



SNACKS / SHARABLES

Crispy Jumbo Shrimp	15
Thai chili mango sauce	
Charcuterie and Cheese	35 (GFO)
Nova Scotia cured meats, assorted cheese, house made focaccia, 5 spice tomato chutney	
Wonton Nachos	18 (V)
Fresh jalapeno, red and green onion, peppers, shredded cheese, salsa, sour cream	
Mixed Green Salad	13 (GF VEO)
Candied pecans, dried cranberries, Granny Smith apple, crumbled Feta, maple dressing	
Caesar Salad	11 (GFO, VO)
Made from scratch dressing, bacon, parmesan. Add a chicken breast for 7	
Narrows Seafood Chowder	14 (GFO)
Haddock, salmon, shrimp, scallops, tea biscuit	
Chicken Wings	14 (GF)
Root beer BBQ, gochujang or mild	
Braised Side Ribs	10 (GF)
St. Louis style, Coleslaw, Root Beer BBQ	

MAINS

Entrées served with fresh cut fries or rice.
Side Caesar \$3, side mixed greens \$4, side chowder \$9

Twin Narrows Club Burger	18 (GFO)
Grilled chicken, lettuce, tomato, chipotle mayo, smoked bacon aged cheddar	
Narrows Bar Burger	17 (GFO)
Canadian beef, tomato, lettuce, red onion, pickle, Sriracha mayo, aged cheddar, smoked bacon, Texas style bun	
Black Bean Burger	16 (VE, GFO)
Vegan burger, lettuce, tomato, avocado, pickled red onion, spicy vegan mayo	
Fish and Chips	18
Fresh Atlantic haddock, coleslaw, fresh cut fries, tartar	
Tuscan Penne	19 (VO, VEO)
Grilled chicken breast, cherry tomato, fresh basil, spinach, white wine, sundried tomato cream	
Peppercorn Steak	34 (GF)
10 ounce AAA striploin, peppercorn sauce, seasonal vegetables	
Yuzu Teriyaki Salmon	26 (GF)
Sesame crusted, yuzu citrus teriyaki, Calrose rice, seasonal vegetables	

DESSERTS

Ask your server about today's selection!

Legend:

GF	Gluten Free
V	Vegetarian
VE	Vegan
O	Option



BAR, BEER and WINE

Draft Beer	16 oz.		
Local Craft	10		
Coors Light	8		
Craft Beer Cans			
473 ml	10		
330 ml	7		
Rebel Rose Cider 473 ml	12		
Bottled Beer, Coolers and Cider			
330 ml	6		
Premium 330 ml	8		
330 ml 6-Pack Coolers	36		
330 ml 6-Pack Beer	30		
White Wine	6 oz. /	9 oz. /	Bottle
Zensa Pinot Grigio	8	12	40
Gaspereau Tidal Bay	10	15	50
Yealands Sauvignon Blanc	10	15	50
Noble Vines Chardonnay	10	15	50
Benjamin Bridge Nova 7	10	15	50
Red Wine	6 oz. /	9 oz. /	Bottle
Jost Big Friggin' Red	8	12	40
Albert Organic Pinot Noir	8	12	40
Chakana Malbec	8	12	40
Coppola Cabernet Sauvignon	10	15	50
Liqueur Selection			
1 oz. each	6		
Special Coffee	8		
Bar Selection			
1 oz. Well	6		
1 oz. Premium	7-15		
Mocktails	6		

COCKTAILS

Old Fashioned	10
2 oz. rye or bourbon, bitters, sugar	
Manhattan	14
2 oz. rye, sweet vermouth, bitters	
Negroni	14
1 oz. gin, 1 oz. Campari, sweet vermouth	
Boulevardier	14
2 oz. rye or bourbon, 1 oz. Campari, sweet vermouth	
Martini	14
3 oz. gin or vodka, 0.5 oz. dry vermouth	
Cosmopolitan	12
1.5 oz. citrus vodka, 1 oz. Cointreau, lime, cranberry	
Side Car	14
2 oz. cognac, 1 oz. Cointreau, lemon juice	
Margarita	14
2 oz. tequila, 1 oz. Cointreau, lime juice	
Classic Daiquiri	10
2 oz. white rum, simple syrup, lime juice	
Whiskey Sour	12
2 oz. whiskey, lemon juice, sugar, egg white, bitters	
Tom Collins	10
2 oz. gin, lemon juice, simple syrup, club soda	
Mojito	10
2 oz. white rum, sugar, lime, mint, simple syrup, club soda	
Apreol Spritz	10
3 oz. Aperol, 3 oz. prosecco, soda water	
Dark and Stormy	8
1.5 oz. dark rum, ginger beer, lime	
Moscow Mule	10
2 oz. vodka, ginger beer, lime	
Sour-Dart	8
1 oz. vodka, 1 oz. raspberry Sourpuss, lemon, lime	