

GLUTEN FRIENDLY MENU

APPETIZER

Steamed Mussels

Steamed in Wine or Cajun Style \$ 9.99

Smoked Salmon

Nova Scotia Atlantic Salmon served with cream cheese
\$ 9.99

Bacon Wrapped Scallops

Digby Scallops with a seafood sauce \$ 11.99

Nachos

With melted cheese, veggies, salsa & sour cream
Large \$ 13.99 Small \$ 10.99

Escargot

With a mushroom, garlic & cheese \$ 8.99

Smoked Applewood Rib Bites

10 tasty rib bites tossed in a smoked Applewood Spice.
\$ 9.99

CHOWDER, SOUP & SALAD

Top it Up with

Shrimp (\$ 9.99) - Rudder's Own Chicken (\$ 7.99)
Grilled Chicken (\$ 6.99) - Grilled Salmon (\$ 11.99)
Sauteed Lobster (\$ 12.99) - Sauteed Scallops (\$ 10.99)

Rudder's Famous Seafood Chowder

Bowl \$ 11.99 Cup \$ 9.99

Rudder's Pear & Raspberry Vinaigrette Salad

Romaine, spring mix, pears, roasted pecans and carrots
with a raspberry vinaigrette \$ 9.99

Grilled Salmon Salad Orange Salad

Fresh spinach, mandarins, pecans, Pomegranate dressing,
dried cranberry, smoked gouda and grilled salmon \$ 20.99

Rudder's Greek Salad

Fresh romaine lettuce, cucumber, tomatoes, feta cheese,
onions & black olives tossed in Rudder's homemade Greek
dressing \$ 10.99

Spinach Salad

Fresh spinach, tomato, celery, cucumber, onion, egg &
mozzarella cheese with poppy seed dressing \$ 10.99

Seafood Salad

Spring mix, sauteed scallops & shrimp, toasted pecans and
smoked gouda tossed in an orange vinaigrette \$ 20.99

ENTREE

All Entrees are served with tossed or caesar salad, vegetables and your choice of rice or baked
potato

Atlantic Salmon

Choose between the planked glaze or grilled \$ 28.99

Digby Scallops

Sauteed or baked \$ 28.99

Nova Scotia Fillet of Haddock

Baked \$ 19.99

MARITIME FAVOURITES

Local Seafood Combo

Choose any two delicious local seafood items:

Fish - Local Haddock
Scallops - Digby Scallops
Shrimp

Served with rice or vegetable \$ 20.99

Fish & Rice

Local Haddock
Baked \$ 12.99

Scallops & Rice

Digby Scallops sauteed or baked
\$ 16.99

Shrimp & Rice

Sauteed \$ 16.99

Steak with Seafood & Rice

8 oz Striploin steak with Haddock \$ 24.99
with Scallops (baked or sauteed) \$ 27.99

Boiled Nova Scotia Lobster Dinner

Served with vegetable and rice or baked potato
Includes: Starter Salad or Cup of Soup
Market Price - Ask your Server

Hot Lobster Sandwich

Nova Scotia Lobster in a cream sauce served over
gluten free toast \$ 25.49

OTHER FARE

Honey Garlic Stir Fry

Bed of rice \$ 14.99
With Chicken \$ 21.99

Pub Steak

8 oz Centre Cut Striploin cooked the way you like it.
\$ 17.99

ADD Mushrooms or Onions \$ 1.99 each
ADD Shrimp for only \$ 9.99

Traditional Club Sandwich

Gluten Free Bread with boneless chicken breast with
cheese, bacon, lettuce, tomato and mayo. Served with
rice or vegetables \$ 13.99

Rudder's Own Specials

Chicken marinated in olive oil, honey & coriander
served on Gluten Free toast with rice or vegetables \$
14.99

Acadian Rappie Pie

A French Acadian chicken & potato dish \$ 10.99

Grilled Chicken Sandwich

With bacon, tomato, gouda, honey curry sauce and
served with rice or vegetables \$ 15.49

Vegetarian Sweet Basil Sandwich

Grilled peppers, tomatoes, red onions, olive oil, basil &
feta cheese. Served with rice or vegetables. \$ 10.49

Maritime Lobster Sandwich

Sandwich \$ 16.49
Add rice or vegetables \$ 18.49

DESSERT

ALL SANDWICHES CAN BE SERVED ON GLUTEN FREE TOAST FOR AN EXTRA CHARGE
OF \$.50