

APPETIZERS & STARTERS



Starter Salads

MIXED GREEN HOUSE SALAD

With peppers, onions, cherry tomatoes and cucumber with our house creamy vinaigrette OR balsamic & olive oil. | 8⁹⁹

CAESAR SALAD

Romaine lettuce with fresh parmesan cheese, croutons and a garlic asiago dressing. | 10⁹⁹

BEET & GOAT SALAD

Red beets, strawberries, fried goat cheese puck, red onion, candied walnuts and red apple vinaigrette tossed over mixed greens. | 18⁹⁹ Add Shrimp 8⁹⁹ | Add Chicken 5⁹⁹

Starters

SMOKED SALMON SLICES

Served with a fresh dill cream, capers, onions and baked crostini. | 14⁹⁹

COCONUT SHRIMP

Coconut crusted shrimp, deep fried and served with dijon aioli | 14⁹⁹

ESCARGOT IN GARLIC BUTTER AU GRATIN

Sautéed mushrooms, garlic butter fresh herbs and melted mozzarella and cheddar cheese | 11⁹⁹

STEAMED CANADIAN MUSSELS *

In your choice of sauces: Mirepoix with white wine & garlic Or A spicy Cajun style creole tomato sauce Or creamy mushroom & leek sauce | 16⁹⁹

FRIED CALAMARI

Seasoned and deep fried tender calamari with a sour cream dill sauce | 12⁹⁹

TEMPURA SHRIMP

Lightly battered and fried shrimp with a sweet Thai Chili Sauce | 11⁹⁹

LOBSTER POUTINE *

Fresh lobster meat over fresh cut fries cheddar cheese curds in a rich lobster gravy | 22⁹⁹

HADDOCK POUTINE

Battered fried haddock, cheese curds gravy on fries | 11⁹⁹

BAKED OYSTERS

6 fresh oysters baked in horseradish creme fraiche, sharp cheddar cheese & chives. | 17⁹⁹

FRESH OYSTERS *

Served with a variety of sauces

2⁹⁹ each | Half Dozen 16⁹⁹ | Full Dozen 32⁹⁹

Take home your own jar of our garlic & fennel infused dipping oil | 9⁹⁹

Please enjoy Vineyards our award winning wine bar bistro in the cellar, with live local jazz Sunday, Tuesday & Wednesday evenings.

18% gratuity is added on all parties over 8 guests

With allergies becoming more common we take the utmost precaution in all food preparation. Please be sure your server is aware of any allergy concerns.



ADD TO ANY ENTRÉE

Lobster Tail 4 oz * | 18⁹⁹

Pan Seared Sea Scallops in Garlic Butter | 15⁹⁹

Grilled Seasoned Chicken Breast | 5⁹⁹

Sauteed Garlic Shrimp | 8⁹⁹

Garlic Shrimp Skewer | 5⁹⁹

Deep Fried Calamari | 7⁹⁹

It is our pleasure to prepare meals gluten free for you.



House Chowders

CREAMY CLAM CHOWDER

Our own recipe loaded with clams, potatoes, veggies | cup 6⁹⁹ | bowl 11⁹⁹

FISH & SEAFOOD CHOWDER

Clams, fresh fish, smoked fish and shrimp with our creamy white chowder
cup 8⁹⁹ | bowl 13⁹⁹



SNAPS PICS AND POST INSTAGRAM:
@FISHMARKETTOWA



We are an Ocean Wise Restaurant Partner Sustainable seafood is fish or shellfish that are caught or farmed with consideration for the future of our ocean resources.

Dinner Menu

Salads & Entrees

CITRUS & SEAFOOD

Tiger shrimp, sea scallops, smoked and fresh fish served warm over mixed greens with strawberries and orange quarters. Candied walnuts in a creamy raspberry vinaigrette. | 32.⁹⁹

CAJUN SALMON SALAD

Fresh Salmon Fillet blackened with our southern spices, served warm over mixed greens with fresh pear slices, strawberries and candied walnuts tossed in our house creamy vinaigrette | 30.⁹⁹

MARKET CAESAR

Romaine lettuce, fresh Parmesan cheese, red onion, croutons and our creamy market dressing | 14.⁹⁹
Add Shrimp | 8.⁹⁹ or Chicken | 5.⁹⁹ or Calamari | 7.⁹⁹



DINNER MENU



Our Specialty... Fresh Fish.

ICELANDIC COD FILLET *

Pan seared cod resting on a bed of house made pesto cream sauce with cherry tomatoes tossed in linguine. | 34.⁹⁹

SMOKED SALMON FILLET

Broiled with a Canadian maple syrup glaze and finished with toasted sesame seeds. Served over rice pilaf. | 33.⁹⁹

CITRUS GLAZED SALMON

Citrus & honey glazed salmon fillet on the bbq, with fresh veggies and steamed new potatoes with parsley garlic butter. | 29.⁹⁹

CATFISH FILLET

Blackened in our southern spices and finished with a spicy Cajun Creole sauce. Served over rice pilaf. | 28.⁹⁹

RED SNAPPER FILLET *

Lightly fried snapper fillet, served on lemon cream linguine.. | 28.⁹⁹

RAINBOW TROUT FILLET

Broiled and finished with our fresh Mediterranean salsa of tomatoes, capers, onions, garlic and black olives. Served with steamed new potatoes with parsley garlic butter. | 28.⁹⁹

ARCTIC CHAR FILLET

Broiled, finished with a fresh cool mango mint salsa, served with rice pilaf. | 29.⁹⁹

TILAPIA FILLET

Broiled and finished with a rich roasted red pepper cream sauce, served with rice pilaf. | 26.⁹⁹

COMBINATION FISH PLATE

Chef's choice of assorted fresh fish with a chive compound butter, served on rice pilaf. | 34.⁹⁹

Shrimp & Scallops

Served with fresh vegetables and rice pilaf.

SHRIMP THREE WAYS

A collection of succulent tiger shrimp: broiled butterflied shrimp with a crabmeat stuffing, deep fried coconut shrimp with dijonaise, and the classic shrimp sautéed in garlic butter | 37.⁹⁹

BROILED STUFFED SHRIMP

Butterflied shrimp with fresh crabmeat stuffing full of herbs, garlic, fennel and bread crumbs. | 30.⁹⁹

SHRIMP & SCALLOPS

Fresh & simple with bell peppers & fine herbs & garlic butter OR sautéed in our spicy smooth tomato Creole sauce loaded with southern spices
Shrimp 30.⁹⁹ | Shrimp & Scallops 36.⁹⁹ | Scallops 40.⁹⁹

18% gratuity is added on all parties over 8 guests

With allergies becoming more common we take the utmost precaution in all food preparation. Please be sure your server is aware of any allergy concerns.

*



We are an Ocean Wise Restaurant Partner Sustainable seafood is fish or shellfish that are caught or farmed with consideration for the future of our ocean resources.

DINNER MENU



Pasta

SMOKED SALMON LINGUINI

Chunks of fresh smoked salmon with mushroom, red onion and bell peppers in a Parmesan cream sauce | 32.⁹⁹

LOBSTER LINGUINI *

A rich lobster cream sauce with garlic, bell peppers, red onion and parmesan cheese with chunks of Nova Scotia lobster meat | 40.⁹⁹

SPICY CAJUN SHRIMP LINGUINI

Shrimp with a blend of our spicy southern seasonings, butter, tomatoes, mushrooms, onions and julienne peppers | 31.⁹⁹

LINGUINE WITH SUN-DRIED TOMATO PESTO

Roasted garlic & sun-dried tomato pesto tossed in olive oil with fresh seasonal vegetables, black olives, basil and cracked black peppers | 18.⁹⁹
Add Shrimp 8.⁹⁹ | Add Chicken 5.⁹⁹

Galley Menu

NEW YORK STRIPLAIN & FRITES

Cooked to perfection, a 10 oz AAA striploin steak, served with horseradish creme fraiche, roasted cherry tomatoes and rosemary Parmesan fries. | 44.⁹⁹

GRILLED CHICKEN & CHIPS

Grilled chicken breast with roasted red pepper cream sauce & house made coleslaw with rosemary Parmesan fries. | 22.⁹⁹

HADDOCK FISH & CHIPS

In a crispy batter with our house tartar and coleslaw.
One piece 18.⁹⁹ | Two pieces 23.⁹⁹

HALIBUT FISH & CHIPS

In a crispy batter with our house tartar and coleslaw.
One piece 23.⁹⁹ | Two pieces 29.⁹⁹

House Platters

FISH MARKET STEW

Our rich creamy broth of roasted red peppers, tomatoes and coconut milk, chili and basil. Simmered with lobster meat, succulent tiger shrimp, sea scallops, fresh fish, and mussels with potatoes & fresh veggies. | 42.⁹⁹

MARITIME PLATTER

Our signature platter! A fresh whole steamed Nova Scotia lobster, crabmeat stuffed tiger shrimp, sea scallops, smoked salmon fillet, served with new potatoes with parsley garlic butter. | 64.⁹⁹

SURF & TURF *

10 oz AAA New York Striploin steak cooked to perfection, served with horseradish creme fraiche, roasted cherry tomatoes and rosemary Parmesan fries. Your choice of a 4oz Lobster Tail or sautéed garlic shrimp with bell peppers & fine herbs.
Shrimp 52.⁹⁹ | Lobster Tail 59.⁹⁹

FRESH CANADIAN LOBSTER *

Steamed fresh to order from our tank, served whole with drawn butter, fresh vegetables and rice pilaf. | 52.⁹⁹



ADD TO ANY ENTRÉE

Lobster Tail 4 oz * | 18.⁹⁹
Pan Seared Sea Scallops in Garlic Butter * | 15.⁹⁹
Grilled Seasoned Chicken Breast * | 5.⁹⁹
Sautéed Garlic Shrimp | 8.⁹⁹
Garlic Shrimp Skewer | 5.⁹⁹
Deep Fried Calamari | 7.⁹⁹

*It is our pleasure to prepare meals
gluten free for you.*



With allergies becoming more common we take the utmost precaution in all food preparation. Please be sure your server is aware of any allergy concerns.

*



We are an Ocean Wise Restaurant Partner Sustainable seafood is fish or shellfish that are caught or farmed with consideration for the future of our ocean resources.

LUNCH MENU

Our Specialty... Fresh Fish.

Available 11:30 am - 4:00 pm daily



COMBINATION FISH PLATE

Chef's choice of assorted fresh fish with a chive compound butter, served on rice pilaf. | 26⁹⁹

ICELANDIC COD FILLET *

Pan seared cod resting on a bed of house made pesto cream sauce with cherry tomatoes tossed in linguine. | 24⁹⁹

CITRUS GLAZED SALMON

Citrus & honey glazed salmon fillet on the bbq, with fresh veggies and steamed new potatoes with parsley garlic butter. | 24⁹⁹

CATFISH FILLET

Blackened in our southern spices and finished with a spicy Cajun Creole sauce, served over rice pilaf. | 21⁹⁹

RAINBOW TROUT FILLET

Broiled and finished with our fresh Mediterranean salsa of tomato, capers, onion, garlic and black olives served with steamed new potatoes with parsley garlic butter. | 21⁹⁹

TILAPIA FILLET

Broiled and finished with a rich roasted red pepper cream sauce, served with rice pilaf. | 19⁹⁹

Galley Menu

FISH MARKET LUNCH STEW

Our rich creamy broth of roasted red peppers, tomatoes and coconut milk, chili and basil. Simmered with succulent tiger shrimp, fresh fish and mussels with potatoes & fresh veggies. | 19⁹⁹

MUSSELS & FRIES *

In your choice of sauces: Mirepoix with white wine & garlic Or A spicy Cajun style creole tomato sauce Or creamy mushroom & leek sauce. Served with fresh cut fries and lemon & garlic aioli. | 17⁹⁹

TEMPURA SHRIMP TACOS

Battered and fried shrimp with Asian slaw, chili lime crema, green onion. Served with fries | 15⁹⁹

LOBSTER GRILLED CHEESE

Lobster chunks, lemon garlic aioli, thick crusty bread, cheddar & mozzarella, with fresh cut fries. This is a grown up grilled cheese! | 28⁹⁹

GRILLED CHICKEN & CHIPS

Grilled chicken breast with roasted red pepper cream sauce & house made coleslaw with rosemary Parmesan fries. | 17⁹⁹

SPICY COD TACOS

Battered and fried cod with hint of siracha sauce, mango mint salsa, lime crema and green onions. Served with fries. | 15⁹⁹

HADDOCK FISH & CHIPS

In a crispy batter served with house made tartar & coleslaw. One piece 15⁹⁹ | Two pieces 19⁹⁹

HALIBUT FISH & CHIPS

In a crispy batter with our house tartar and coleslaw. One piece 23⁹⁹ | Two pieces 29⁹⁹

STEAK CAESAR & FRIES

6oz striploin, cooked to perfection, served with fresh cut fries and Caesar Salad | 24⁹⁹

With allergies becoming more common we take the utmost precaution in all food preparation. Please be sure your server is aware of any allergy concerns.

Lunch Menu

For a selection of larger plates see dinner menu

Salad Entrees

MARKET CAESAR

Romaine lettuce, fresh Parmesan cheese, croutons and our creamy market dressing | 11⁹⁹
Add Shrimp | 9⁹⁹ or Chicken | 9⁹⁹ or Calamari | 7⁹⁹

CITRUS & SEAFOOD

Tiger shrimp, sea scallops, smoked and fresh fish pan seared and served warm over mixed greens with strawberries and oranges. Tossed in a creamy raspberry vinaigrette with candied walnuts. | 28⁹⁹

CAJUN SALMON SALAD

Fresh Salmon Fillet blackened with our southern spices, served warm over mixed greens with fresh pear slices, strawberries and candied walnuts tossed in our house creamy vinaigrette | 23⁹⁹

Shrimp

Served with fresh vegetables and rice pilaf.

SHRIMP *

Fresh, simple with bell peppers & fine herbs & garlic butter Or sautéed in our spicy smooth tomato Creole sauce loaded with southern spices | 21⁹⁹

Pasta

SMOKED SALMON LINGUINI

Chunks of fresh smoked salmon with mushroom, red onion and bell peppers in a Parmesan cream sauce | 26⁹⁹

SPICY CAJUN SHRIMP LINGUINI

Shrimp with a blend of our spicy southern seasonings, butter, tomatoes, mushrooms, onions and julienne peppers | 23⁹⁹

LINGUINE WITH SUN-DRIED TOMATO PESTO

Roasted garlic & sun-dried tomato pesto tossed in olive oil with fresh seasonal vegetables, black olives, basil and cracked black peppers | 15⁹⁹
Add Shrimp | 8⁹⁹ or Chicken | 5⁹⁹

Let us plan & host your next special event!



We are an Ocean Wise Restaurant Partner Sustainable seafood is fish or shellfish that are caught or farmed with consideration for the future of our ocean resources.