



SOUPS & CHOWDERS

Soup of the Day	9
African Peanut Soup	10
Haddock Chowder	13
Seafood Chowder haddock, shrimp, scallop, lobster	16

SALADS

Orange Almond mixed greens, mandarins, raisins, sliced almonds, honey-orange-dijon vinaigrette	11
Spinach strawberries, asiago cheese, sunflower seeds, poppyseed dressing	12
Caesar romaine, fresh parmesan, real bacon, seasoned croutons, caesar dressing	12
Chophouse mixed greens, toasted walnuts, goat cheese, dried cranberries, buttermilk ranch dressing	12
Greek romaine, cucumbers, tomatoes, red onion, kalamata olives, feta, herb vinaigrette	14

Add Chicken 5 or Shrimp 8

SANDWICHES

Roast Chicken Breast with brie, apple, curry mayo	12
Roast Turkey Breast with cranberry chutney, sage mayo	12
Avocado & Brie oven-toasted, with lettuce, tomato, mayo	12
Lobster Sandwich with fresh local lobster, lettuce, mayo	19

COMBOS	Half Sandwich	Choice of Salad	15
	Roast Chicken	Soup of the Day	15
	Roast Turkey	African Peanut	16
	Avocado & Brie	Haddock Chowder	18
		Seafood Chowder	21

ENTREES

Pan-Fried Haddock fresh 6oz fillet, dusted and pan-fried, served with house fries and choice of salad	18
Haddock Burger fresh haddock fillet, dusted and pan-fried, with tartar sauce and lettuce, served with house fries	14
Our Famous Fishcakes two savory salt cod and potato cakes, dusted and pan-fried, served with green tomato chow and choice of salad	15
Massaman Coconut Curry sweet potato, chickpeas, lentils, raisins, apple served over quinoa, topped with cashews and green onion	15

BURGERS ECT. *served with house fries*

Trellis Burger 8oz maritime-raised grass-fed beef, classic works	15
BC Burger 8oz maritime-raised grass-fed beef, bacon, cheddar, caramelized onions, chipotle aioli	16
Lamb Burger 8oz fresh local ground lamb, tzatziki, mixed greens, curry mayo	18
Veggie Burger felafel topped with caramelized onions, mixed greens, bombay sauce	14
Mile High Club triple decker with roasted chicken, bacon, lettuce, tomato, mayo	17

WEEKEND BRUNCH SPECIALS

Available Saturdays and Sundays until 3pm

Eggs Florentine with Spinach	14
Eggs Benedict with Ham	15
Smoked Salmon Benedict	17
Lobster Benedict	23
Served with house fries and an orange almond salad	
Build Your Own Omelette served with toast and jam	14

BOTTLE BEER

Local Craft	6.5
Propeller Pilsener	
Propeller India Pale Ale	
Propeller Special Bitter Ale	
Propeller London Style Porter	
Propeller Honey Wheat Ale	
Garrison Tall Ship Ale	
Garrison Irish Red Ale	
Garrison Nut Brown Ale	
Garrison India Pale Ale	
Local	6
Keith's IPA	
Keith's Light	
Oland Export Ale	
Schooner Lager	
Rickard's Red Ale	
Sleeman Original Draught	
Sleeman Honey Brown Lager	
Sleeman Clear Lager	
Domestic	6
Coors Lite	
Budweiser	
Bud Light	
Miller Genuine Draft	
Miller Lite	
Michelob Ultra	
Imports	7
Stella Artois	
Heineken	
Corona	
Cider	8
Bulwark	
Angry Orchard	

LIQUOR

Spirits	6
Liqueurs	7
Cocktails	8
Specialty Coffees	8

RED WINE

	5oz	½L	L
Jost Marechal Foch Nova Scotia	7	20	38
Yellow Tail Shiraz Australia	7	20	38
Masi Modello Rosso Italy	7	20	38
		Bottle	
Farnese Sangiovese Italy		25	
Barefoot Cabernet Sauvignon California		26	
Rothschild Pinot Noir France		28	
Robertson Shiraz South Africa		30	
Pares Balta Cabernet (Organic) Spain		30	
Wolf Blass Red Label Shiraz Cabernet Australia		34	
Menage A Trois Zinfandel Blend California		39	
Masi Campofiorin Italy		39	

WHITE WINE

	5oz	½L	L
Jost L'Acadie Chardonnay Nova Scotia	7	20	38
French Cross Pinot Grigio Canada	7	20	38
Jackson-Triggs Sauvignon Blanc Canada	7	20	38
		Bottle	
Barefoot Pinot Grigio California		26	
Hardy's Nottage Hill Chardonnay Australia		28	
Trapiche Sauvignon Blanc Argentina		28	
Folonari Pinot Grigio Italy		30	
Boira Pinot Grigio (Organic) Italy		34	
Jost Tidal Bay Nova Scotia		38	

BEVERAGES

Organic Fair Trade Coffee	2.5
24oz French Press Coffee	6
Breakfast Tea	2.5
Assorted Premium Herbal Teas	3
Soft Drink, Juice or Milk	3
Hot Chocolate	3.5
Trellis Iced Tea	3.5
Trellis Lemonade	3.5
All Natural Propeller Sodas	4
Perrier Sparkling Water	4
San Pellegrino Sparkling Orange/Lemon	4
San Pellegrino Bottle Sparkling Water	6

DESSERTS 8

Triple Decker Chocolate Cake
Carrot Cake with Cream Cheese Icing
Coconut Cream Dream Pie
Bumbleberry Crisp
Warm Gingerbread with Lemon Sauce and Fresh Cream
Key Lime Pie (Gluten Free)
Chocolate Espresso Peanut Butter Pie (Gluten Free)