

Salad

Warm Scallop & Spinach \$ 11.99

Scallop & bacon sautéed with veggies, finished with pure maple syrup, served over baby spinach.

Caesar \$ 5.29

Tangy roast garlic sauce and freshly grated Parmesan cheese.

The Chef \$ 6.29

Turkey, ham, beef, egg & cheddar on leafy St. John's greens.

Tossed \$ 4.29

Fresh garden vegetables on a bed of leafy greens.

The "Capital" House Salad \$ 5.99

Feta, grapes, bacon, red onion, tomato & spinach with honey Dijon vinaigrette.

The Grill

“AAA Canadian Angus ”

Filet Mignon AAA Angus 6oz \$ 24.99 8oz \$ 29.99 10oz \$ 34.99

Prime Rib AAA Angus 14oz \$ 26.99

Strip Loin AAA Angus 8oz \$ 21.99 10oz \$ 24.99 12oz \$ 27.99

Pepper Corn Sauce \$ 1.29 Red Wine Demi Glaze \$ 1.29

Steak Guidelines

Rare: cool red center **Medium Rare:** warm red center **Medium:** warm pink center

Medium Well: hot center, little pink **Well:** cooked through

Appetizers

Cod Au Gratin \$ 5.29

Newfoundland cod baked in a creamy béchamel sauce with cheddar.

Jack's Nachos \$ 6.99

Smothered with peppers, black olives, red onion, tomato & cheese (add chicken 2.00).

Newfoundland Mussels \$ 9.99

Steamed with tomato, bell peppers & red onion, finished with white wine and cream.

Jack's Hot Wings ½ lb \$ 6.99/ 1 lb \$ 13.99

Breaded chicken wings served with hot, medium or mild sauce.

Bacon Wrapped Scallops \$ 11.99

Wrapped in maple bacon & roasted golden brown.

Calamari \$ 7.99

Served with spicy raspberry coulis.

Shrimp Cocktail \$ 8.99

Tiger Shrimp with house cocktail sauce.

Potato Skins \$ 6.99

Loaded with green onion, bacon & cheddar.

Soup

Home Style Newfoundland Soup \$ 4.39

Ask your server about today's choice.

Seafood Chowder \$ 5.29

A rich and hearty blend of fresh seafood.

French Onion \$ 7.29

Topped with broiled mozzarella cheese.

Seafood

Newfoundland Cod \$ 16.99

Lightly floured & seasoned, pan-fried with pork scrunchions.

Maple Dijon Salmon \$ 17.99

Charbroiled to a juicy pink center and glazed with a maple Dijon.

Cod Tongues \$ 18.99

Traditionally fried with pork scrunchions.

Halibut Almandine \$ 24.99

Pan seared & topped with toasted almonds & red pepper jelly.

Fisherman's Platter \$ 24.99

Salmon, cod, halibut, scallops, shrimp & cod tongues prepared in the style of your choice.

All seafood prepared Blackened, Pan Fried or Poached.

Entrées

Full Rack Baby Back Ribs \$ 23.99

Brushed with a Jack Daniels BBQ Glaze.

Stir-Fry \$ 14.99

Chicken, Beef or Shrimp sautéed with veggies & your choice of sauce.
Szechwan, Honey Garlic, Curry Pineapple, Sweet & Sour, Thai or Orange Ginger

Baby Beef Liver \$ 13.99

Sautéed onions & maple bacon.

Oven Roast Chicken Dinner \$ 15.99

¼ Roast chicken served with a savory stuffing (white meat add 2.00).

Pork Tenderloin \$ 17.99

Pan seared with a bourbon and onion raisin confit

Pasta Corner

Basil & Parmesan Linguini \$ 9.99

Fresh vegetables & linguini sautéed with basil pesto, finished with Parmesan.

Add Shrimp, Scallops or Chicken \$ 4

Pad Thai \$ 13.99

Shrimp & scallops sautéed with julienne vegetables, cashews & noodles in a peanut sauce.

Sun dried Chicken Penne \$ 13.99

Chicken & vegetables sautéed, tossed with Penne in a sun dried tomato cream pesto.

Lasagna \$ 13.99

Served with garlic toast & your choice of tossed or Caesar salad.

Dessert

Ask your server about today's choice of home style desserts.

Side Orders

Sautéed Onions \$ 2.99 Dressing \$.99 Gravy \$.99

Fries, Dressing & Gravy \$ 4.99 Onion Rings \$ 3.99

Fresh Mushrooms \$ 3.99 Fries \$ 1.99 sm / \$ 2.99 lg

Garlic Bread \$ 1.99 (Add cheese & bacon 1.00)

Beverages

Coffee \$ 1.99 Tea \$ 1.99 Milk \$ 1.99 sm/ \$ 2.99 lg

Specialty Tea \$ 1.99 Soft Drink \$ 1.29 sm/\$ 1.99 lg Iced Tea \$ 1.99