

The Trellis Café

Real Food since 1985



Homemade Whole Wheat Bread

Home Cooking & Baking

Fresh Local Fish

Open Year Round

Lighter Fare

Soup <i>Made Fresh Daily</i>	sm 6. ⁵⁰	lg 7. ⁵⁰
African Peanut Soup	sm 7. ⁰⁰	lg 8. ⁰⁰
Haddock Chowder	sm 7. ⁵⁰	lg 9. ⁰⁰
Seafood Chowder		
<i>Shrimp, Scallops, Lobster & Haddock</i>	sm 11. ⁰⁰	lg 15. ⁰⁰
Salad <i>Spinach, Greek, Orange Almond, Caesar or Arugula</i>	sm 6. ⁵⁰	lg 8. ⁵⁰
Add Chicken		3. ⁹⁵
Trellis Hummus, Carrot Sticks & Pita Chips		7. ⁵⁰
Sweet Potato Home Fries with Curry Mayo		6. ⁹⁵

Sandwiches / Wraps

Made with Our Homemade

Whole Wheat Bread or on a Tortilla Wrap

'Mile High' Clubhouse with Home Fries	12. ⁹⁵
Monte Cristo with Home Fries	10. ⁹⁵
Eastern Sandwich with Home Fries	8. ⁷⁵
Chicken Breast <i>Brie and Apple with Curried Mayo</i>	8. ⁵⁰
Turkey Breast and Cranberry Chutney	7. ⁹⁵
Lobster Sandwich	15. ⁹⁵
Avocado, Roasted Red Pepper Hummus and Aged White Cheddar	8. ⁹⁵

Combos

½ Sandwich <i>Chicken, Turkey or Avocado with...</i>	
- Haddock Chowder	10. ⁹⁵
- Seafood Chowder	14. ⁹⁵
- Soup of the Day	8. ⁹⁵
- Salad	10. ⁹⁵

JOIN US!

Thursday Night - Acoustic Music Jam & Happy Hour

Friday & Saturday Night - Dinner & Entertainment

Sunday Night - Full Roast Dinner - \$15.95

Lunch Entrées

Fresh Haddock Fillet <i>Sautéed with Home Fries & Choice of Salad</i>	15. ⁹⁵
Homemade Crab Cakes (2) & Choice of Salad	12. ⁹⁵
Our Famous Fish Cakes (2) & Choice of Salad or Our Baked Beans ..	11. ⁹⁵
Curried Seafood Crepes <i>Scallops, Shrimp & Crab with Cous Cous</i> ..	13. ⁹⁵
Chicken Quesadilla & Choice of Salad	15. ⁹⁵
Grilled Vegetable Salad topped with Goat Cheese	13. ⁹⁵
Nova Scotia Lamb Burger <i>with Our Apricot Chutney & Home Fries</i> ..	11. ⁹⁵
Trellis Burger <i>100% Pure Beef on Our Homemade Bun & Home Fries</i>	9. ⁹⁵
<i>with Dragon's Breath Blue Cheese</i>	11. ⁹⁵
<i>with Avocado, Bacon and Old Cheddar</i>	13. ⁹⁵
Quiche <i>Made Fresh Daily and Choice of Salad</i>	10. ⁹⁵
Fresh Haddock Burger <i>on Our Homemade Bun & Home Fries</i>	9. ⁹⁵
Three Egg Frittata with Toast	
<i>with Mushrooms and Cheese</i>	9. ⁷⁵
<i>with Spinach and Cheese</i>	9. ⁷⁵
<i>with Ham, Cheese, Peppers and Onion</i>	9. ⁹⁵
<i>with Smoked Salmon or Baby Shrimp</i>	12. ⁵⁰

Homemade Desserts

Made on Premises - your choice

- Chocolate Espresso Peanut Brittle Pie
- Chocolate Cake • Carrot Cake
- Bumbleberry Crisp • Coconut Cream Pie
- Gingerbread with Lemon Sauce & Whipped Cream

Drinks

Organic Fair Trade Coffee	1. ⁹⁵	Very Berry Yogurt Smoothie .	6. ⁰⁰
Organic Fair Trade Espresso ..	2. ⁵⁰	Homemade Cocoa	4. ⁰⁰
Cappuccino or Latte	4. ⁰⁰	Hot Chocolate	2. ⁵⁰
Assorted Herbal Teas	1. ⁹⁵	Homemade Lemonade	3. ⁰⁰
Soft Drink, Juice or Milk	2. ²⁵	Perrier	3. ⁵⁰
All Natural Propeller Sodas ...	3. ⁵⁰	San Pelligrino	5. ⁰⁰

(Root Beer or Ginger Beer)

Tax not included

Private Functions and

Outside Catering Available! 857-1188

