

Gluten Free at Elliot's

Breakfast

COUNTRY BREAKFAST

two free range eggs any style with smoked bacon or Meadowbrook ham,
BBQ cowboy beans, gluten free toast and preserves 13.5

CONTINENTAL

Greek yogurt, freshly cut fruit medley topped with toasted almonds, honey,
gluten free toast and preserves 10.

THE OMELETS - with gluten free toast and fresh cut fruit

Bacon, Cheddar & Mushrooms 15.

Feta, Tomato & Peppers 14.5

FRESH FRUIT PLATE

seasonal selection, gluten free toast and preserves 12.

SMOOTHIE

blueberry, banana, OJ and Greek yogurt, with gluten free toast and preserves 10.

Lunch

HOME GROWN MUSSELS

smoked tomato, cream, fire roasted garlic, 12.

COBB SALAD

roma crunch lettuce, grilled chicken, hard boiled egg, bacon, cucumber, grape tomatoes, avocado,
smoked Gorgonzola, blue cheese dressing (MAKE IT VEGGIE13.) 15.

PAN FRIED HADDOCK

haddock fillet, pan fried in butter, with tartar sauce, served with seasonal greens and house vinaigrette 15.

BIG ANGUS

8 oz grilled Atlantic beef, bacon, cheddar, house sauce, tomato, lettuce, gluten free bun,
served with seasonal green salad 15.

MEADOWBROOK HAM & POACHED PEAR PIZZA

roasted garlic aioli, white cheddar, baby spinach, onion jam, gluten free crust,
served with seasonal green salad 15.

FOUR TOMATO FLATBREAD PIZZA

crushed tomato sauce, Italian semi dried, oven roasted and fresh mozzarella, feta, gluten free crust,
served with seasonal green salad 14.

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Dinner

To Begin

ELLIOT'S WINTER SALAD

artisan greens, kale and brussel sprout shavings, Nova Scotian maple balsamic vinaigrette, feta, red beets, spiced pecans and pumpkin seeds 9.

CAESAR SALAD

chopped baby romaine, house made roasted garlic dressing, Grana Padano and local bacon 9.

HOME GROWN MUSSELS

full pound, green Thai curry, kaffir lime leaves 12.

Entrées

SMOKED CHICKEN PENNE

gluten free pasta, pesto, cream, Italian semi dried tomatoes, fire roasted garlic, Meadowbrook ham, Grana Padano, spring peas 17.

ATLANTIC SALMON

pan seared - center warm, sherry, bacon and thyme cream 25.

SIRLOIN STEAK

8 oz top sirloin steak, daily mash, tomato-rosemary demi glaze, seasonal greens or Caesar salad 21.

CIDER BRINED "LONG BONE" PORK CHOP

12 oz thick cut, Nova Scotian pork, grilled, grain mustard and Acadian maple sauce 23.

Dessert

TASTE OF NOVA SCOTIA CRÈME BRÛLÉE

milk chocolate nut bark 8.

HOUSE MADE MILK CHOCOLATE ICE CREAM

6.

While we make every effort to ensure the contents of all of our dishes are gluten free, due to the fact that we also produce many products which use wheat flour and other sources of gluten, we can not make the claim that any item produced in our kitchen is totally gluten free

A proud member of



Tax and Gratuity are Not Included