



RESTAURANT
CAFE & BAR
SOCIAL ROOM

902-842-2195
195 Commercial Street, Glace Bay

LUNCH MENU

APPETIZERS AND SALADS.....

POT STICKERS 7.00

Pan-seared pork dumplings with seasoned ground cabbage, onions and Asian-style spices.

MUSSELS 9.00

Local mussels steamed in white wine with leeks, lemon and pesto cream.

**CAPE BRETON CHOWDER 15.00 (BOWL)
9.00 (CUP)**

Fresh, local seafood, cream and white wine.

CHIPOTLE STEAK POUTINE 9.00

Fresh hand-cut french fries, cheese curds, steak and chipotle gravy.

LOBSTER STUFFED PORTOBELLO 15.00

Portobello mushroom caps with a cheesy lobster filling.

GUACAMOLE AND PICO DE GALLO CROSTINI 9.00

Guacamole and pico de gallo (chopped tomato, onion, cilantro) with nacho chips for dipping.

THAI CHICKEN BITES 12.00

Oven baked sesame-coated chicken with sweet Thai chili sauce.

CHICKEN WINGS 12.00

Hand-cut gluten free wings with your choice of honey garlic, hot, or house made TALO sauce.

BRUSCHETTA 8.00

Diced tomato, pesto & red onion served over grilled bread, topped w/ balsamic reduction, Parmesan.

CAJUN CRAB CAKES 12.00

Crispy crab cakes with a creamy, spicy Cajun sauce. Make it a meal and add beans for 3.00.

CAPRESE SKEWERS 10.00

Mini mozzarella cheese balls skewered with sweet basil leaves, cherry tomato and cucumber, drizzled with balsamic reduction.

BEEF OR CHICKEN SKEWERS 12.00

Marinated beef or chicken skewered with red onion and peppers with BBQ sauce for dipping.

AVOCADO FRIES 9.00

Fresh sliced avocado, coated in crispy spiced panko breadcrumbs with chipotle aioli for dipping.

TALO DIP TRIO 15.00 (FOR ALL THREE)

TexMex dip, bacon caramelized onion dip & spinach dip (great for sharing). **9.00 (PICK ONE)**

TOMATO, CUCUMBER, 10.00 (FULL)

RED ONION SALAD 7.00 (HALF)

Simple tomato, cucumber and red onion salad with balsamic drizzle.

TRADITIONAL CAESAR 10.00 (FULL)

7.00 (HALF)

Romaine, real bacon bits, croutons, Parmesan cheese tossed w/ traditional Caesar dressing with choice of anchovies or not.

GRILLED VEGETABLE 10.00 (FULL)

GOAT CHEESE SALAD 7.00 (HALF)

Grilled asparagus, red and yellow pepper, and sweet onion vinaigrette served over greens with pesto goat cheese and balsamic reduction.

RESTRICTIONS

If you have any specific dietary needs or preferences such as keto friendly, vegan, gluten-free, or any allergies, please notify your server and we will be happy to help find something that suits you.

We are proud to offer gluten-free bread and gluten-free pasta that can be substituted in any of our dishes upon request.



SANDWICHES, BURGERS AND FLATBREADS

With your choice of French fries, home-made kettle chips or soup of the day. Or, add a side salad for \$3 or sweet potato fries for \$2.

TALO BURGER 15.00

Traditional burger topped with cheddar, crispy bacon, romaine, tomato, red onion and your choice of roasted garlic mayo or chipotle mayo on a brioche bun.

GOURMET PIZZA BURGER 13.00

Combo pizza burger with tomato sauce, pepperoni, bell peppers and mushrooms topped with mozzarella.

PRIME RIB BEEF DIP 15.00

Thin sliced prime rib and caramelized onions, served on an open-faced artisan bun with a side of au jus and Horseradish aioli.

TRADITIONAL CLUBHOUSE 13.00

Roast turkey, applewood smoked bacon, cheddar tomato, and lettuce on your choice of bread.

BARCELONA BURGER 16.00

1/2 pound ground beef patty with guacamole, salsa, bacon, Havarti, and banana peppers.

LOBSTER ROLL MARKET

Tasty chunks of buttery lobster tossed with crisp romaine, green onion and mayo on a brioche bun.

CHIPOTLE CHICKEN CLUB 15.00

Chicken breast, crisp bacon, cheddar, tomato and romaine with chipotle aioli on a grilled ciabatta bun.

FISH TACO 15.00

Fried shrimp or haddock folded in a grilled flatbread, topped with house-made mango salsa, lime sour cream and fresh romaine.

GOAT CHEESE AND PORTOBELLO FLATBREAD 13.00

Creamy goat cheese paired with delicious sauteed portobello mushroom on a grilled flatbread, topped with balsamic reduction.

VEGGIE BURGER 14.00

Meatless patty served on a brioche bun, topped with cheddar, romaine, red onion, tomato and your choice of roasted garlic or chipotle mayo.

ENTREES

GREEK PLATE 15.00

Seasoned chicken breast, Greek salad (with or without olives), grilled pita triangles with Greek aioli for dipping.

FISH AND CHIPS 12.00 (1 PIECE) 18.00 (2 PIECE)

Fresh haddock breaded and fried, served with classic homemade fries and tartar sauce.

NOODLE BOWL 15.00

Thai noodle bowl with Vermicelli, bean sprouts, carrots, lime, cilantro, your choice of shrimp, chicken or veggie.

HALF SIZED GOURMET PIZZA 15.00

Half-sized pizza on gourmet flatbread (choice of combo, BBQ chicken or veggie), served with Caesar salad.

TRY OUR EXPRESS LUNCH

Monday-Friday

11am-3pm

\$10

Monday - Beef Burritos
 Tuesday- Chicken Parmesan
 Wednesday - Lasagna
 Thursday - Quesadilla
 Friday - Pan-Fried Haddock





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DINNER MAINS.....

LOBSTER DINNER

MARKET

Fresh Atlantic lobster served with our Caprese skewers, and garlic butter.

CHIPOTLE MANGO SALMON

24.00

Baked salmon with a delicious chipotle mango salsa. Served with rice and veg.

SEAFOOD LINGUINE

22.00

Linguine served w/ fresh bacon-wrapped scallops, mussels & shrimp with your choice of pesto cream or tomato basil sauce.

PAN-FRIED HADDOCK

20.00

Local, lightly dusted pan fried haddock served w/ lemon pesto cream sauce over roasted potatoes & vegetables.

TALO BURGER AT NIGHT

18.00

Our famous burger with a 1/2 lbs patty, topped with cheddar, crispy bacon, romaine, tomato, red onion & your choice of roasted garlic or chipotle mayo on a brioche bun. Served with your choice of fries, sweet potato fries or kettle chips.

GREEK CHICKEN LINGUINE

19.00

Linguine tossed with chicken, tomato, red onion, bell pepper, olive oil and topped with feta and balsamic reduction.

DEEP FRIED RAVIOLI

19.00

Handmade panko breaded sausage & red pepper ravioli, fried & served with your choice of tomato basil or cream sauce & Parmesan cheese.

SPAGHETTI AND MEATBALLS

16.00

Old fashioned spaghetti and meatballs tossed with our chef's signature tomato basil sauce.

CHICKEN BROCCOLI ALFREDO

18.00

Creamy Parmesan sauce tossed with pasta, grilled chicken breast, tomatoes and broccoli.

PASTA PRIMAVERA

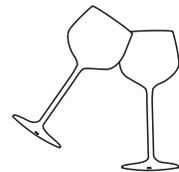
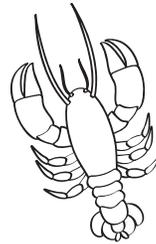
16.00

Rotini tossed with vegetables, olive oil, garlic, pesto and Parmesan.

FISH AND CHIPS

18.00

Two pieces of fresh haddock breaded and fried, served with classic homemade fries and tartar sauce.



SOUTHWEST STUFFED CHICKEN

22.00

Savory chicken breast stuffed with guacamole, salsa and havarti served on top of a zesty rice blend with corn, onion, beans and pico de gallo.

BBQ RIBSTEAK

26.00

12 oz BBQ Ribsteak served with your choice of potato or rice and veg.

SWEET POTATO GNOCCHI

19.00

Sweet Potato dumpling pasta seared with sage butter mushroom and maple cream sauce. Add bacon for \$2.

RIBS AND WINGS

20.00

Half rack of honey garlic ribs served with a half pound of wings over rice pilaf.

PORK TENDERLOIN

22.00

Slow roasted pork tenderloin stuffed with bacon, goat cheese, mushroom and onion. finished with chipotle apricot glaze.

CHIPOTLE STEAK TORTELLINI

22.00

Grilled strip-loin on a bed of three cheese tortellini, tossed w/ bell peppers, mushrooms & onion in a spicy chipotle cream sauce.

CHICKEN PICCATA

19.00

Pan-seared chicken breast, topped with lemon rosemary cream sauce. Served with choice or potato or rice with veg.

GOURMET RUSTIC PIZZAS

18.00

BBQ CHICKEN AND BACON
SEAFOOD
CLASSIC COMBO
GRILLED VEGGIE



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BRUNCH MENU



BREAKFAST CLASSICS.....

TRADITIONAL **7.00**

Egg(s) cooked any style with your choice of bacon, ham or sausage. Served with toast and homefries.

EGGS BENEDICT **9.00**

Toasted English muffin with ham or bacon, topped with poached eggs, hollandaise and served with homefries.

ENGLISH FLAPJACKS **8.00**

Stack of flapjacks with your choice of ham or sausage and served with maple syrup or strawberry sauce.

FRENCH TOAST **7.00**

French toast and berries dusted with powdered sugar and maple syrup or strawberry sauce.

BELGIAN WAFFLES **8.00**

Belgian waffles topped with fresh fruit, whipped cream and a side of maple syrup or strawberry sauce.

BUILD YOUR OWN OMELETTE **10.00**

Three egg omelette served with toast. Choose 3 of bacon, sausage, avocado, tomato, bell pepper, mushroom, banana peppers, onions.

A LA CARTE.....

HOMEFRIES	2.00	FRESH FRUIT	5.00
BACON, HAM OR SAUSAGE	3.00	TOAST	2.00
EGG	2.00	CHEESE	3.00
ENGLISH MUFFIN	2.00	ASSORTED CEREALS	3.00

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FROM THE BAR

RED WINE.....

COMUNA MALBEC 7.75 (6OZ) 10.00 (8OZ) 17.00 (1/2 LTR) 28.00 (BOTTLE)
 Aromas of plums and black cherries with a touch of sweet spices. Velvety smooth texture and a soft lingering finish. (Argentina)

BIG BILL CABERNET SAUVIGNON 8.25 (6OZ) 10.25 (8OZ) 18.00 (1/2 LTR) 28.00 (BOTTLE)
 Aromas of mocha, plum, and cranberry; medium-bodied and dry with soft tannins. Lightly spiced, medium length finish. (South Africa)

LUZON LAS HERMANAS ORGANIC 9.25 (6OZ) 10.50 (8OZ) 19.00 (1/2 LTR) 29.00 (BOTTLE)
 Dry and smoky with soft notes of cherry and dark fruits on the nose. Fruity and fresh on the palate. (Spain)

NOVAS GRAN RESERVA SYRAH 11.00 (6OZ) 12.75 (8OZ) 26.00 (1/2 LTR) 33.00 (BOTTLE)
 Loads of purple plums and blueberry flavours in this juicy, full-bodied red. (Chile)

CHATEAU LES VALLEES BORDEAUX 11.00 (6OZ) 12.75 (8OZ) 26.00 (1/2 LTR) 33.00 (BOTTLE)
 Plums and blackberries are given a gentle nudge of spice and a helping of fine tannins in this Merlot. (France)

WHITE WINE.....

SAINT AND SINNER PINOT GRIGIO 7.75 (6OZ) 10.00 (8OZ) 17.00 (1/2 LTR) 28.00 (BOTTLE)
 Rich, fruit forward wine with hints of tropical fruit, citrus and ripe peaches. (Canada)

FRONTERA SAUVIGNON BLANC 7.75 (6OZ) 10.00 (8OZ) 17.00 (1/2 LTR) 28.00 (BOTTLE)
 A bright, crisp white defined by balanced acidity and aromatic notes of peaches, green apple, kiwi and fresh citrus. (Chile)

BAREFOOT MOSCATO 7.75 (6OZ) 10.00 (8OZ) 17.00 (1/2 LTR) 28.00 (BOTTLE)
 A bright, crisp white defined by balanced acidity and aromatic notes of peaches, green apple, kiwi and fresh citrus. (USA)

GOATS DO ROAM 9.75 (6OZ) 11.00 (8OZ) 20.00 (1/2 LTR) 32.00 (BOTTLE)
 Rich aromas of peach and pear with floral fragrance and citrus. (South Africa)

BAREFOOT WHITE ZINFANDEL 7.75 (6OZ) 10.00 (8OZ) 17.00 (1/2 LTR) 28.00 (BOTTLE)
 Loaded with the refreshing, fruity flavours of sun-kissed strawberries, succulent pears, sweet pineapple, and Georgia peaches. (USA)

SANDARA MOJITO FRIZZANTE 28.00 (BOTTLE)
 Lime green with lemon yellow citrus, green apple, mint. Fine sweetness with elegant bubbles and long mint finish. (Spain)





CAPE BRETON BEER ON TAP.....

**ROUTE 19 BREWING
(INVERNESS)**

**7.00 (16 OZ)
20.00 (PITCHER)**

**BRETON BREWING CO.
(SYDNEY RIVER)**

**7.00(16 OZ)
20.00 (PITCHER)**

The Nineteenth Hole - Pale Ale
1497 - IPA
Coal Dust - Stout
Sea Ice - Double IPA

Red Coat- Irish Red Ale
Island Time- Lager

BOTTLES AND CANS.....

\$5.25 (355ML)

\$6.75 (330ML)

\$9.00 (473 ML)

COORS LIGHT
BUD LIGHT
BUDWEISER
MICHELOB ULTRA
ALEXANDER KEITH'S
BLUE LOBSTER -
BLUEBERRY VODKA SODA

CORONA
STELLA ARTOIS
HEINEKEN
BULWARK CRAFT CIDER



NINE LOCKS -
WATERMELON BLOND
GARRISON TALL SHIP
BIG SPRUCE -
CEREAL KILLER
GUINNESS STOUT
BRETON BREWING -
BLACK ANGUS

COCKTAILS.....

CAESAR 9.00
Vodka, worcestershire, tobassco and clamato.

THE JOHN CABOT 9.00
Dark rum, kahlua, ginger ale and bitters.

IT'S A SIN 10.00
Vodka, melon liqueur, blue curacao, OJ and Sprite.

HOLY MACKEREL! 10.00
Blue curacao, raspberry sour puss, cranberry and sprite.

SAVOY MARTINI 8.00
Melon liqueur, amaretto, vodka, lime.

OLD FASHIONED 10.00
Whiskey and bitters finished with a citrus twist.

INHALED AFFIRMATIVE 10.00
Vodka, peach schnapps, cranberry and OJ.

PURPLE HAZE 10.00
Vodka, blue curacao, grenadine and Sprite.

Don't hesitate to ask your server to fix a cocktail or mocktail to suit you!

