# STARTERS

### HOMEMADE FISH CHOWDER

(150 Cals) \$5.95

FISH TACOS

(630 Cals) \$15.95

GARLIC BREAD

(330 Cals) \$7.95 with cheese (410 Cals) \$9.95

MUSSELS (760 Cals) \$16.95

BATTERED SHRIMP

(350 Cals) \$12.95

MUSHROOMS &

(790 Cals) \$9.95 ONION RINGS

(880 Cals) \$9.95

CALAMARI &

(660 Cals) \$13.95

(530 Cals) \$8.95

DEEP FRIED PICKLES (880 Cals) \$9.95

BREADED CLAMS

SWEET POTATO FRIES (780 Cals) \$10.95

FRESH CUT FRIES (630 Cals) \$6.95

POUTINE (910 Cals) \$12.95

 SALAD
 SML
 LRG

 COLESLAW
 \$1.95 (70 Cals)
 \$3.95 (150 Cals)

 CAESAR
 \$8.95 (360 Cals)
 \$12.95 (540 Cals)

 GREEK
 \$8.95 (380 Cals)
 \$12.95 (570 Cals)

 GARDEN
 \$8.95 (10 Cals)
 \$12.95 (20 Cals)

CALAMARI

CHOOSE FROM OUR DRESSINGS:

house-made italian (270 Cals) | ranch (260 Cals) balsamic (210 Cals) | french (200 Cals)

thousand island (140 Cals)



california style veggies (50 Cals) \$7.95

mushy peas (250 Cals) \$4.95

gravy SML (40 Cals) \$2 | LRG (80 Cals) \$3

# **PLATTERS**

### **SHRIMP & SCALLOP COMBO**

5 pieces of battered tiger shrimp, 5 breaded bay scallops, served with chips (1160 Cals) \$25.95

add a salad: garden, greek or caesar (1170-1540 Cals) \$29.95

### SEAFOOD PLATTER

battered haddock, 3 battered black tiger shrimp, 3 breaded bay scallops and fresh cut fries (1620 Cals) \$28.95 add a salad: garden, greek or caesar (1640-2000 Cals) \$32.95

### HOUSE SPECIAL &

STEAMED MUSSELS

battered halibut, 3 battered black tiger shrimp, 3 breaded bay scallops, onion rings and fresh cut fries with a choice of salad: garden, greek or caesar





Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

# SPECIALS

### **Sundays & Mondays**

### **HADDOCK FISH & CHIPS**

premium haddock in our homemade light batter served with our fresh cut french fries (1310 Cals) \$13.99

### Wednesdays

**COD FISH & CHIPS** 

King cod in our homemade light batter served with our fresh cut french fries (1140 Cals) \$14.99

### **Everyday**

### **HALIBUT FISH CRISPIES & CHIPS**

Pressed halibut fish crispies in our homemade light batter served with our fresh cut french fries (790 Cals) \$17

#### HALIBUT FISH BURGER & CHIPS

Pressed halibut burger in our homemade light batter served with our fresh cut french fries (850 Cals) \$17

HALIBUT FISH CRISPIES AND CHIPS



HALIBUT FISH BURGER AND CHIPS



FRESH CUT.
FRESH TASTE.
FRESH FOOD.
- THE WAY IT OUGHT TO BE!



PLEASE VISIT
WWW.HALIBUTHOUSE.CA

# SIGNATURES

### **LUNCH SIZE HALIBUT**

our signature cut alaskan halibut in our homemade light batter		
fish & chips	\$18.95 (790 Cals)	
fish & onion rings	\$20.95 (1040 Cals)	
fish & sweet potato fries	\$21.95 (780 Cals)	
fish & poutine	\$22.95 (1070 Cals)	
fiish & california style veggies	\$21.95 (210 Cals)	
fish & garden salad	\$20.95 (170 Cals)	
fish & greek/caesar salad	\$20.95 (520-540 Cals)	
fish & chips & garden salad	\$22.95 (800 Cals)	
fish & chips & greek/casear salad	\$22.95 (1150-1170 Cals)	
2pc fish & chips	\$26.95 (950 Cals)	

### HAKE

our signature hake in our homemade light batter

\$14.95 (970 Cals)
\$16.95 (1220 Cals)
\$17.95 (960 Cals)
\$18.95 (1250 Cals)
\$17.95 (390 Cals)
\$16.95 (350 Cals)
\$16.95 (700-720 Cals)
\$18.95 (980 Cals)
\$18.95 (1330-1350 Cals)
\$24.95 (1310 Cals)

### **HADDOCK**

premium atlantic haddock loin in our homemade light batter

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fish & chips	\$17.95 (1310 Cals)
fish & onion rings	\$19.95 (1560 Cals)
fish & sweet potato fries	\$20.95 (1300 Cals)
fish & poutine	\$21.95 (1590 Cals)
fish & california style veggies	\$20.95 (730 Cals)
fish & garden salad	\$19.95 (690 Cals)
fish & caesar/greek salad	\$19.95 (1040-1060 Cals)
fish & chips & garden salad	\$21.95 (1320 Cals)
fish & chips & caesar/greek salad	\$21.95 (1670-1690 Cals)
2pc fish & chips	\$31.95 (1990 Cals)

### COD

pacific king cod in our homemade light batter

	The second secon
fish & chips	\$18.95 (1140 Cals)
fish & onion rings	\$20.95 (1390 Cals)
fish & sweet potato fries	\$21.95 (1130 Cals)
fish & poutine	\$22.95 (1420 Cals)
fish & california style veggies	\$21.95 (560 Cals)
fish & garden salad	\$20.95 (520 Cals)
fish & caesar/greek salad	\$20.95 (870-890 Cals)
fish & chips & garden salad	\$22.95 (1150 Cals)
fish & chips & caesar/greek salad	\$22.95 (1500-1520 Cals)
2pc fish & chips	\$33.95 (1650 Cals)

#### HALIBUT

our signature out glaskan halibut in our homemade light hatter

our signature cut alaskan halibut in c	our homemade light batter
fish & chips	\$24.95 (950 Cals)
fish & onion rings	\$26.95 (1200 Cals)
fish & sweet potato fries	\$27.95 (940 Cals)
fish & poutine	\$28.95 (1230 Cals)
fish & california style veggies	\$27.95 (370 Cals)
fish & garden salad	\$26.95 (330 Cals)
fish & greek/caesar salad	\$26.95 (680-700 Cals)
fish & chips & garden salad	\$28.95 (960 Cals)
fish & chips & greek/caesar salad	\$28.95 (1310-1330 Cals)
2pc fish & chips	\$44.95 (1270 Cals)

# GRILLED

#### **GRILLED HALIBUT**

grilled halibut with garlic butter seasoning

fish & chips	\$25.95 (810 Cals)
fish & onion rings	\$27.95 (1060 Cals)
fish & sweet potato fries	\$28.95 (800 Cals)
fish & poutine -	\$29.95 (1090 Cals)
fish & california style veggies	-\$28.95 (230 Cals)
fish & choice of salad	\$27.95 (190-560 Cals)
fish & chips & choice of salad	\$29.95 (820-1190 Cals)
fish & rice	\$27.95 (570 Cals)

### GRILLED ATLANTIC SALMON

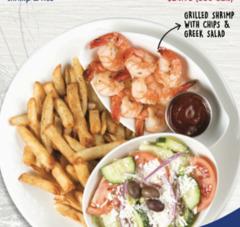
atlantic skin on salmon, grilled with lemon dill seasoning

fish & chips	\$22.95 (1070 Cals)
fish & onion rings	\$24.95 (1320 Cals)
fish & sweet potato fries	\$25.95 (1060 Cals)
fish & poutine	\$26.95 (1350-Cals)
fish & california style veggies	\$25.95 (490 Cals)
fish & choice of salad	\$24.95 (450-820 Cals)
fish & chips & choice of salad	\$26.95 (1080-1430 Cals)
fish & rice	\$24.95 (830 Cals)

### **GRILLED SHRIMP**

8 pieces of grilled black tiger shrimp marinated with garlic butter, served with cocktail sauce (70 Cals)

shrimp & chips	\$22.95 (790 Cals)
shrimp & onion rings	\$24.95 (1040 Cals)
shrimp & sweet potato fries	\$25.95 (780 Cals)
shrimp & poutine	\$26.95 (1070 Cals)
shrimp & california style veggies	\$25.95 (210 Cals)
shrimp & choice of salad	\$24.95 (170-540 Cals)
shrimp & chips & choice of salad	\$26.95 (800-1170 Cals)
shrimp & rice	\$24.95 (550 Cals)



# FROM THE SEA

### BLACK TIGER SHRIMP [8PC]

shrimp & chips	\$21.95 (1090 Cals)
shrimp & onion rings	\$23.95 (1340 Cals)
shrimp & sweet potato fries	\$24.95 (1080 Cals)
shrimp & poutine	\$25.95 (1370 Cals)
shrimp & california style veggies	\$24.95 (510 Cals)
shrimp & choice of salad	\$23.95 (470-840 Cals)
shrimp & chips & choice of salad	\$25.95 (1100-1470 Cals)
shrimp & rice	\$23.95 (850 Cals)

### BREADED SCALLOPS [8PC]

the second secon		The second secon	
scallops & chips	-	\$21.95 (1020	Cals)
scallops & onion rings	(	\$23.95 (1270	Cals)
scallops & sweet potato	ries	\$24.95 (1010	Cals)
scallops & poutine		\$25.95 (1300	(Cals)
scallops & california style	veggies	\$24.95 (440	Cals)
scallops & choice of sala	d	\$23.95 (400-770	Cals)
scallops & chips & choice	of salad	\$25.95 (1030-1400	Cals)
scallops & rice		\$23.95 (780	(Cals)
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# FROM THE LAND

### BURGER &

roadhouse beef burger CHOICE OF TOPPINGS:

lettuce (5 Cals) | onion (10 Cals) | tomato (10 Cals) pickles (5 Cals) | relish (40 Cals) | mustard (20 Cals) mayonnaise (190 Cals) | ketchup (40 Cals)

burger with chips (1290 Cals) \$14.95 cheeseburger with chips (1350 Cals) \$15.95

### CHICKEN WINGS [8PC]

breaded chicken wings with chips (1600 Cals) \$18.95

CHOICE OF SAUCES:

honey garlic (85 Cals) | BBQ (140 Cals) | hot (0 Cals)

### CHICKEN FINGERS [4PC]

breaded chicken fingers with chips (1180 Cals) \$17.95

### CHICKEN SOUVLAKI &

homemade marinated chicken souvlaki served with tzatziki sauce (120 Cals) souvlaki with rice or fries & greek salad (980-1230 Cals) \$22.95

# CHICKEN SOUVLAKI WITH RICE & GREEK SALAD

# TAKEOUT FAMILY PACKS

### HAKE

5 FISH • LARGE CHIPS • 2 COLESLAW • 5 CAN POP (serves 5: 780 Cals/serving) \$65

### **HADDOCK**

5 FISH • LARGE CHIPS • 2 COLESLAW • 5 CAN POP (serves 5: 1120 Cals/serving) \$77

### COD

5 FISH • LARGE CHIPS • 2 COLESLAW • 5 CAN POP (serves 5: 920 Cals/serving) \$85

### HALIBUT

5 FISH • LARGE CHIPS • 2 COLESLAW • 5 CAN POP (serves 5: 750 Cals/serving) \$105

## DESSERT

### CHEESECAKE

Delicious Cheesecake Factory Cheesecake (450-650 Cals) \$8.50

### MINI-DONUT BITES

8 warm mini donut bites dusted in icing sugar and served with chocolate sauce (500 Cals) \$6.95

# KID'S MENU

all plates are served with chips and a canned soft drink (0-150 Cals) for guests 12 and under

HALIBUT & CHIPS (500 Cals) \$12.95

CHICKEN FINGERS & CHIPS (590 Cals) \$12.95

### BURGER & CHIPS (950 Cals) \$12.95

## **DRINKS**

POP/JUICE/WATER (0 - 150 Cals) \$2.50 PERRIER (0 Cals) \$4.00

COFFEE/TEA (5 Cals) \$3.95

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