

THE PAINTED TURTLE

APPETIZERS

Add seasoned ground beef, grilled chicken breast, or pulled pork +6.

1LB. CHICKEN WINGS	20	POUTINE	14
Crispy wings with your choice of honey gochujang, BBQ, honey garlic, lemon pepper, salt & pepper, or hot sauce; served with carrot sticks.		Beer-battered fries, gravy, and cheese curds.	
BUENO NACHOS	22	CRISPY BRUSSELS SPROUTS	15
House-cut tortilla chips, melted cheese, pickled red onion, jalapeños, pico de gallo, olives, sour cream, chipotle crema.		Toasted almonds, Parmesan, chili flakes, balsamic glaze.	
SIGNATURE FRIES	9	CHICKEN BITES	17
Beer-battered, crunchy fries with house seasoning.		Crispy chicken bites, cucumbers, sweet & spicy sauce, crispy noodles, sesame seeds.	
		PRAWN COCKTAIL	17
		Chilled prawns with house-made cocktail sauce, butter lettuce, cucumber.	

SOUP, SALADS & BOWLS

Add seasoned ground beef, grilled chicken breast, or pulled pork +6.

CAESAR SALAD	15	POWER BOWL	13
Romaine, house-made creamy dressing, aged Parmesan, cracked black pepper, house croutons.		Quinoa, maple vinaigrette, roasted corn, pickled carrots, crispy chickpeas, cucumber, hard-boiled egg.	
HOUSE SALAD	14	RICE BOWL	18
Butter lettuce, seasonal vegetables, and garlic toast. Choice of dressing.		Rice pilaf, pickled onion, pickled carrots, sesame seeds, shredded lettuce, edamame beans. Your choice of chicken teriyaki or prawn skewer.	
HARVEST SALAD	15		
Seasonal ingredients.			
SOUP OF THE DAY	9		
Ask your server about today's soup.			

FLATBREADS

CHICKEN FLATBREAD	20	VEGGIE FLATBREAD	18
Chicken, bacon, whipped goat cheese, mozzarella, pickled red onion, balsamic glaze.		Artichokes, mushrooms, roasted red peppers, red onion, chipotle crema, tomato base, fresh basil.	

All prices are subject to applicable taxes. Please inform your server of any allergies or dietary restrictions.



BISTRO FAVOURITES

Includes signature fries. Add a house salad, Caesar salad or bowl of soup +3.

BEEF DIP	20	CHICKEN QUESADILLA	19
House-roasted Canadian beef, caramelized onions, provolone cheese, horseradish aioli, toasted baguette, au jus.		Pulled chicken, sautéed peppers and onions, cheddar cheese, pico de gallo, sour cream.	
CLUB SANDWICH	23	PULLED PORK SANDWICH	18
Roast turkey, ham, bacon, lettuce, tomato cheddar, mayonnaise, toasted bread.		House-made pulled pork, pickled red onion, mozzarella, garlic aioli.	
FISH & CHIPS	16/21	CHICKEN STRIPS	14
Golden beer-battered cod, coleslaw, tartar sauce. Available as 1-piece or 2-piece.		Crispy chicken strips served with honey mustard dipping sauce.	
CHICKEN CAESAR WRAP	20	HALIFAX DONAIR	18
Grilled chicken, romaine lettuce, croutons, Parmesan, house-made Caesar dressing, flour tortilla.		House-made donair meat with tomato, onion, sweet garlic sauce, warm pita.	

BURGERS

Includes signature fries. Add a house salad, Caesar salad or bowl of soup +3.

CLASSIC BURGER	21	CHICKEN BURGER	21
House-made 7 oz. Canadian beef patty, lettuce, onion, tomato, mayonnaise. Add bacon + 3.		Grilled chicken breast, bacon, provolone cheese, lettuce, tomato, onion, chipotle crema, tomato relish.	
BISTRO BURGER	25	ISLAND VEGGIE BURGER	19
House-made 7 oz. Canadian beef patty, caramelized onions, Gouda cheese, tomato relish, barbecue sauce, mayonnaise. Add bacon + 3.		Grilled portobello mushroom, roasted red peppers, mozzarella cheese, lettuce, tomato, onion.	

DESSERTS

LEMON POSSET	9	CHOCOLATE MOUSSE	9
Fresh lemon cream with seasonal fruit compote.		Rich chocolate mousse with berry compote, shaved chocolate.	

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