

*Breakfast Menu*  
Served from 7 am - 11 am

*Eggs*

Served with home-fries and toast.

- One egg .....\$6.95**
- Two eggs .....\$7.95**
- One egg .....\$7.95**  
With bacon, ham or sausage
- Two eggs .....\$8.95**  
With bacon, ham or sausage.

*Omelets*

Served with home-fries and toast.

- Plain Omelette .....\$8.95**
- Cheese Omelette ..... \$9.95**
- Mushroom Omelette ...\$9.95**
- Ham Omelette ..... \$9.95**
- Western Omelette ..... \$9.95**
- Vegetarian Omelette ...\$9.95**  
With mushroom, peppers, onions, tomato.
- add cheese ..... \$2.25**

*Sandwiches*

- Fried Egg .....\$5.50**
- Western ..... \$6.95**
- Bacon, Lettuce, Tomato ..\$6.95**
- Peameal Bacon ..... \$7.95**
- Bacon .....\$6.95**
- Peameal & Egg ..... \$8.25**
- Ham & Egg ..... \$6.95**  
add cheese ..... \$2.50

*Beverages*

- Hot Chocolate ..... \$2.50**
- Herbal Tea ..... \$2.50**
- Coffee .. reg \$2.25 Lg ..\$2.50**
- Tea .....\$2.25**
- Milk ..... sm \$2.50 Lg ...\$2.90**
- V-8 .....\$2.75**
- Juice ..... \$2.95**
- Bottled Water ..... \$1.45**

*Captain's Peameal Breakfast*

2 eggs, peameal bacon, home-fries and toast  
\$8.95

*Hungry Mate's Breakfast*

3 eggs, bacon and sausage, home-fries and toast  
\$10.95

*Specialties*

- Three Pancakes & Syrup ..... \$8.95**
- Pancakes & Bacon or Ham or Sausage ..... \$9.95**
- Pancakes & Peameal ..... \$9.75**
- French Toast & Syrup ..... \$8.95**
- French Toast & Bacon or Ham or Sausage ..... \$9.95**
- French Toast & Peameal ..... \$10.95**

*Side Orders*

- Bacon, Ham or Sausage ..... \$3.95**
- Peameal Bacon ..... \$6.50**
- Toast ..... \$2.75**
- Rye Toast ..... \$2.95**
- Home-Fries ..... \$4.25**

*Kids Breakfast*  
Under 12

- One French Toast, 2 Bacon or Sausage ..... \$7.95**
- One Egg, 2 Bacon or Sausage, One Toast ..... \$7.95**
- One Pancake, 2 Bacon or Sausage ..... \$7.95**  
add extra egg ..... \$2.25  
add extra pancake ..... \$2.25



# Sandwiches & Burgers

- 6oz. Homemade Beef Burger** ..... \$7.45
- Cheese & Bacon Burger** ..... \$9.95
- Hoagie** ..... \$11.95
- 1/2 Hoagie** ..... \$8.45
- Like a sub, only better. Ham, salami, two cheeses, tomato, lettuce and onions.
- Pork Schnitzel** ..... \$13.50
- Breaded Pork, swiss cheese, fried onions and mushrooms on a bun.
- Chicken Souvlaki**..... \$10.95
- Served on grilled pita bread with tzaziki sauce.

- Chicken Breast Burger** ..... \$10.95
- Choice of grilled chicken breast or breaded.
- Chicken Fingers 3** ..... \$9.95
- Chicken Fingers 6** ..... \$14.95
- Extra chicken finger \$2.50
- Ken's Ultimate Club House** ..... \$13.45
- A full grilled breast of chicken, sliced and layered with bacon, tomato, lettuce and mayo.
- Grilled Cheese** ..... \$6.95
- Chicken Ceaser Wrap** ..... \$12.45

## Chicken Wings

Ken's Original Recipe!  
Choice of Mild, Medium, Hot or Honey Garlic or Suicide

- 6 wings** ..... \$10.95
- 12 wings** ..... \$19.90
- 24 wings** ..... \$35.45

\*\*\* Half Price Wings are 95¢ on Sundays \*\*\*

## Kids' Meals

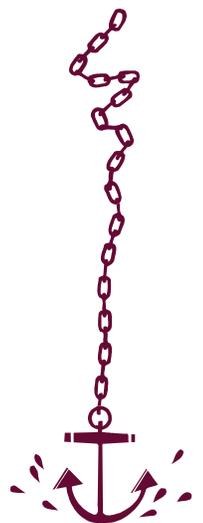
Served with fries and a pop or milk

- Chicken Fingers (2)** ..... \$9.45
- Hamburger** ..... \$9.45
- Fish & Chips** ..... \$9.45
- Grilled Cheese Sandwich** ..... \$9.45

## Side Orders & Extras

- |                                 |                    |               |                    |                |
|---------------------------------|--------------------|---------------|--------------------|----------------|
| <b>Home-Cut Fries</b>           | <b>small</b> ..... | <b>\$6.95</b> | <b>large</b> ..... | <b>\$8.95</b>  |
| <b>Gravy</b>                    | <b>small</b> ..... | <b>\$2.95</b> | <b>large</b> ..... | <b>\$3.45</b>  |
| <b>Poutine</b>                  | <b>small</b> ..... | <b>\$9.45</b> | <b>large</b> ..... | <b>\$12.45</b> |
| <b>Onion Rings</b> .....        |                    | <b>\$6.95</b> | <b>large</b> ..... | <b>\$11.95</b> |
| <b>Sweet Potato Fries</b> ..... |                    | <b>\$7.95</b> |                    |                |
- served with chipolte mayonnaise.

- Add Cheese** ..... \$2.50
- Add Bacon** ..... \$2.50
- Add Chicken Breast** \$5.50



# Sandwich Meals

All meals served with hand-cut fries and coleslaw.  
Substitute a Salad or sweet potato fries for \$2.00  
or onion rings or mushroom caps

**Homemade Beef Burger** ..... \$13.95

Fresh made with 6 ounces of lean ground beef.

**Cheese & Bacon Burger** ..... \$14.95

**Hoagie Meal** ..... \$17.95

**1/2 Hoagie Meal** ..... \$12.95

Like a sub, only better

ham, salami, two cheeses, tomato, lettuce and onions.

**Pork Schnitzel Meal** ..... \$17.95

Breaded Pork, swiss cheese, fried onions and mushrooms

**Chicken Souvlaki Pita Meal** ..... \$15.95

**Chicken Breast Burger** ..... \$14.95

Choice of grilled chicken breast or breaded.

**Chicken Fingers** ..... \$14.75

Extra Chicken Finger \$2.00

**Chicken Ceaser Wrap Meal** ..... \$14.95

**Ken's Ultimate Club House** ..... \$16.95

A full grilled breast of chicken, sliced and layered with  
bacon, tomato, lettuce and mayo.

**Grilled Cheese Meal** ..... \$12.95

**Hot Beef Meal** ..... \$17.95

Fried onions and mushrooms

**Liver & Onions Meal** ..... \$17.95

## Beef Aus Jus

Slow roasted beef thinly sliced, served on a  
baguette, with beef broth for dipping  
or try it with chipolte mayo or horseradish.

**\$13.95**

**Meal \$19.40 with fries and coleslaw.**

## Features

**Garlic Shrimp and Spinach Linguine** ..... \$19.95

A light creamy sauce, succulent shrimp  
with fresh spinach and herbs

**Fettuccine Bruchetta**..... \$19.95

With chicken and garlic sauce  
Comes with garlic bread.

**Chicken Alfredo** ..... \$19.95

With mushrooms and onions in garlic sauce  
Comes with garlic bread.

**Spagetti with Tomato & Meat Sauce** ..... \$19.95

Home made with mushrooms, onions and peppers  
Comes with garlic bread.

**Souvlaki Meal**..... \$21.95

Chicken Souvlaki, served with rice,  
Greek salad, pita bread and tzatziki sauce.

### Ribs

A full rack of fall-off-the-bone ribs.

Served with fries and coleslaw..... \$31.95

Half rack of ribs..... \$23.95

### Steak

10oz New York Steak grilled to perfection.

Served with seasonal vegetables ..... \$27.95

# Seafood

All meals served with hand-cut fries and coleslaw.  
Substitute a Salad or sweet potato fries for \$2.00  
or onion rings or mushroom caps

## Family Combos

### Seafood Combo 1

10 pieces of fish: Catch of the Day,  
2 large fries, popcorn shrimp, large gravy,  
coleslaw and lemons ..... \$78.00

### Seafood Combo 2

6 pieces of fish: Catch of the Day.  
1 large fry, clam strips, medium gravy,  
coleslaw and lemons ..... \$57.95

### Halibut

Your choice of lightly battered or pan fried.  
Served with home-cut fries, coleslaw, lemon wedge  
and a bun.

One Piece ..... \$18.95  
Two Pieces ..... \$28.95

### Pickarel

We're famous for our fresh Georgian Bay Pickarel!  
Served pan fried or battered with home-cut fries, bun, coleslaw  
and a lemon wedge.

One Piece ..... \$18.95  
Two Pieces .... \$28.95

### Fish & Chips

Traditional Cod Fish.  
Your choice of lightly battered or pan fried.  
Served with home-cut fries, bun, coleslaw  
and lemon wedge.

One Piece ..... \$15.45  
Two Pieces .... \$18.95

### Catch of the Day

This mild - flavoured Alaskan Pollock is always popular and a  
great value. Battered or pan fried, served with home-cut fries,  
coleslaw, lemon and a bun.

One Piece ..... \$13.95  
Two Pieces ..... \$16.95

### Fish Supreme

3 Tiger Shrimp, 3 Digby Scallops, and a piece of Cod  
served with home-cut fries, coleslaw, lemon wedge  
and a bun ..... \$26.95  
Pan-fried or Battered.

### Shrimp Platter

6 Tiger Shrimp, served with home-cut fries,  
coleslaw, lemon wedge and a bun ..... \$18.95  
Pan-fried or Battered.

### Fish On A Bun

Catch of the Day on a Bun ..... \$9.95  
Cod on a Bun ..... \$10.95  
Halibut on a Bun ..... \$15.50  
add cheese ..... \$2.50

### Fish & Chip Mondays

2 Can Dine  
for \$18.95

2 Fish & Chip meals  
(Catch of the Day) with fries  
and coleslaw, tea or coffee  
From 4pm - 8pm

OR

### Fish & Chip Wednesdays

All you can eat

Battered \$15.95  
Pan fried \$16.95

All you can eat Fish & Chips  
(Catch of the Day), tea or coffee  
From 4pm - 9pm

### Breaded Clam Meal

Served with home-cut fries,  
bun and coleslaw. .... \$14.95  
Double Order ..... \$18.95

### Scallop Platter

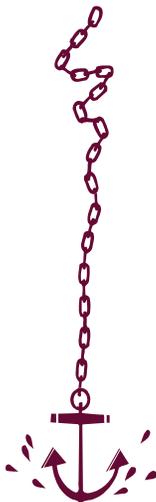
6 Digby Scallops, served with  
home-cut fries, coleslaw, lemon  
wedge and a bun ..... \$21.95  
Pan-fried or Battered.

### Calamari Meal

Lightly breaded, golden brown and  
perfectly seasoned. Served with  
home-cut fries, coleslaw and a bun ... \$18.95

### Extra Fish

One Piece Alaskan Pollock ..... \$7.45  
One Piece of Cod ..... \$8.45  
One Piece of Halibut ..... \$14.50  
One Piece of Pickarel ..... \$14.50



Only vegetable oil used in menu items.



# CAPTAIN KEN'S



## TAPS

### MED

(12oz)

### LARGE

(20oz)

### PITCHER

BUD	<b>6.00</b>	<b>7.95</b>	<b>19.00</b>
BUD LIGHT	<b>6.00</b>	<b>7.95</b>	<b>19.00</b>
KEITH'S India Pale Ale	<b>6.00</b>	<b>7.95</b>	<b>19.00</b>
ROLLING ROCK Extra Pale	<b>6.00</b>	<b>7.95</b>	<b>19.00</b>
STELLA ARTOIS	<b>6.95</b>	<b>8.85</b>	<b>21.65</b>
MILL STREET Cobblestone Stout	<b>6.95</b>	<b>8.85</b>	<b>21.65</b>
SLEEMAN Original Draft	<b>6.00</b>	<b>7.95</b>	<b>19.00</b>
PICK UP TRUCK Pilsner	<b>6.60</b>	<b>8.40</b>	<b>19.95</b>
FLYING MONKEY Amber Ale	<b>6.00</b>	<b>7.95</b>	<b>19.00</b>
CREEMORE Premium Lager	<b>6.60</b>	<b>8.25</b>	<b>19.95</b>

**BOTTLES 6.25**

## Liquor

Bar shots with mix (one ounce)	<b>6.95</b>
Shooters	<b>7.25</b>
Premiums (Bowmore Single Malt, Glenfiddich Single Malt, Grand Marnier, Drambuie Sauza Silver, and Sauza Gold)	<b>7.70</b>
Patron Anejo Tequila	<b>9.50</b>

### Cider:

**Magners Irish Cider 8.35**

**Other cocktails available.  
Ask the bartender.**

## TRADITIONAL COCKTAILS

MARTINI	1 ½ OZ GIN, ¾ OZ DRY VERMOUTH, WITH OLIVE
COSMOPOLITAN	1 OZ VODKA, ½ TRIPLE SEC, ½ OZ LIME JUICE, ½ OZ CRANBERRY
CHOCOLATE MARTINI	1 OZ VODKA, ½ OZ CREME DE CACAO

**11.50**

**NON-ALCOHOL COCKTAILS 4.55**

## FROZEN DRINKS

**DAIQUIRI**

**PINA-COLADA**

**MARGARITA**

**9.85**

**NEAR BEER 4.55**

# WINES

## BY THE GLASS (five ounce serving)

### Red

#### Lake and River Proprietor's Selection

Five ounce glass \$6.50 Half litre \$14.50 Bottle \$25.50

#### Beringer California Collection Cabernet Sauvignon

Notes of plum, blackberry, and vanilla

Five ounce glass \$7.95 Half litre \$15.50 Bottle \$28.95

#### Lindeman's Bin 40 Merlot (Australia)

Ruby red colour, round plummy flavour with herbal notes. Enjoy with tomatoe based dishes and red meat.

Five ounce glass \$8.45 Half litre \$15.50 Bottle \$29.95

#### Lindeman's Bin 50 Shiraz (Australia)

Deep ruby colour; floral, blackberry and eucalyptus with rich spicy berry flavours; dry, medium to full-bodied.

Great with beef, pork ribs, and red pastas

Five ounce glass \$8.45 Half litre \$15.50 Bottle \$29.95

### White

#### Lake and River Proprietor's Selection

Five ounce glass \$6.50 Half litre \$14.50 Bottle \$25.50

#### Beringer California Collection Pinot Grigio

Clear, pale straw colour; floral, melon and soft lime aromas; dry, medium body; round, spicy apple flavour and soft finish.

Perfect with seafood and light pasta dishes

Five ounce glass \$7.95 Half litre \$15.50 Bottle \$28.95

#### Lindeman's Bin 65 Chardonnay (Australia)

Floral with citrus and vanilla aromas; soft clean finish

Enjoy with seafood and light pasta dishes.

Five ounce glass \$8.45 Half litre \$15.50 Bottle \$29.95

## BY THE BOTTLE

### REDS

#### Fuzion Alta Reserve Malbec (Argentina)

Deep ruby; ripe black fruit aromas; dry with medium full body.

Perfect with barbequed beef or pork. \$28.50

### WHITES

#### Fuzion Mendoza Blanc (Argentina)

Fresh and fruity; light to medium bodied

Pairs with grilled shrimp, quesadilla, and pasta. \$28.50