

Starters

**Maritime Mussels**

Local mussels sautéed in a rich cream base and lightly seasoned with fresh herbs. 12.99

**Escargot**

Succulent escargot seasoned with garlic butter and parmesan cheese, baked in a mushroom cap. 9.99

**Bacon Wrapped Scallops**

Grilled in white wine and garlic butter and drizzled with a maple chilli glaze. 10.99

**Nachos Deluxe**

Tricolour tortilla chips, black olives, tomatoes, bell peppers and Jalapeños topped with green onion and a blend of cheeses. 12.99

**Garlic Cheese Loaf**

French bread brushed with garlic butter and topped with green onion and mixed cheeses. 6.99

**Chicken Wings**

Lightly battered, crisp and tasty wings. Served with medium or hot sauce. 12.99

Soups & Salads

**Lynwood's Fish Chowder**

Homemade from beginning to end, fresh and tasty with scallops, haddock, shrimp, halibut and salmon.  
Cup 8.99 Bowl 12.99

**French Onion Soup**

Savoury homemade broth, caramelized onions, croutons and mozzarella cheese. 9.99

**Gerald's Caesar Salad**

Crisp romaine lettuce, fresh mushrooms, garlic croutons, bacon, cheese and homemade dressing. 9.99

Add

Grilled Chicken Breast 5.99

**Spinach Salad**

Fresh baby spinach, apple, mushrooms and dried cranberries. Topped with feta cheese and an arrangement of walnuts, pumpkin seeds and sunflower seeds. Tossed in our homemade maple dressing. 9.99

Add

Grilled Chicken Breast 5.99

Classics

**Baked Lasagna**

Layers of noodles with a rich tomato sauce, lightly seasoned lean ground beef under a blanket of cheese. Served with garlic bread. 17.99

**Chicken Strips**

Lightly breaded all white meat chicken strips cooked golden brown. Served with French fries. 13.99

**Club House Sandwich**

Fresh roasted turkey, bacon, lettuce, tomato, and mayo on your choice of bread. Served with French fries. 15.99

**Spicy Black Bean Burger**

Spicy black bean veggie burger grilled and topped with lettuce, tomato, and pickle on a Brioche bun. Served with your choice of caesar or spinach salad. 15.99

## Seafood

### Seafood Supreme

Morsels of salmon, shrimp, haddock and scallops baked in a white wine dill sauce and topped with mozzarella cheese. 26.99

### Maple Glazed Salmon

Fresh Atlantic salmon in a maple chilli glaze, topped with citrus salsa. 26.99

### Pan Fried Haddock

Fresh haddock lightly breaded with flavoured seasoning. Cooked to golden brown. 19.99

### Maritime Lobster Platter

Whole local lobster, cooked to order. Served with hot butter and accented with steamed mussels. Cracked and ready to eat.  
- Seasonal -

### Fish & Chips

Fresh haddock seasoned and lightly battered. 15.99

### Lobster Roll

Local Lobster mixed with chives, celery, & mayonnaise on a toasted french roll.  
- Seasonal -

## Steak

### Beef Medallions

Two fresh 3 oz beef tenderloin grilled to your preference. Served with a rich peppercorn sauce. 28.99

#### Add

Mushrooms 4.99   Onions 4.99   Shrimp 6.99  
Scallops 7.99

Served with a medley of fresh vegetables and your choice of oven roasted potatoes or French fries. Upgrade to a salad \$2.00.

## Lunch Specials

Available 12:00pm - 3:00pm

### Club Wrap

Fresh vegetables with turkey and bacon, topped with mozzarella and cheddar cheese in a grilled whole wheat tortilla wrap. Your choice of mayo or honey mustard. Served with French fries. 13.99

### Lynwood Classic Burger

Quarter pound of Sirloin ground beef topped with Jalapeño Monterey Jack cheese, bacon, lettuce, tomato, onion, dill pickle and special sauce on a Brioche bun. Served with French fries. 15.99

### Western Sandwich

Ham, sweet peppers, green onion and egg on your choice of bread. Served with French fries 12.99

### Grilled Cheese Sandwich

An old-time favourite on your choice of bread. Served with French fries. 9.99

### Poutine

Lynwood's famous French fries topped with shredded mozzarella cheese and delicious homemade gravy. 9.99

# Breakfast

Available  
7:30am - 9:30am

## Eggs Benedict

Two poached eggs over crisp bacon, Canadian ham or butterflied sausage on a toasted english muffin, topped with Hollandaise sauce. Served with home fries. 14.99

Vegetarian option available.

## Hot Oatmeal Porridge

A healthy start to your day. Served with milk and brown sugar. 4.99

## Berry Bowl

Fresh seasonal berries with greek yogurt and granola. Drizzled with maple syrup. 8.99

**Lynwood's Old Fashioned Oat  
Cakes 2.00**

## Apple Cinnamon French Toast

French bread coated with cinnamon sugar and cooked until golden brown. Topped with caramelized apples and served with maple syrup. 9.99

## Egg Dishes

Served with buttered toast and preserves.

One egg (any style) served with bacon, sausage or ham. 7.99

Two Eggs (any style) served with bacon, sausage or ham. 9.99

— *Special* —

Breakfast Sandwich of the day.

Ask your server.  
Dine in or to go.

## *From the Grill*

Blueberry Pancakes 8.99  
Egg 2.99

Side of Bacon  
Side of Sausage  
Side of Canadian Ham  
4.99 each

Hash Brown Potatoes 2.99  
Toast & Preserves 3.99

