For Starters...

Cup Seafood Chowder \$6

haddock, shrimp, salmon, scallops & mussels in a rich creamy milk broth

Bacon Spaetzle Gratin

spaetzle pasta and bacon gratinated with smoke cheddar and focaccia garlic Bread

\$12

Roasted Beets and Goat Cheese Salad \$9

roasted beets, crumbled goat cheese baby spinach with ginger honey dijon dressing

\$9

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Spinach and Pancetta Crisp Salad

baby spinach, crispy pancetta, garlic crouton with buttermilk dressing

But on the Lighter Side...

all sandwiches come with choice Of soup of the day, potato frits french fry, side spinach, caesar or artisan salad

Burger Deluxe \$13

angus beef patty with smoked pepper aioli, mushroom, onion, bacon, jalapeño havarti on a potato scallion bun

Pulled BBQ Pork \$13

24 hour braised house pulled coffee barbeque pork on garlic foccacia bread with swiss cheese

Mr. Keith's Fish & Chips \$13

alexander keith's india pale ale battered haddock with potato frits french fry & house made tartar sauce

Pappardelle Pasta \$17

pesto cream, sundried tomato, spinach, shitake mushrooms, pinenuts with garlic flatbread add: chicken or shrimp \$4.00

Skillet Fried Haddock \$18

cracker dusted skillet fried haddock with sautéed spinach, onion, shitake mushroom & creamy caper peppercorn vinaigrette served with potato frits french fry

For Finale...

Pumpkin Cheese Cake

\$5

Baked Cheesecake with Ginger Graham Crumb Crust

Chocolate Hazelnut Parfait \$5

Layered Chocolate Feuilletine and "Nutella" Hazelnut Ice Cream

Warm Apple Cake

Warm Apple Cake with Creamy Caramel Serve With Five Spice Ice Cream





cafe 100 is a proud member of the Restaurant Association of Nova Scotia. We proudly support & use local farmers and suppliers!

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.