

## Salads



### **House Salad 10**

Crisp romaine & spinach, feta cheese, dried cranberries, spiced pecans and apples served with a Dijon vinaigrette

### **Caesar Salad 12**

Crisp romaine lettuce tossed with homemade dressing, croutons, bacon and Parmesan cheese



### **Greek Salad 12**

Fresh greens with diced tomatoes, cucumbers, red onions, olives, feta cheese and served with a Greek vinaigrette



### **Garden Salad 10**

Fresh greens with shredded carrots, fresh tomatoes, cucumbers and red onions



### **Spinach Salad 13**

Baby spinach with herb goat cheese, spiced pecans, shredded carrots, and red onions, and served with poppy seed dressing

## Add to any salad

**Grilled chicken 6**

**Grilled haddock 6**

### **Homemade Dressings**

House, Poppy seed and Caesar

### **Homemade Vinaigrettes**

Balsamic, Dijon and Greek

### **Other Dressings**

Catalina and Ranch

## Starters

### **Soupe du Jour Bowl 9**

Always homemade

### **Onion Rings 12**

Served with seasoned sour cream or Red Cap's BBQ sauce

### **Hot Lobster Dip 18**

A blend of cheeses combined with lobster and garlic, broiled and served with bread

### **Bacon Wrapped**

### **Scallops 18**

5 scallops wrapped in bacon, oven baked and drizzled with maple syrup

### **Gourmet Mozza Sticks 12**

Real mozzarella cheese, lightly seasoned and deep fried, served with sour cream

### **Mushroom Caps 12**

Hand breaded & deep fried, served with seasoned sour cream or Red Cap's BBQ sauce

### **Potato Skins 14**

Topped with garlic butter, cheese and bacon, served with sour cream

### **Bruchetta 10**

Garlic bread topped with fresh tomatoes, a drizzle of balsamic dressing & parmesan cheese

### **Dill Pickles 10**

Hand breaded & deep fried, served with seasoned sour cream or honey mustard

**Check out our  
grab and go fridge  
on your way out!**

## Platters

Served with coleslaw and *your choice of fries, mashed potatoes, twice baked potato, or lightly seasoned basmati rice.*

**Substitute a salad or sweet potato fries for 2.50**

### **Hamburger 18**

5oz lightly seasoned local beef patty, with bacon, lettuce, tomato, mayo on a toasted bun and your choice of condiments

Add cheese 1.00

### **BBQ Cheese Burger 19**

5oz lightly seasoned local beef patty with bacon, bbq sauce and onion rings served on a toasted bun

### **Steak Sandwich 18**

Tender grilled steak topped with sautéed mushrooms and onions and melted cheese, served on a toasted roll with mayo

### **Chicken Strips 18**

Homemade all white meat chicken, breaded and deep fried and served with Red Cap BBQ sauce or Honey mustard

### **Haddock Burger 17**

Deep fried or pan fried local haddock with lettuce, tomato, red onion and tartar sauce on a toasted bun

### **Chicken Burger 18**

Traditionally cooked chicken tossed in gravy served on a bun & topped with more gravy!

### **Hot Hamburg 18**

Local Beef, loosely cooked with onions and gravy served on bread, topped with more gravy!

**Gluten free options are available**

## Sandwiches

**All Sandwiches available as wraps**

### **Chicken Cranberry**

Local chicken served on focaccia bread with cranberry puree, sage mayo, lettuce and red onions 10

### **Chicken Herb Goat**

**Cheese** - Local chicken served on focaccia bread with herb goat cheese, fresh tomatoes, and lettuce 12

### **Lobster Roll 4oz's of local**

lobster sautéed and mixed with lettuce and mayo, served on toasted roll 25

### **Lobster Club House**

Local lobster sautéed and mixed with lettuce & mayo, bacon & tomatoes 23

**As a platter 27**

### **Club House**

Local chicken with lettuce, bacon and tomatoes with your choice of regular mayo, homemade: flavoured sage mayo, or horseradish mayo 14

**As a platter 18**

### **BLT**

Bacon, lettuce and tomato with your choice of regular mayo, homemade: flavoured sage mayo or horseradish mayo 8

### **Western**

Ham, onions, green peppers and eggs 8

## **Side Orders:**

French Fries

small 6 large 9

Poutine

small 9 large 12

Rice 4

Mashed potatoes 4

Twice Baked potato 6

Garlic Mashed 5

Fresh vegetables 4

Sweet Fries w/ dipping sauce 10

## Signature Meals

Served with your choice of fries, mashed potatoes, twice baked potato or lightly seasoned basmati rice and fresh vegetables.

**Substitute a salad or sweet potato fries for 2.50**

### **Red Cap Seafood Trio –**

Broiled haddock with our "**famous lobster sauce**", deep fried clams, & scallops 40

**Seafood Crêpes** Sautéed haddock, scallops, onions and mushrooms, topped with our "**famous lobster sauce**"

single 26 double 30

### **Haddock w/ Lobster Sauce**

Lightly breaded broiled haddock topped with our "**famous lobster sauce**" 28



### **Pan Seared Scallops**

Local pan seared scallops served with **creamed spinach** 30

### **Pan Fried Haddock**

Local haddock lightly breaded and pan fried 25



### **Poached Haddock**

Local haddock poached, served with lemon and herb butter 26

### **Cream Lobster Sandwich**

Local lobster sautéed in butter and cream, served on top of toast 38

### **Pork or Chicken Schnitzel**

Breaded & pan fried, served with mushroom cream sauce or Red Cap BBQ sauce 26

## From the Fryers

Served with coleslaw and your choice of fries, mashed potatoes, twice baked potato, or lightly seasoned basmati rice.

**Upgrade to a salad or sweet potato fries for 2.50**

**Haddock** 18

**Scallops** 25

**Clams** 25

### **Seafood Combo** 30

Choose your favourite **2** from Scallops, Clams or Haddock

### **Seafood Platter** 35

A spread of haddock, clams, and scallops

## Acadian Favourites

### **Lobster Sauce Poutine**

Our "**famous lobster sauce**" poured over mozza cheese & french fries 24



### **Haddock Fish Cakes –**

Fresh haddock fish cakes pan fried and served with a garden salad.

Lunch 16 Dinner 20



### **Rappie Pie**

A local **Acadian** traditional homespun combination of lightly seasoned grated potatoes, chicken, and onions, baked golden brown. 17



### **Traditional Acadian Seafood Chowder**

Bowl 16

## Rice Bowls

Served with bread and balsamic dressing

### **Grilled Chicken 15**

Seasoned with lemon pepper served over basmati rice, fresh tomatoes, cucumbers, red onion, shredded carrots and green peppers.

### **Grilled steak 15**

Seasoned steak shavings with fried onion, mushrooms and green peppers and served over basmati rice



### **Mediterranean**

### **Haddock 18**

Haddock baked with tomatoes, onions, green peppers, olives and feta cheese served over basmati rice

## Pasta

*All our pasta dishes are tossed with linguine noodles, smothered in cheese, and served with garlic bread.*

### **Chicken Alfredo 23**

A crispy breaded chicken Schnitzel with Alfredo Sauce and Mozza Cheese

### **Lobster Linguine 34**

Lobster sautéed in butter, tossed with our "**famous lobster sauce**" and topped with parmesan cheese

### **Chicken Parmesan 23**

Breaded chicken schnitzel topped with Italian marinara sauce, mozza and parmesan cheese

## All Day Breakfast

### **Breakfast Platter 16**

Two Eggs any style, homemade hash browns, toast or English muffin, with your choice of bacon, ham, or sausages

### **Lobster Scrambled Eggs 20**

Served with homemade hash browns, toast or English muffin

## Homemade Gourmet Pizzas

**Cheese** 9" 12 15" 19

### **Pepperoni & cheese**

9" 14 15" 20

### **All Meats**

Pepperoni, bacon, italian sausage and mozza cheese

9" 16 15" 24

### **Works**

Pepperoni, bacon, italian sausage, red onions, green peppers, mushroom and mozza cheese

9" 18 15" 27

### **Greek**

Pizza sauce, red onions, tomatoes, black olives, green peppers, feta and mozzarella cheese

9" 19 15" 28

### **Hawaiian**

Ham, pineapple and mozza cheese

9" 16 15" 24

### **Vegetarian**

Mushrooms, pineapple, tomatoes, green peppers, red onions, olives and mozza cheese

9" 16 15" 25

### **Garlic Fingers**

Topped with garlic butter, parmesan and mozzarella cheese, served with homemade donair sauce

\*bacon bits 1.25

9" 13 15" 19

### **9" Deluxe Garlic Finger**

Topped with garlic butter, pepperoni, bacon, onions, parmesan and mozzarella cheese, served with homemade donair sauce 18

**Now available 10"  
cauliflower crust 5\$  
extra**