

2017 Sailors' Take-Aboard Menu from Bras d'Or Lakes Inn

Salads and Mains

Pasta Salad \$10

Penne pasta, with herb grilled chicken breast, diced and mixed in a tangy mayo dressing.

Kale & Quinoa Salad \$12

Fresh Kale, Quinoa, and Avocado: 3 superfoods, all dressed with a delicious lemon Dijon vinaigrette.

Goat Cheese Salad \$13

Pistachio-crusted goat cheese on a bed of arugula and mixed baby greens, strawberries, red onion and herbs. Balsamic and Nova Scotia honey vinaigrette.

Lobster Croissant \$18

Fresh Atlantic Lobster salad with fresh mango mayo and avocado on a buttery croissant. Served with side Pasta salad.

Caesar Chicken Salad Wrap \$15

Fresh grilled chicken breast, complemented by crisp romaine lettuce, shaved Parmigiano Reggiano and dressed with Chef's Caesar dressing.

Charcuterie \$19

Assortment of cured meats, local cheese served with baguette, crackers and local preserves.

Home-Made Desserts \$8

Showcase feature of the day.

Prices are stated net of 15% sales tax. Please make your request for take-aboard no later than 7 pm on the evening before your sailing day. Pickup is in the morning aft 9 am for daysails or by 5 pm for sunset sails.