

FORT
HENRY



Bonnycastle Lunch & Tea Room

Traditional British lunches served by soldier servants.



Starters & Main Courses

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.

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.



Garrison Garden Salad

A salad of mixed greens, sliced cucumber and pickled red onions served with a sweet vinaigrette.
\$6

Scotch Egg Plate

A hard-boiled egg wrapped in a blanket of sausage meat and bread crumbs then deep-fried and chilled; served with a whole-wheat roll and butter, dressed greens, purple cabbage salad and pickles.
\$13

Scotch Egg Only \$7

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.

Bangers & Mash

A hearty pork sausage on a bed of mashed potatoes with gravy, vegetable medley and purple cabbage salad.
\$12

The Earl of Sandwich

Hearty roll packed with a 6 oz. grilled beef steak with French mustard & horse-raddish, cheddar cheese and pickled red onions. Served with a Garrison Garden Salad.
\$16.00

The modern day sandwich is thought to have been named after John Montagu, 4th Earl of Sandwich (1718 to 1792). Montagu held many important government offices from th 1740s through the 1780s including 1st Lord of the Admiralty. While spending hours at the gaming tables he was known to order slices of bread filled with meats and cheeses.



Just Sandwich

Hearty roll packed with a 6 oz. grilled beef steak with French mustard & horse-raddish, cheddar cheese and pickled red onions.
\$12

Shepherd's Pork Pie

A minced pork pie topped with mashed potatoes and gravy; served with a garrison garden salad.
\$13

Curry Chicken Fricassee

Chicken pieces fricasseed in a traditional curry with vegetables on basmati rice and garnished with a pappadam.

\$13

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. The first published English recipe was included in Hannah Glasse's *The Art of Cookery*, 1747.

To make a Currey the Indian Way.

TAKE two small Chickens, skin them and cut them as for a Fricassee, wash them clean, and stew them in about a Quart of Water, for about five Minutes, then strain off the Liquor and put the Chickens in a clean Dish; take three large Onions, chop them small and fry them in about two Ounces of Butter, then put in the Chickens and fry them together till they are brown, take a quarter of an Ounce of Turmeric, a large Spoonful of Ginger and beaten Pepper together, and a little Salt to your Palate; strew all these Ingredients over the Chickens whilst it is frying, then pour in the Liquor, and let it stew about half an Hour, then put in a quarter of a Pint of Cream, and the Juice of two Lemons, and serve it up. The Ginger, Pepper, and Turmeric must be beat very fine.

Fish & Chips

One piece of battered and deep-fried haddock served with French fried potatoes and purple cabbage salad.

\$12

Welsh Rarebit

A traditional open-faced sandwich with roasted vegetables and a seasoned grilled cheese topping served with a garrison garden salad.

\$13



This dish's name pokes fun at the Welsh by suggesting that they substituted meat for cheese as they were too poor. Rarebit (rabbit) is replaced with a cheese and mustard sauce.

Drummer Boy's Plate

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

\$9



Desserts & Teas

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

Afternoon Tea

Your choice of tea, coffee, lemonade or iced tea served with a biscuit, butter and preserves.

\$5.00

