

START + SHARE

BAKED SMOKED TROUT DIP

Cream cheese, herbs, toasted naan bread

HOUSE-MADE COCONUT SHRIMP

Sweet chili thai sauce

MEDITERRANEAN HUMMUS DIP

Black olive tapenade, roasted red peppers, toasted naan bread

BAKED LOBSTER & CRAB DIP

Baked creamed fusion, spinach, crisp tortilla chips

LOBSTER STUFFED MUSHROOMS

Cremini mushrooms, melted mozzarella, balsamic reduction

BAKED ARTICHOKE DIP

Artichoke hearts, spinach, cheese, herbs, crisp tortilla chips

HAND-DUSTED CALAMARI

Cajun aioli

CLASSIC SHRIMP COCKTAIL

Chilled black tiger shrimp, cocktail sauce, lemon

SIGNATURE BATTERED MUSHROOM CAPS

Southwest dip

BAKED SHRIMP OR ESCARGOT MONTEBELLO

Garlic butter, mozzarella cheese

P.E.I MUSSELS

Herbed tomato or lemon wine broth, crusty vienna loaf 1lb 2lb

CRAB CAKES

Crispy, mango roasted red pepper salsa, dill aioli

FOIS GRAS

Pan seared, rich and buttery, mango chutney

SCALLOPS

Pan seared medallions, maple bacon gastrique

FRESH SALADS + SOUPS

TRADITIONAL CAESAR

Seasoned croutons, bacon bits, asiago/parmesan cheese blend

Appetizer Large

HERITAGE BLEND

Artisan greens, tomato, red onion, julienne carrots, asiago/parmesan cheese blend, house balsamic dressing

Appetizer Large

ADD TO ANY SALAD

Chicken Shrimp Skewer

LOBSTER BISQUE

CLAM CHOWDER

ENTRÉE SALADS

SEAFOOD MEDLEY SALAD

Grilled haddock, calamari, shrimp, romaine, roasted red peppers, goat cheese, house balsamic vinaigrette

SPICY THAI CHICKEN CRUNCH SALAD

Sweet and spicy chicken tenders, artisan greens, red onion, roasted red peppers, julienne carrots, mango, spicy thai vinaigrette

WARM MUSHROOM & GOAT CHEESE SPINACH SALAD

Cranberries, roasted red peppers, maple walnuts, house balsamic dressing

SUSHI GRADE YELLOWFIN TUNA SALAD

Heritage greens, roasted red peppers, onion, tomato, asiago/parmesan cheese blend, balsamic dressing

GRILLED SALMON SALAD

Heritage greens, roasted red peppers, onion, tomato, asiago/parmesan cheese blend, balsamic dressing

SURF

RESPONSIBLY SOURCED FROM CERTIFIED SUSTAINABLE FISHERIES

Accompanied with choice of potato or rice and fresh seasonal vegetables

LIGHTLY DUSTED PICKEREL

Pan-fried northern favourite

May occasionally contain bones

GRILLED ATLANTIC SALMON

Lemon pepper seasoning, tomato salsa

MAPLE WALNUT SALMON

Pan seared, brushed with maple syrup, roasted maple walnuts, maple reduction drizzle

FISHERMAN PLATTER

Shrimp, scallops, lightly dusted pan fried haddock

Add Mussels Lobster Tail

PROSPECTOR FISHERMAN PLATTER

Pickarel, scallop medallions, jumbo shrimp

Add Mussels Lobster Tail

LOBSTER TAIL DINNER

Warm garlic butter

FISHBOWL FAMOUS FISH & CHIPS

"Taste How It All Started"

Haddock, house batter, fresh cut fries, tartar sauce, house prepared coleslaw

2 pieces 1 piece

SERVED FULLY PLATED AS DESCRIBED

HONEY LEMON RAINBOW TROUT

Honey lemon reduction, fresh seasonal vegetables, mashed or rice

PESTO CRUSTED GROUPER

Basil pesto, fresh seasonal vegetables, dill lemon caper medallion, mashed or rice

ORANGE GLAZE CASHEW CRUSTED TILAPIA

Fresh seasonal vegetables, mashed or rice

ARCTIC CHAR WITH BALSAMIC REDUCTION

Fresh seasonal vegetables, mashed or rice

TURF

ALL BEEF IS CERTIFIED ANGUS BEEF

CAB® - HUMANELY CARED FOR AND BRED ANGUS CATTLE,
WITHOUT ADDED HORMONES, STEROIDS OR ANTIBIOTICS

Served with fresh seasonal vegetables and your choice of potato or rice

NEW YORK STRIPLOIN CAB® 12 oz

FILET MIGNON CAB® 7 oz

NEW YORK SIRLOIN CAB® 8 oz

PRIME RIB CAB® 10 oz / 14 oz

Horseradish, red wine herb au jus

ADD COMPOUND BUTTERS

SMOKED WHISKEY

CHIVE GARLIC BLUE CHEESE

DILL LEMON CAPER

CARMALIZED SHALLOT PORT WINE

DIJON HORSERADISH

ADD SAUCE & MORE

WHISKEY PEPPERCORN

BÉARNAISE

DEMI GLAZE

SAUTEED MUSHROOM

FOIE GRAS

GRILLED TO PERFECTION

BLUE RARE Cool, blue center

RARE Cool, bright red center

MEDIUM RARE Warm, red center

MEDIUM Warm, pink center

MEDIUM WELL Hot, trace of pink

WELL DONE Hot, fully cooked

FLAMEBROILED PORK BACK RIBS

House BBQ sauce, fresh cut fries, house made coleslaw

Half Rack

CHICKEN

Served fully plated as described

MEDITERRANEAN CHICKEN SUPREME

Pan seared, oven baked breast with drumette, feta, sundried tomatoes, olive tapenade, fresh seasonal vegetables, mashed potatoes

PECAN CRUSTED MAPLE DIJON CHICKEN

Pan seared, oven baked breast, fresh seasonal vegetables, mashed potatoes

RIVERSIDE CHICKEN

Grilled chicken breasts, maple bourbon BBQ sauce, sautéed mushrooms, melted cheese blend, mashed potatoes

PASTA + NOODLE BOWLS

Available with rice penne GF

Add caesar or heritage blend salad

LOBSTER LINGUINI

Creamy roasted red pepper sauce, sautéed red onions, woodland mushrooms, asiago/parmesan cheese blend

SPICY PEANUT UDON NOODLE BOWL

Shrimp or chicken, fresh vegetables, spicy peanut fusion sauce, udon noodles

MUSHROOM & GOAT CHEESE LINGUINI

Garlic, virgin olive oil, sundried tomatoes, roasted red peppers, spinach, primavera sauce

LOBSTER RAVIOLI

Tarragon cream sauce

SEAFOOD LINGUINE

Sautéed black tiger shrimp, calamari, haddock, mussels, pesto tomato sauce, asiago/parmesan cheese blend

COCO CURRY GINGER RICE BOWL

Chicken or shrimp, curry coconut cream sauce, mango, Asian vegetables, basmati rice

SESAME GINGER BEEF

Sweet sesame soy ginger sauce, Asian vegetables, basmati rice

SHRIMP OR CHICKEN ALFREDO

Herbed tomatoes, onion, spinach, asiago/parmesan cheese blend

SUSHI GRADE YELLOWFIN TUNA ASIAN BOWL

Fresh vegetables, udon noodles, spicy broth

BETWEEN THE BUNS

Fresh home cut fries & coleslaw

MATTAGAMI CHEESE BURGER

Local Mattagami Heights Farm* patty, smoked bacon, aged Canadian cheddar, lettuce, tomato, red onion, pickle, brioche bun

SURF AND TURF BURGER

Local Mattagami Heights Farm* patty, lobster and crab cream fusion, lettuce, tomato, tarragon aioli, brioche bun

* Mattagami Heights Farm grass-fed beef is 100% antibiotic free with no added hormones

SIDES

Fresh home cut fries
Sweet potato fries
Garlic mashed potatoes
Steak cut fries
Baked potato
Sautéed mushrooms
Fresh seasoned vegetables
Sautéed onions
Shrimp skewer
Scallop skewer
Mussels
Lobster tail
Fishbowl poutine

Please alert your server if you have special dietary requirements

www.fishbowlrestaurants.com