

LUNCHEON MENU

APPETIZERS

BLUEPOINT OYSTERS (In Season) Succulent Blue points, served on their shells with Horseradish, Tobasco Sauce, Lemon Wedge	\$9.75
ESCARGOTS BOURGUINGNONE Snails gently poached with White Wine, Butter and Herbs	\$7.25
SHRIMP CABBAGE ROLL DELIGHT Cabagge roll stuffed with Shrimps, Mushrooms and Rice served with Sour Cream	\$6.25
JUMBO SHRIMP COCKTAIL Fresh jumbo Shrimps served in a Coupe with Cocktail Sauce	\$9.95
SCANDI NAVIAN HERRI NG Tangy Marinated Herring topped With Onions and Sour cream	\$5.75
NOVA SCOTIA SMOKED SALMON Thin slices of Pink Smoked Salmon garnished with capers, diced Onions	\$9.95
BABY SHRIMP COCKTAIL	\$3.95

SOUPS

MANHATTAN CLAM CHOWDER Delicious home cooked Chowder Prepared from Captain John's recipe	Kettle \$2.95	Cup \$1.75
FRENCH ONION SOUP Freshly prepared Onion Soup served with Toasted Croutons	Kettle \$1.95	Cup \$1.25

SALAD

CHEF'S SALAD	\$3.25
Captain John's House Dressing	
CAESAR SALAD	\$4.95

JUICES

TOMATO JUICE	\$2.50
ORANGE JUICE	\$2.50

WINE SUGGESTIONS

WHI TE OR RED WI NE	
1 L Carafe	\$26.95
½ L Carafe	\$14.95
Glass	\$5.75

A LA CARTE

FILLET OF SALMON Panfried or Poached served with Potato and fresh cooked Vegetables	\$14.95
TWO WHOLE HERRING S Panfried with Rice and Fresh cooked Vegetables	\$6.25
SEAFOOD CREPES Served with fresh cooked Vegetables and Garnishes	\$6.25
COCONUT SHRIMPS Served on a bed of seasoned Rice and fresh cooked Vegetables	\$9.95
OMELETTE a la NORMAN Stuffed with Seafood or Cheese Served with Potatoes and fresh cooked Vegetables	\$6.75
LOBSTER ST. TROPEZ Lobster marinated in Cream and Pernod and Mushroom and spiced with Tarragon served with Rice and fresh cooked vegetables	\$16.95
ATLANTIC SOLE Poached or Pan Fried. Glazed with Cream Sauce Served with Rice and fresh cooked vegetables	\$6.95
FISH & CHIPS Served with French Fries and Coleslaw	\$6.25
GOLDEN LOUISIANA SHRIMPS Deep fried Shrimps served on a bed of Rice and fresh cooked vegetables	\$12.75
PEROGIES OR POTATO PANCAKES Served with Sour Cream and garnishes	\$5.25
SEAFOOD a la ST. JACQUES Mixed Seafood sauteed with mushrooms in White Wine sauce served with Rice and fresh cooked vegetables	\$9.75

CAPTAIN JOHN'S SPECIALTIES

CAPTAIN JOHN'S STROGANOFF Tender marinated beef chunks sauteed with Mushrooms and Sour Cream served with Rice and fresh cooked Vegetables	\$7.75
NEW YORK CUT SIRLOIN STEAK served with mushrooms Cooked to order 8 oz ... \$13.95 10 oz.... \$15.95 served with Potato and fresh cooked vegetables	
CHICKEN FINGERS Served with Pasta of the day and fresh cooked vegetables	\$6.25
HOT BEEF ON A BUN Served with French Fries and garnish	\$6.25
SPECIAL FISH SALAD SANDWICHES Served with Fresh Fries and garnish	\$4.75
CAPTAIN JOHN'S CLUB HOUSE Served with French Fries and garnish	\$5.75

DESSERTS

Assorted cakes	\$2.95
Apple Strudel a la Mode	\$2.25
Chocolate Mousse, Ice Cream, Fruit Cup or Chocolate Parfait (Dessert Tray will be presented to your table)	\$1.95

BEVERAGES

Coffee or Tea \$ 1.50

(GST & PROV. SALES TAXES EXTRA)