

MARINA

DOCKSIDE EATERY



MENU

SUBSTITUTE GLUTEN FREE BREAD OR WRAP
ON ANY SANDWICH FOR NO CHARGE

BREAKFAST

OPTION TO ADD: ADD BACON, PORK SAUSAGE
OR AVOCADO

BREAKFAST SANDWICH

PRETZEL BUN, EGG, CHEDDAR CHEESE, ROASTED
GARLIC MAYO, AND ARUGULA

BREAKFAST WRAP

SUNDRIED TOMATO WRAP, SCRAMBLED EGGS,
ROASTED YAM, BLACK BEANS, RED PEPPERS,
GREEN ONION, CHEDDAR CHEESE SERVED WITH
MEDIUM SALSA

BERRY PARFAIT

GREEK YOGURT, MIXED BERRIES, HOUSE MADE
GRANOLA

SOUP AND SALAD

CHOOSE YOU DRESSING: VEGAN CEASAR, VEGAN
MISO GINGER, VEGAN GREEK DRESSING, SALSA

GREEN SALAD

SPRING SALAD MIX CARROT, CUCUMBER,
TOMATO, RED PEPPER, PUMPKIN SEEDS

QUINOA BUDDHA BOWL

SPRING SALAD MIX, ROAST YAMS, BLACK BEANS,
CUCUMBER, RED PEPPER, RED ONION, CARROT

CLAM & HAM CHOWDER 12OZ

CREAMY CHOWDER SERVED WITH A DINNER
ROLL

SHREDDED CHICKEN CHILI 12OZ

TOPPED WITH CRISPY CORN CHIPS, SHREDDED
CHEDDAR AND GREEN ONIONS

DAILY SOUP FEATURE 12OZ

PLEASE ASK STAFF, SERVED WITH A DINNER
ROLL. SUBSTITUTE FOR GLUTEN FREE TOAST

LUNCH

OPTION TO ADD: 8OZ SIDE GREEK SALAD, SIDE
DAY SOUP, CHILI OR CHOWDER. BUN NOT
INCLUDED.

CURRY CHICKEN WRAP

SUNDRIED TOMATO WRAP, APPLE, RAISINS,
CILANTRO, AND ARUGULA, PICKLE

SMOKED STEELHEAD BAGEL

EVERYTHING BAGEL, CREAM CHEESE,
CUCUMBER, PICKLED SHALLOT, ARUGULA

RUBEN SANDWICH

MARBLE RYE, CORNED BEEF, SWISS CHEESE,
ISLAND DRESSING, DIJON, SAUERKRAUT,
PICKLES, ARUGULA

BLT SANDWICH

SOURDOUGH, LEMON MAYO, BACON,
LETTUCE, TOMATO, SALT AND PEPPER, PICKLE
OPTION TO UPGRADE BLT TO A TURKEY
CLUB

OPEN FACED TUNA MELT

SOURDOUGH, TUNA SALAD WITH CELERY,
TOMATOES AND RED ONION, CHEDDAR
CHEESE, PICKLE

GRILLED CHEESE SANDWICH

SOURDOUGH, FRENCH ONION MAYO, TRIPLE
CHEDDAR, PICKLE

FALAFEL WRAP

PITA BREAD, HOUSE GF FALAFEL, GREEK
SALAD, FETA, TZATZIKI
*VEGAN OPTION WITH AVOCADO TZATZIKI

SPECIAL SANDWICH

SEASONAL INGREDIENTS CHANGES
FREQUENTLY PLEASE ASK STAFF OR SEE
FEATURE BOARD BY TILL



100% OCEAN WISE RECOMMENDED SEAFOOD

MARINA DOCKSIDE EATERY



MENU

HOUSE PASTRY

SCONES

CHEESE AND HERB, SEASONAL BERRY WITH A LEMON GLAZE

LOAF

BANANA LOAF, LEMON LOAF, PUMPKIN LOAF

CROISSANTS

ALMOND CROISSANT, CHOCOLATE CROISSANT, CINNAMON SWIRL

COOKIES

CLASSIC CHOCOLATE CHIP, OATMEAL RAISIN, GLUTEN FREE PEANUT BUTTER, AND SCOTTISH SHORTBREAD AND

BARS

NANAIMO BAR, LEMON BAR, DATE AND OAT BAR
VEGAN PEANUT BUTTER AND SEED BAR
GLUTEN FREE BROWNIE
GLUTEN FREE RICE KRISPY BAR

OTHER SWEET TREATS

DAILY MUFFIN GLUTEN FREE AND REGULAR
GLUTEN FREE AND VEGAN COFFEE CAKE

GELATO AND DAIRY FREE SORBETTO
