ham And Cheese 5.95
- Smoked Turkey 5.95
- Our famous Veggie Lover 5.95
- Tuna Salad 5.95
- Egg Salad 5.95
- Grilled Reuben..... 6.50
- Our own home cooked Corn beef on Rye 6.50
- Toasted B.L.T 5.95
- *Grilled Chicken Caesar Wrap..... 6.99
- Scotian Isle Breakfast Sandwich, 2 eggs, bacon, tomato and
Lettuce on your choice of toasted bread..... 5.95
- Chicken Ranch Wrap 6.99

NEW

- Extreme Grilled Cheese Sandwich 5.95
- Tuna Melt..... 4.95
- Buffalo Chicken Quesadilla..... 6.95
- Hot Roast Beef With homemade Gravy 5.95
- Ultimate Roast Beef with sauteed mushrooms and onion. 5.95

Scotian Isle Baked Goods famous Meat Pies:

- Choose from our large variety of our famous meat pies,
Any flavour with roll or coleslaw 5.50
- Quiche: Ham and Cheese or Veggie..... 5.50
- Spaghetti with meat sauce and garlic toast..... 6.95
- *Shepherds Pie..... 6.95
- *Taco Salad..... 6.95

*Comes with can drink

Soup:

Our famous homemade soup fresh daily. Always hearty stock and stews, meats and lots of veggies.

- Soup of the day and a biscuit 5.25
- Soup And Sandwich Combo..... 7.20
- Light lunch, Small soup and ½ size sandwich ... 5.75

Salads	Small	Lg
• Garden Salad	3.50	5.95
• Caesar Salad	3.50	5.95
• Chef Salad	3.95	6.25
• Potato salad or our famous Macaroni salad, always summertime favourite. (Seasonal)		

Dessert:

- Slice of homemade pie 2.70
- Dessert square 1.35
- Cheese cake 3.50
- Slice of Cake..... 3.50

Drinks:

- Chocolate or White Milk..... 1.40 sm. / 1.80 lg.
- Tea 1.55
- Coffee 1.55
- Pop (bottle) 2.20 lg.
- Pop (can)..... 1.05
- Juice..... 2.20 lg.

Ask for our Catering Menu for your Office Meetings

- For fast service call ahead of time and place your order for pickup.
- Call and reserve your table today.

Daily Lunch Specials
Take Out Service Available

