


ELEPHANT & CASTLE[®]

PUB AND RESTAURANT

pub classics

All of our Pub Classics are made from traditional British recipes.


 **Shepherd's Pie 11**
Seasoned ground beef, red skin garlic mashed potatoes and gravy. With balsamic-tossed greens.


E&C Ploughman's Platter 11
Aged cheddar and brie cheese with Branston pickle, olives, tomato, onion and crusty bread.
With honey ham or roast beef > **add 2**

Roast-Beef Stuffed Yorkshire 12.5
Roast-beef and caramelized onions stuffed in a Yorkshire pudding, topped with rich gravy. With mashed potatoes and vegetables.


 **E&C Haddock 'n Chips 2 pieces 12 3 pieces 15**
Prepared in a light and crispy beer batter. With English chips, creamy coleslaw and tartar sauce.

Chicken Pot Pie 11
Chunks of chicken and vegetables in a creamy stew; baked with a pastry crust. With balsamic-tossed greens.

 **Bangers 'n Mash 11**
Broiled English sausages, red skin garlic mashed potatoes, baked beans, rich gravy and apple chutney.

 **Classic Curries Lamb 12 Chicken 11 Vegetable 10**
A traditional Indian curry with served over jasmine rice with mango chutney and grilled flat bread - choose from tender lamb, grilled chicken OR fresh vegetables.

salads

 **Thai Chicken Salad 12**
Grilled chicken with peanut sauce, crisp greens, water chestnuts, cashews, crisp noodles, cilantro and purple onions; tossed in vinaigrette.

Steak & Blue Cheese Salad 14
Tender sautéed steak, peppers and mushrooms, purple onions, crumbled blue cheese and cherry tomatoes on balsamic-tossed romaine leaves.


 **Chicken Caesar Salad 12**
Grilled chicken breast and crisp romaine lettuce tossed in creamy caesar dressing, croutons and aged parmesan cheese.

Chopped Chicken Salad 11.5
Diced grilled chicken with tomato, peppers, onion, shredded cheese and bacon tossed with honey mustard dressing and crisp greens.

Balsamic-Tossed Greens side 6
Add side to any Main plate > **5**

Side Caesar Salad 6.5
Add side to any Main plate > **5.5**


starters

 **E&C Spinach Dip 9**
Spinach, artichoke and cream cheese dip slow baked with tortilla chips for dipping.

Bruschetta 6.5
Grilled flat bread, balsamic glaze, bruschetta tomatoes, parmesan and fresh basil.
Add grilled chicken > **2.5**

Crispy Dry Ribs 9
Pork rib pieces deep fried, tossed in our own seasoning. Served with Guinness BBQ sauce.

 **Curry Chips 7**
English chips and a rich Indian curry sauce, a British pub favorite.

 **Fresh Nova Scotia Mussels 8**
Steamed with garlic butter & white wine
OR Roma tomatoes & Hoegaarden beer with grilled baguette.


Calamari 10
Crispy fried with lemon aioli for dipping.

Pub Pretzels 8
Jumbo pretzels steaming hot with Bass Ale mustard sauce.

Chicken Fingers & English Chips 11.5
Beer battered chicken breast fillets with dipping sauce and veggie sticks.
Chicken Fingers & Caesar Salad > **add 2**
With sweet potato fries & aioli > **add 2.5**

Chicken Wings 11
Deep fried and tossed in Buffalo hot sauce, blue cheese dip and veggie sticks.
With an extra pound > **add 9**

soup & lunch combos

 **Chipotle Chicken Flatbread & Salad 12**
BBQ chicken, roasted onions and havarti cheese with Balsamic tossed greens.
With Pub Onion Soup OR Caesar Salad > **14**

Pub Onion Soup 6
Sweet onions simmered with English ale, beef broth and herbs; topped with a crostini, swiss and parmesan cheese.
Add to any Main plate > **5**

Nova Scotian Chowder 8
Traditional creamy seafood chowder.
Add to any Main plate > **7**

Today's Soup 5
Please ask your server!
Add to any Main plate > **4**

Soup & Caesar Today's Soup 11 Pub Onion Soup 12
Meal-sized Caesar salad with grilled flat bread.

Today's Sandwich 11
Please ask your server!

Please inform your server of any known food allergies.

Take-Out available for portable menu items > Ask for our To Go menu!

A gratuity of 15% will be added to parties of 8 guests or more.

Our Favourites



sandwiches & wraps

With your choice of English chips, Balsamic-tossed greens or Today's soup.
With Caesar Salad, Pub Onion soup or Sweet Potato Fries > **add 2.5**

Loaded Beef Dip 11

Thinly sliced roast beef loaded with onions and jack cheese.
Au jus for dipping.

Grilled Cheese Sandwich 10

Cheddar cheese, grilled tomatoes, and cracked black pepper.
With honey ham > **add 2**

Chicken & Brie Focaccia 12

Grilled chicken and brie cheese with pesto mayo and sautéed mushrooms on focaccia.

E&C Club Sandwich 11

Loaded with roasted turkey, tomatoes, crisp bacon, lettuce and mayo on toasted multi-grain bread OR as a wrap in a tomato tortilla.
With cheddar cheese > **add 1**

Hot Turkey Sandwich 11

House-roasted turkey breast on toasted French bread with gravy and cranberry sauce.

New York Steak Sandwich 12

6 oz. New York steak grilled to your liking, served open face on a toasted baguette.

Load it up with jack cheese and caramelized onions > **add 2**

beef, chicken & fish on a bun

With your choice of English chips, Balsamic-tossed greens or Today's soup.
With Caesar Salad, Pub Onion soup or Sweet Potato Fries > **add 2.5**

Union Jack Beef Burger 10

Basted with Guinness BBQ sauce, topped with crisp bacon and jack cheese.

Blue Cheese & Bacon Burger 12

Topped with melted blue cheese and crisp bacon.

Cheddar Burger 11

Charbroiled and topped with cheddar cheese.
With sautéed mushrooms > **add 1**

Union Jack Chicken 11

Chicken breast with Guinness BBQ sauce, crisp bacon, jack cheese and mayo.

Haddock Burger 10

Lemon-breaded haddock fillet on a kaiser bun with tartar sauce and coleslaw.

Veggie Burger 10

A savory blend of vegetables, herbs and spices in a grilled patty, topped with Bruschetta tomatoes on focaccia with pesto mayo.



lunch entrees

Guinness Meatloaf 15

House-made meatloaf made with Guinness-braised vegetables, served with vegetables, red skin garlic mashed potatoes, BBQ sauce and sautéed mushrooms.

Pan-seared Haddock Fillet 16

With sautéed spinach, balsamic marinated tomatoes and red skin garlic mashed potatoes.

Castle Stir-fry 12

Crunchy fresh vegetables and cashews stir-fried in a tangy sauce. Served over jasmine rice.

With chicken breast and crisp won tons > **add 2.5**

Chicken & Mushroom Pasta 14

Chicken breast, cherry tomatoes, spinach and mushrooms sautéed and tossed with whiskey-cream sauce, parmesan cheese and penne pasta.

Steak & Chips 14.5

A British steak tradition. 6 oz. New York steak grilled to your liking. With English chips and baked beans.

Jameson's Chicken 14.5

Grilled chicken breasts smothered in mushroom-whiskey cream sauce, with red skin garlic mashed potatoes and vegetables.