



"Nova Scotia Home Cooking"

Starters & Appetizers

Add grilled chicken or salmon to any salad for an additional...\$5

Spinach Salad...\$9

Fresh baby spinach with spiced pecans, goat cheese and pickled red onions, drizzled with honey buttermilk dressing

Classic Caesar Salad...\$9

Crisp, sweet romaine leaves tossed with our own tangy dressing and topped with fresh parmesan and crisp bacon

Mixed Field Greens...\$7

Seasonal garden greens and vegetables with Lemon-blueberry vinaigrette

Mabou Seafood Chowder...\$11

Light, creamy broth loaded with local seafood, sweet corn and chunks of potatoes, served with our famous warm cheddar biscuit

Chef's Soup of the Day...\$7

Made from scratch - inspired by local ingredients, served with bread and butter

Steamed Maritime Mussels...\$10

Choice of - Thai Red Curry OR Garlic, Herbs and Cream

Pair of Shoes -Served with grilled flat bread...\$10

Left Shoe – Summer vegetable and goat cheese bruschetta
Right Shoe – Fresh house-made hummus

Nova Scotia Poutine...\$11

Crisp french fries topped with herb-roasted chicken, aged cheddar and a rich roast chicken gravy

Buffalo Wings...\$10

One dozen crispy, hot, juicy wings the way they should be done with your choice of sauces - Medium, Hot, Honey-Garlic, or Sweet & Spicy Barbecue

Accompanied by fresh vegetable sticks and choice of house made dips - Blue Cheese or Ranch

Main Courses

Steak Frites...\$19

An 8 oz Flatiron steak grilled to your specifications, topped with an herb and shallot compound butter and red wine sauce. Served with crisp "frites" and a watercress and tomato salad

Char-broiled Salmon...\$18

Filet of salmon grilled to perfection, served with a warm vegetable salad and roast nugget potatoes, light citrus vinaigrette

Chicken Saltimbocca...\$16

Butter-fried breast of chicken topped with prosciutto and fresh sage lightly seared and served with a pan reduction sauce, forest mushroom ragout and mashed potatoes

Fish and Chips...\$13 2-piece \$10 1-piece

Locally caught haddock fried in our own Red Shoe Ale batter. Served on a pile of chips with our tangy Remoulade sauce and cole slaw

Mediterranean Vegetable Penne...\$14

Tossed with tender artichoke hearts, fresh plum tomatoes and fruity black olives in a warm roasted garlic and fresh herb vinaigrette, finished with parmesan

Add grilled chicken or salmon for an additional...\$5

The Best Meatloaf, Ever!...\$15

The Shoe's own recipe glazed with an intense red wine mushroom sauce served with mashed potatoes and seasonal vegetables

Scallops & Bacon...\$17

Scallops are pan seared and served on top of mixed field greens and dressed with a warm bacon vinaigrette

The Sandwich Board

Served with choice of french fries, cup of Chef's soup of the day, or mixed field green salad, or for an additional charge substitute

Sweet Potato Fries...\$2.50 Mabou Seafood Chowder...\$3

Caesar Salad...\$3 Spinach Salad...\$3

Gravy...\$1

Grilled Vegetable and Goat Cheese Panini...\$11

Zucchini, red onion, mushroom, peppers, goat cheese, feta and artichoke aioli on warm crusty bread

Red Shoe Burger...\$12

A char-broiled 8 oz patty of hand formed ground beef, served with lettuce, tomato, red onion, roast onion mayonnaise

Add Cheddar...\$1.50 Add Bacon...\$2

Add Blue Cheese...\$2.50

The Red Shoe Club...\$13

Warm grilled chicken sandwich with ripe tomato, crisp bacon, aged cheddar, and Ratatouille mayonnaise on focaccia bread

Pulled Pork Sandwich...\$12

Pork shoulder dry rubbed with our special blend of spices is roasted slow-and-low for hours, bathed in our Sweet & Spicy Barbecue sauce and topped with our own tangy slaw to form this Southern classic

Please advise your server of any food allergies prior to ordering.

The Red Shoe Pub is proud to support our local farms and fisheries. Periodically, we may alter our menu to make the best of seasonal availability.