

# BREAKFAST



Available daily between 6:00am and 8:00am

## ENTRÉES

### Mariner's Breakfast

Two eggs, choice of bacon, bologna, or sausage, home fries or baked beans, and toast.

### Wreckhouse Breakfast

Three eggs, bacon, bologna, sausage, baked beans, home fries, and toast.

### Lighter Side Breakfast

Cereal or oatmeal, choice of yogurt or fresh fruit cup, and toast or muffin.

### Waffles and Berries

Two waffles served with berries, whipped cream, butter, and syrup.

## BREAKFAST BOWLS

### \$14 Bacon and Cheese Bowl \$12

Scrambled eggs, cheese sauce, chopped bacon, cheddar, mozzarella, and green onions. Served over home fries.

### \$16 Spicy Sausage Bowl \$13

Scrambled eggs, cheese sauce, Italian sausage, pepperoni, shredded cheeses, and green onions. Served over home fries.

### \$13 Nacho Bowl (V) \$13

Scrambled eggs, cheese sauce, black beans, corn, and chickpeas, topped with shredded cheeses, salsa, guacamole, and green onions. Served over fresh nachos.

\$12

## SIDES

### Bacon, Bologna, or Sausage \$5 Homemade Oatmeal \$5

### Baked Beans \$4 Freshly Baked Muffin \$3

### Fresh Fruit Cup \$6 Toast \$3

## BEVERAGES

### Soft Drinks, Coffee, Tea, Juice, or Milk \$3

(V) - Vegetarian | Please notify your server of any food allergies or dietary restrictions, and ask about alternative options.

# ENTRÉES

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*(Substitute side with sweet potato fries with curry mayo or mac and cheese for an additional \$3.)*

<b>Beer Battered Fish &amp; Chips</b> Guinness battered Atlantic cod served with fries and coleslaw. <i>(Add an additional piece for \$4)</i>	<b>\$17</b>	<b>Macaroni &amp; Cheese</b> Traditional mac and cheese served with garlic toast. <i>(Add bacon for \$4)</i>	<b>\$16</b>
<b>Pan-Seared Citrus &amp; Herb Cod</b> Two pieces of cod, lightly seasoned, served with choice of side and garden vegetables.	<b>\$20</b>	<b>Black Bean Burger (V)</b> Black bean burger topped with red onion, smoked gouda, and guacamole on an artisan roll. Served with fries.	<b>\$20</b>
<b>Hot Turkey Sandwich</b> Oven roasted turkey breast served open-faced with gravy, dressing, garden vegetables and choice of side.	<b>\$18</b>	<b>Bacon &amp; Cheese Burger</b> House-made burger topped with bacon, cheese, lettuce, tomato, and dill pickle on an artisan roll. Served with fries.	<b>\$19</b>
<b>Chicken Wing Dinner</b> Breaded wings served with fries and coleslaw. Available with ranch, mild, hot or ghost pepper sauces. <i>(Non-breaded wings available on request)</i>	<b>\$17</b>	<b>Vegetable Sauté Kung Pao (V)</b> Fresh-cut vegetables and cashews, sautéed in a light, savory sauce. Served over rice or Cantonese noodles. <i>(Add chicken \$5)</i>	<b>\$18</b>
<b>Chicken Finger Platter</b> Five chicken fingers served with fries, coleslaw and choice of sauce.	<b>\$17</b>		

**Upgrade to a three-course, all-inclusive meal for an additional \$14**

*(Includes choice of soup or salad, entrée, dessert, and beverage.)*

## SOUPS & SALADS

<b>Soup of the Day and Bread Roll</b>	<b>\$8</b>
<b>Garden Salad</b>	<b>\$13</b>
<b>Classic Caesar Salad</b>	<b>\$13</b>

## DESSERTS

<b>Strawberry Cheesecake (GF)</b>	<b>\$9</b>
<b>Chocolate Cake and Ice Cream</b>	<b>\$9</b>

## FRIES & POUTINES

<b>Basket of Fries</b>	<b>\$8</b>
<b>Basket of Sweet Potato Fries</b>	<b>\$10</b>
<b>Fries, Dressing &amp; Gravy</b>	<b>\$10</b>
<b>Classic Poutine</b>	<b>\$12</b>

## BEVERAGES

<b>Soft Drinks, Coffee, Tea, Juice, or Milk</b>	<b>\$3</b>
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*(V) - Vegetarian | (GF) - Gluten Friendly | Please notify your server of any food allergies or dietary restrictions, and ask about alternative options.*

# SAGE SELECTS



## ENTRÉES

### Steamed Mussels

Atlantic mussels steamed in white wine and onion. Served with garlic toast.

### Lobster Chowder

Atlantic lobster simmered in rich and creamy broth with potatoes, vegetables, and herbs. Served with a fresh dinner roll.

### Arctic Char en Papillote (GF)

A traditional and Indigenous food source from the North, wild caught char prepared in parchment with white wine, citrus, and a blend of aromatic herbs. Served with garden vegetables and choice of side.

### Pecan Crusted Salmon

Atlantic salmon dusted with seasoned pecans and baked. Served with garden vegetables and choice of side.

\$14

### East Coast Lobster Roll

Atlantic lobster meat with lemon aioli and fresh arugula greens in a soft roll. Served with fries and coleslaw.

\$18

### Bison Burger

House-made bison burger topped with lettuce, tomato, gouda cheese, and bacon jam on an artisan roll. Served with choice of side.

\$29

### Rotisserie Style Chicken (GF)

Oven roasted and seasoned with our house blend of spices. Served with garden vegetables and choice of side. *(Add white meat for an additional \$3)*

\$26

Market Price

\$28

\$19

Substitute side with sweet potato fries with curry mayo or mac and cheese for an additional \$3.

## DESSERT

### Fry Bread & Ice Cream

Traditional Mi'kmaq lusknikn with a twist; tossed in cinnamon sugar, served warm with vanilla ice cream and blueberry wojapi sauce.

\$10

(GF) - Gluten Friendly | Please notify your server of any food allergies or dietary restrictions, and ask about alternative options.

# MINI MARINERS \$9

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*(Age 12 and Under)*

## **Breaded Cauliflower Wings**

Breaded cauliflower served with sweet & sour or bbq dipping sauce.

## **Chicken Fingers**

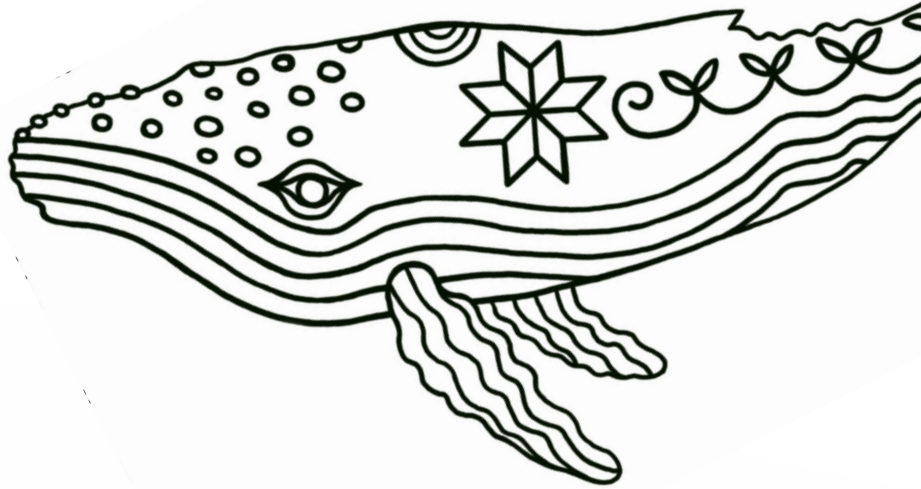
Three chicken fingers served with sweet & sour or bbq dipping sauce.

## **Fish Bites**

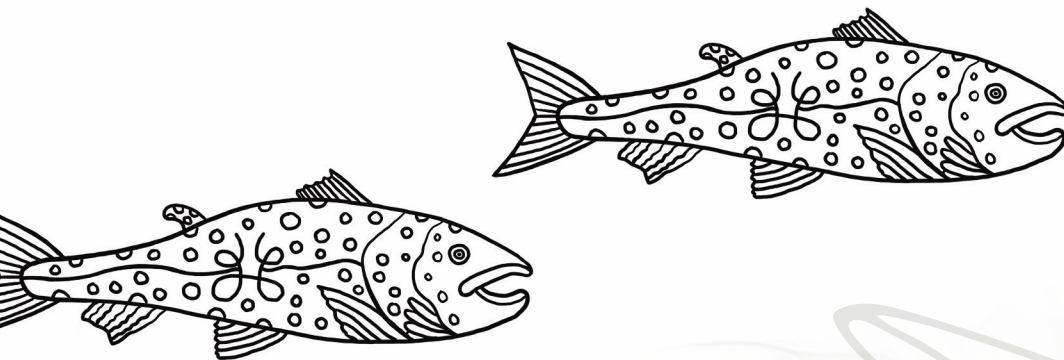
Four cod nuggets served with coleslaw and tartar sauce.

## **Macaroni & Cheese**

Classic mac and cheese served with garlic toast.



**Served with your choice of fries, mashed potatoes or carrot and celery sticks, a kids' size drink and a kids' dessert (cookie or scoop of ice cream).**



**ARTWORK BY:**  
**Marcus Gosse**