



MERCHANT MAN
FRESH SEAFOOD OYSTER BAR

Lunch Menu

SERVED DAILY 11:00AM - 4:00PM

appetizers

Seafood Chowder ^{GF}

Haddock, salmon, and mussels with a chive biscuit

Cup \$8
Bowl \$12

Daily Soup ^{GF}

Chef's flavours, changes daily, served with a chive biscuit

Cup \$6
Bowl \$9

Spinach & Artichoke Dip ^{GF} \$13

Grilled naan bread and seasoned kettle chips

Fried Calamari \$14

Crispy calamari, lemon pepper seasoning, green onion, drizzled with chili dilly mayo

Smoked Salmon Board

Naan bread, capers, herb cream cheese, red onion, kalamata olives, grilled onion hummus and house salad

For one \$17
To share \$23

BBQ Ribs ^{GF} \$16

Braised short ribs, BBQ sauce, and cracked black pepper

Seafood Cakes \$15

Blend of Island rock crab and haddock, fennel slaw, tomato caper relish and herb aioli

Kettle Chips \$15

Your choice of:
Chipotle cheese dip
Chili dilly mayo
Sriracha lime

Steamed Island Mussels ^{GF} \$13

Your choice of:
White wine & garlic
Curry

Merchantman Nachos

Hickory potato chips, jalapenos, tomato, green onions, mixed cheese, and chipotle aioli

1/2 order \$13
Full order \$17

Add chicken \$5 Add pulled pork \$6

Oysters

Enquire about today's shucker's selection

Raw \$3 ea.
Baked \$4 ea.

Steamed Island Clams \$19

Island soft shell clams, white wine, garlic, arugula, and herb butter

Spinach Salad ^{GF}

Toasted almonds, red onions, egg, dried cranberries, goat cheese, and maple garlic vinaigrette

Small \$7
Large \$12

House Salad ^{GF}

Carrots, cucumber, cherry tomatoes, and pomegranate balsamic vinaigrette

Small \$5
Large \$10

Greek Salad ^{GF}

Romaine lettuce, cherry tomatoes, red onion, cucumber, kalamata olives, and feta cheese

Small \$7
Large \$12

salads

Caesar Salad ^{GF}

Crispy bacon, herb croutons, shredded parmesan, and garlic vinaigrette

Small \$7
Large \$12

Calamari Salad \$19

Crispy calamari, romaine lettuce, bacon bits, red onion, cherry tomatoes, parmesan cheese, cucumber, tomato lime vinaigrette

BUILD UP ANY SALAD

Chicken \$5 Scallops (5) \$15
Shrimp (5) \$10 Salmon (3 oz) \$7
Seared Tuna (4 oz) \$10

Chicken Quinoa Bowl ^{GF} \$18

Warm chicken and quinoa, roasted broccoli, edamame beans, roasted red peppers, cucumber, crispy chickpeas, cilantro yogurt, grilled onion hummus, local sprouts

Vietnamese Tuna Bowl ^{GF} \$20

Cold rice noodles, seared yellowfin tuna, carrots, bean sprouts, nappa cabbage, cilantro, mint, toasted cashews, cucumber, green onion, soy lime dressing

mains

All mains include choice of one side with the exception of the curry and fish & chips.

Fish Sandwich

\$14

Blackened haddock, coleslaw, lettuce, tomato, and herb aioli

Open-Faced Steak Sandwich

\$18

6 oz. Island sirloin, ciabatta, crispy onions, and aioli

Island Burger

\$16

6 oz. Island beef patty, lettuce, tomato, bacon, Island gouda, crispy onions, and aioli

Vegetarian Burger

\$14

Island sprouted lentil patty, grilled onion hummus, lettuce, tomato, cucumber, local sprouts

Smoked Salmon Bagel

\$15

Smoked salmon, herb cream cheese, mixed greens, red onion, capers, fresh dill

Haddock Tacos

\$16.5

Two crispy haddock tacos, coleslaw, tomato, and jalapeno aioli

Vegetarian Tacos

\$14

Two sprouted lentil tacos, shredded lettuce, tomato corn salsa, and jalapeno aioli

Crispy Chicken Tacos

\$16.5

Two crispy chicken tacos, shredded lettuce, tomato corn salsa and sriracha lime aioli

Pulled Pork Tacos

\$16.5

Two BBQ pulled pork tacos, coleslaw, crispy onions, and chipotle drizzle

Pan-Fried Haddock

\$12

Signature pan-fried haddock with cherry tomato chutney

Fish and Chips

\$16.5

Two pieces of haddock, Beach Chair Lager batter, house cut fries, tartar, and coleslaw

Lobster Roll

Mkt\$

Island lobster and lettuce on a buttery grilled roll

Curry ^{GF}

\$16

Medium heat madras curry, dates, apples, peppers, naan bread, spinach, on cumin basmati rice

Add chicken \$5

Add shrimp (5) \$10

Add scallops (5) \$15

Request a gluten free bun \$2 or a local gluten free corn tortilla shell \$2

side options

Coleslaw

Seasonal vegetables

Baby potatoes

House salad

House cut fries

Basmati rice

Cup of soup

premium sides

Sweet potato fries \$3

Spinach salad \$3

Cup of seafood

Cheddar bacon

Greek salad \$3

Chowder \$5

potato salad \$3

Caesar salad \$2

Kettle chips \$3

General Manager *Kiel Vessey*
Head Chef *Andrew Cotton*
Sous Chefs *Ben Schmidt,*
TJ Kristalovich

^{GF} *Gluten free option available*

Please advise your server of any dietary restrictions or allergies.

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