

BREAKFAST



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



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

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

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

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

SOUPS & SALADS

Soup of the Day and Bread Roll	\$8
Garden Salad	\$13
Classic Caesar Salad	\$13

DESSERTS

Strawberry Cheesecake (GF)	\$9
Chocolate Cake and Ice Cream	\$9

FRIES & POUTINES

Basket of Fries	\$8
Basket of Sweet Potato Fries	\$10
Fries, Dressing & Gravy	\$10
Classic Poutine	\$12

BEVERAGES

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

(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

sage 

(Age 12 and Under)

Breaded Cauliflower Wings

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

Chicken Fingers

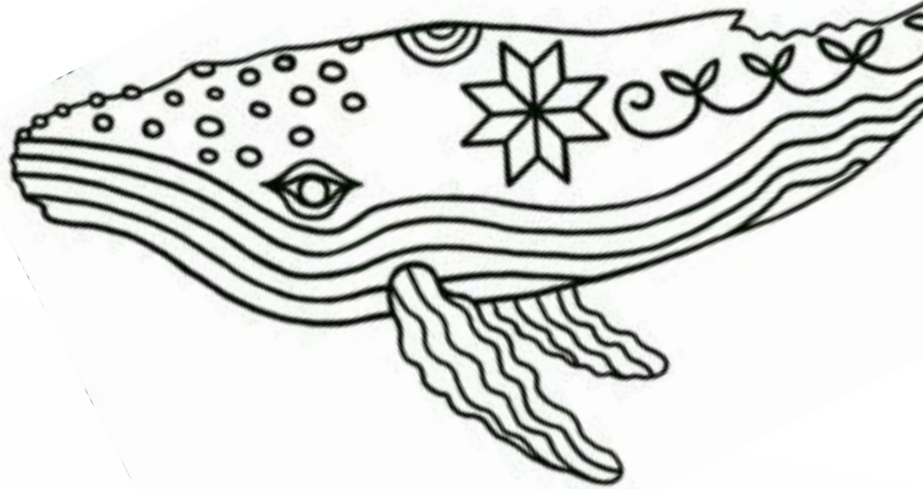
Three chicken fingers served with sweet & sour or bbq dipping sauce.

Fish Bites

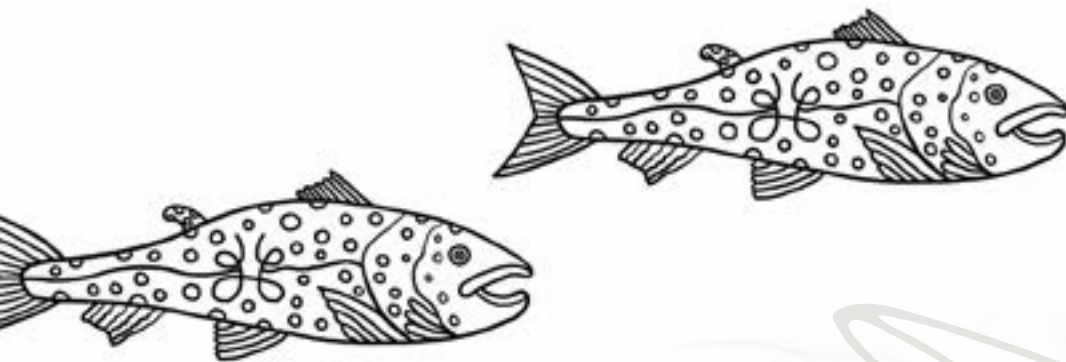
Four cod nuggets served with coleslaw and tartar sauce.

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