



LUNCH

CHICKEN POT PIE

A savoury blend of Slow Roasted Chicken, Vegetables, Potatoes and House Made Gravy. Topped with a Puff Pastry. Served with Fresh Cut Fries

~ 13

STEAK FRITES

6oz Fire Grilled Sirloin topped with 2 Onion Rings and served with Fresh Cut Fries

~ 16

SANDWICHES

All Sandwiches Include Fresh Cut Fries, House Salad or Soup.

PO' BOY

Battered Shrimp on a roll topped with Shaved Romaine, Vine Ripe Tomatoes and Chipotle Aioli

~ 12

LOBSTER ROLL

House made Lobster Salad on a roll topped with Baby Arugula

~ 12

PRIME RIB

Slow Roasted Prime Rib with sautéed Peppers, Mushrooms, Onions and topped with melted Smoked Cheddar Cheese

~ 12

DESSERTS

Baked Fresh at The Sunshine Inn, Parrsboro

CLASSIC CHEESECAKE

Served with a Seasonal Topping

~ 8

DAILY PIE

Please ask your server for details

6OZ HANDCRAFTED BURGERS

All Burgers Include Fresh Cut Fries, House Salad or Soup.
Add Smoked Cheddar \$2

THE ORIGINAL

A handcrafted burger topped with sliced Tomato, Onion, Fresh Lettuce and a Garlic Aioli

~ 11

THE DRUNKEN SAILOR

A handcrafted burger with Asiago Beer Cheese, Whiskey Glazed Bacon, Fresh Lettuce and Sliced Tomato. Topped with Garlic Aioli

~ 14

THE VEGGIE

A Black Bean Burger topped with sliced Tomato, Onion, Fresh Lettuce and a Garlic Aioli

~ 10

* Gluten Free Buns available upon request

TWO ISLAND FISH & CHIPS

(1 Piece) or (2 Piece)

~9 ~11

Cod dipped to order in Our Signature Sailors Delight Two Islands Craft Brew Beer Batter and fried until golden
Served with Fresh Cut Fries and Homemade Tartar Sauce.

ALTERNATE SIDES

Change any Lunch side for \$2

SWEET POTATO FRITES

PANKO ONION RINGS

ROOT VEGETABLE FRITES

(Parsnips, Beets and Carrots)

BLACKROCK CAESAR

DAILY SOUP

ALL PRICES ARE SUBJECT TO 15% HST

151 MAIN STREET, PARRSBORO, NOVA SCOTIA // WWW.BLACKROCKBISTRO.CA