

## Beginnings

### Cafe 101 Chowder

Nova Scotia fish and shellfish, cream, dill

8

### Rick's Soup Corner

Seasonal and local inspired flavors

6

### Field

Local greens, caramelized onions, seasonal fruit, goats crumble, balsamic honey emulsion

8

### Chopped Caesar

Romaine leaf, bacon garlic dressing, egg, bagel crisps, roasted red pepper, asiago

8

### Spinach

Spinach leaf, pineapple, field mushrooms, roasted red pepper and shallot buttermilk dressing, pinenuts

8

## Middles

### Ravioli

16-hour braised short rib, wild mushrooms, sundried tomato broth, asparagus ribbons

16

### “Open Face” Chicken & Brie

Basil, local chicken, sundried tomato, brie, 24 Carrots sour dough bread, first press olive oil

14

## F & C

Keith's batter, frites, tartar, slaw, fresh lemon

13

### Tortellini

Tuscan style chicken breast, tomato cilantro salsa, chicken broth, parmesan

16

### Seafood

Local salmon, Comeau's scallops, Thai prawns, yellow curry broth, fennel, roasted red pepper, orzo, naan bread

18

### Burger

Local sirloin and ground chuck, 24 Carrots focaccia, portabella, jalapeno gouda, basil aioli, onion frittes

16

### Chicken

In house smoked, pappardelle, chorizo, tomato picadillo

21

### Wellington “101 take”

Open face salmon, mushroom, cornmeal puff, Yukon's, warm spinach salad

24

### Striploin

Thick potatoes, cornmeal crust, ragout of cepes, asparagus

27

## Finally

Our homemade desserts change with the seasons. Treat yourself and experience our current culinary creation