



Candlelight Dining

FORT HENRY



Starters

Queen Victoria's Cream of Chicken Soup

A rich soup made with diced chicken, chicken stock, cream, celery and parsley; served with fried sippets of toast.

\$6

Wilted Spinach Salad

Wilted spinach & roasted vegetables with crispy bacon and cottage cheese.

\$8

Scotch Egg Plate

A hard-boiled egg wrapped in a blanket of sausage meat and bread crumbs then deep-fried and chilled (2 quarters); served on a garden salad of mixed greens tossed in a sweet vinaigrette and pickled red onions on the side.

\$10

The Scotch Egg was created by the famous London food shop Fortnum & Mason in 1738 as a picnic food for the gentry. It may have had its origins however in the highlands as a portable lunch for shepherds.

Lamb Patties with Cucumber Salad

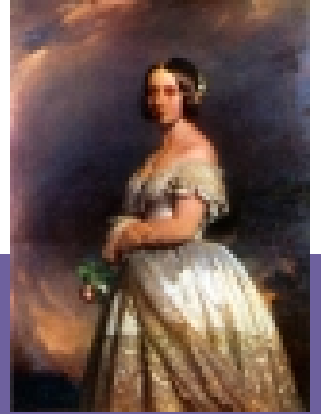
A grilled lamb patty served with a cucumber and pickled red pepper salad dressed with a minted mayonnaise.

\$10

Grilled Shrimp Skewer

Four grilled shrimp on a wooden skewer on a bed of dressed mixed greens with capers and pickled red onions.

\$8



Two chicken soup recipe's dated 1844 and 1853, were found in an original scrap book kept by Queen Victoria. It was said that this comfort food was one of Her Majesty's favorites while living at Balmoral, Scotland.



Summer Plates

Beef Steak Plate

A grilled 8 oz. striploin steak perched on a roasted portabello mushroom with a garden salad tossed in a sweet vinaigrette or French fried potatoes with a Cajun dipping sauce.

\$19

Salmon Napoleon

A glazed and baked 6 oz. salmon fillet stacked with roasted eggplant, peppers and a grilled rice cake and drizzled with a dilled bearnaise sauce.

\$16

Neapolitan was a food-style of Naples, Italy where food was layered in stacks. The English found it easier to call them "Napoleons" after the Duke of Wellington's arch foe. Today in English the name applies to any food dish stacked laterally.

Main Courses

Curry Chicken Fricassee

A chicken breast fricasseed in a traditional curry sauce with vegetables served on basmati rice and garnished with a pappadam.

\$16

Curry as we know it today is an English creation. Influenced by the imports of the British East India Company and the Indian Army, English cooks simplified East Indian regional flavours into the taste we know today as curry.

Prime Rib

A juicy slice of prime rib with Yorkshire pudding, garlic mashed potatoes, seasonal vegetable medley, gravy and horse radish.

\$20

Stuffed Roast of Pork

A thick slice of pork loin stuffed with a traditional bread & fruit stuffing and served with garlic mashed potatoes, a candied baked apple, seasonal vegetable medley and apple cider gravy.

\$18

Captain Cook's Grilled Yellowfin Tuna

A 6 oz. tuna steak lightly grilled and encrusted with toasted sesame seeds, served on a bed of basmati rice and a salad of mixed greens tossed in an Asian dressing.

\$18

Georgian Stuffed Pepper (vegan)

A vegetable and rice stuffed pepper topped with a warm tomato picalilly and served with garlic mashed potatoes & a seasonal vegetable medley

\$16

Drummer Boy's Plate

A child's plate with 3 chicken fingers, French fried potatoes, veggie sticks and dipping sauces.

\$10



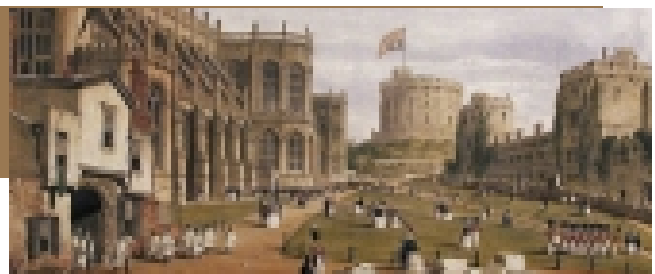
Desserts

Windsor Castle Carrot Pudding with Custard Cream

The favourite dessert for staff at Windsor Castle during the late nineteenth century was carrot pudding. This recipe comes from Canada's first cook book published in Kingston in 1831.

\$5.00

Windsor Castle has been home to British monarchs since William the Conqueror and today is the largest inhabited castle in the world. Queen Victoria and Prince Albert loved the royal residence and Albert died there in 1861.



English Sherry Trifle

Preserved fruit and sherry folded into a vanilla cake and topped with a layer of custard and whipped cream.

\$5.00

Puff Apple Pie

A traditionally seasoned apple pie topped with a puff pastry crust and drizzled with brandy sauce.

\$5.00

Strawberry Shortcake

Sliced and sugared strawberries spooned onto a traditional tea biscuit with a whipped cream topping.

\$5.00