

# DENNIS POINT CAFÉ & Restaurant



## MENU - FULLY LICENSED

LOWER WEST PUBNICO, N.S. | LOCATED AT DENNIS POINT WHARF | TEL: 902-762-1220

## Soups, Starters & Salads

Top your salad with Fresh Pulled Chicken for \$4

**Hearty Hamburg Tomato Veg Soup** ..... Bowl \$6.50  
Cup \$4.50

It's your favorite, so it's now on the menu everyday!  
Served with a homemade roll and crackers.

**Dennis Point's Soup of the Day** ..... Bowl \$6  
Cup \$4

Served with a homemade roll and crackers.

**Acadian Seafood Chowder** ..... Bowl \$11  
Cup \$6.50

Our delicious homemade award winning seafood chowder. Served with a homemade roll and crackers.

**Homemade Potato Skins** ..... \$8

Fresh cut, deep fried and smothered in garlic butter, mozzarella, cheddar and real bacon bits. Served with sour cream.

*Try one of our new shareable dips!*

**New Smoked Haddock & Spinach Dip** ..... \$12

This is a great mixture of cream cheese, spinach, green onion and locally smoked haddock smothered in mozzarella. Baked in oven and served with nacho chips.

**New Wanda's Cheeseburger Dip** ..... \$10

This is one of Wanda's favorite blend of cream cheese and parmesan topped with local ground beef, onions and layers of salsa. Finished with shredded cheddar and mozzarella. Baked in our oven and served with nacho chips.

**New Cafe's House Salad** ..... Lg. \$7  
Sm. \$5

Mixture of spinach and romaine, cucumber slice, cherry tomato, shredded carrots, diced beets, pumpkin seeds, shredded mozzarella and green onions. Served with a house made wild blueberry citrus honey vinaigrette.

**Chef Salad** ..... \$10

Pulled chicken, ham, sliced egg, spinach and romaine lettuce, tomatoes, cucumbers, red onions, shredded carrots. Topped with shredded cheddar cheese.

**Caesar Salad** ..... Lg. \$7  
Sm. \$5

Romaine lettuce with homemade croutons, real bacon and creamy caesar dressing. Topped w/ freshly grated parmesan cheese and a lemon wedge.

**Greek Salad** ..... \$10

A traditional mixture of your favorite greens; spinach and romaine. Topped with sliced cucumber, sliced tomatoes, sliced red onions, local feta, kalamata olives and green onions. Served with house made greek citrus herb vinaigrette.

## Sandwiches & Wraps

All items below include your choice of side

**Club Sandwich** ..... \$12

Fresh pulled chicken, spinach, tomato, cheese, bacon and real mayo. Served on a grilled focaccia bun.

**BLT Sandwich** ..... \$10

Bacon, Spinach, tomato and real mayo. Served on a grilled focaccia bun.

add cheese \$1

**New Veggie Sandwich** ..... \$11

Cucumber, tomatoes, beets, red onions, shredded carrots, with a unique raspberry mayo. Served on a grilled focaccia bun.

**New Ultimate Egg Salad Bacon Tomato Sandwich** ..... \$10

Nice egg mixture, spinach, tomato and bacon. Served on a grilled focaccia bun.

**New Fish Taco Wrap** ..... \$12

4oz of lemon pepper haddock, spinach, red onions, shredded carrots and homemade tartar sauce. Wrapped in a floured tortilla and grilled.

**Chicken Strip & Bacon Wrap** ..... \$12

Two chicken strips, bacon, spinach, shredded carrots, cheddar cheese and our special sauce. Wrapped in a floured tortilla and grilled.

**New Pulled Chicken Salad Wrap** ..... \$12

Fresh pulled chicken, spinach, celery, shredded carrots with real mayo. Wrapped in a floured tortilla and grilled.

**Hot Chicken with Gravy** ..... \$11

Two slices of bread with local chicken smothered with our delicious hot gravy.

**Hot Hamburg & Gravy** ..... \$12

Two slices of bread with two 1/4lb patties smothered with our beef gravy and topped with fried onions.

add cheese \$1

**All items below include your choice of side:**  
*cup of soup, fries, mashed potatoes or rice*  
**Substitutions**

*house salad, caesar salad or onion rings \$1.50 extra*  
*poutine \$3 extra*  
*cup seafood chowder \$4 extra*

## Haddock Bits - 3 ways *Local Favorite!*

*All are carefully breaded from local haddock pieces in our unique flavored house breadings.*

**Traditional Haddock Bits**  \$10

**Parmesan Bits**  \$11

**New Lemon Pepper Bits**  \$12


## Seafood

**Fish & Chips** ..... Lg. \$13  
 Sm. \$10  
*A local favorite! Deep fried haddock.* 

**Pan Fried Haddock** ..... Lg. \$13  
 Sm. \$10  
*Local pan fried haddock* 

**Haddock & Clams Platter** ..... \$19  
*Large portion of local haddock and whole shore clams.* 


**Haddock & Scallops Platter** ..... \$20  
*Large portion of local haddock and Digby scallops.* 

**Whole Clam Platter** ..... Lg. \$17  
 Sm. \$14  
*Whole shore Digby clams deep fried in a delicious golden batter.* 

**Scallops Platter** ..... \$18  
*Digby scallops prepared to your liking; deep fried or pan fried.* 

**Scallops & Clams** ..... \$19  
*Digby scallops and whole shore Digby clams* 

**Acadian Cod Fish Cakes Platter** ..... \$12  
*Salt cod fish cakes served with chow-chow and a homemade roll.* 


**Seafood Platter** ..... \$24  
*Whole shore Digby clams, Digby scallops and local haddock.* 




## “Nova Scotia Lobster Specialty”



**Dennis Point Hot Lobster Roll Platter** ..... \$16  
*Our famous hot lobster roll! Creamed lobster served on a toasted bun.* 

**Hot Lobster on Toast** ..... \$28  
*Back by popular demand; the traditional creamed lobster on buttered toast. A real fishermen's tradition!* 

**Lobster Linguini** (*does not include side*) ..... \$16  
*Chunks of tender lobster meat with sweet bell peppers, spanish onions, green onions and celery in a mild garlic cream sauce over linguini. Served with a grilled homemade garlic roll. A must try!* 

**Lobster Poutine** ..... \$16  
*Fries and mozzarella cheese smothered with creamed lobsters.*  

## A little history on “Vernon d’Eon Lobster Plugs Ltd.”

Vernon d’Eon, once a lobster fisherman, sold his fishing boat, fishing gear and fishing rights to pursue a risky venture. Vernon bought out his good friend Benoit Pottier’s business to manufacture and sell millions of wooden lobster plugs (pegs). Over 80 million plugs were made and sold in 1978 to markets from New York to Newfoundland. Wooden lobster plugs were used on lobsters. It prevented them from pinching with their claws prior to today’s rubber bands.

In the fall of 1980, there was pressure to replace all wooden lobster plugs with rubber bands which we use today. It was then Vernon made the decision to diversify into fishing supplies as soon as possible or be out of a job because of this switch. In the summer of 1981 Vernon began selling long line ropes and from there the rest is history. Over the next 30 years, the company expanded to 8 fishing supply stores. He had 5 delivery trucks and employed over 40 people and shipped products worldwide.



In the fall of 2013, Vernon sold the entire fishing supply company to a father and son from Shippagan, New Brunswick. The company has since been renamed to Vernon d’Eon Fishing Supplies Ltd.

## Alcoholic Beverages

<b>Tusket Brewing Company (Beer)</b> .....	\$6.75	<b>White Wine</b> .....	5oz glass \$5
<i>Golden Ale, Belgian Ale, Red IPA</i> ⓘ		<i>Pinot Grigio (Very Dry)</i>	
<b>Boxing Rock (Beer)</b> .....	\$5.00	<i>Schloss (Medium)</i>	
<i>Temptation, Honky Dory</i> ⓘ		<b>Red Wine</b> .....	5 oz glass \$5
<b>Bulwark Hard Cider</b> ⓘ .....	\$6.00	<i>Domaine D’or (Dry)</i>	
<b>Beer</b> .....	\$4.50	<i>Cabernet Merlot (Medium)</i>	
<i>Keiths, Coors Light, Budweiser, Labbatts Blue</i>			

**Dennis Point Café is owned & operated by Acadians. Here at the Dennis Point Café we only buy the freshest local products when available. Our sea foods come from our local processing plants, our lobsters come from local fishermen processed in federally approved plants. We hope that our homemade dishes satisfy your taste buds and our spectacular view of the harbour, boats and bustling activity around the dock stays in your memory! Thanks for your visit. Hope to see you soon!**



Vegetarian



Gluten Free



Local

All items below include your choice of side:

cup of soup, fries, mashed potatoes or rice

Substitutions

house salad, caesar salad or onion rings \$1.50 extra

poutine \$3 extra

cup seafood chowder \$4 extra

## Dennis Point Poutines - 3 ways

*Local Favorite!*

**Traditional Poutine** .....\$8

Fries and shredded mozzarella cheese smothered with chicken gravy.

**Lobster Poutine**.....\$16

Fries and mozzarella cheese smothered with creamed lobsters.

**New Cheeseburger Poutine**.....\$14

Fries, hamburger mixture topped with shredded cheddar and mozzarella. Smothered with beef gravy.

## Burgers & Chicken

**Hamburger**.....\$8

1/4 lb local ground beef with the works (lettuce, tomato, ketchup, mustard, relish and onions)

add cheese \$1

add bacon \$1

**New Hot Chicken Dinner on a Bun** .....\$12

Grilled dressing topped with fresh pulled chicken on a grilled sesame bun topped with chicken gravy served with cranberry sauce.

**Breaded Chicken Strips** .....\$11

Choice of sweet & sour, BBQ or d'Eon's plum sauce.

**Chicken Dinner** .....\$11

Local chicken, vegetables, homemade dressing, mashed potatoes, side of gravy and cranberry sauce.

**New The Vernon Burger** .....\$17

Hungry? Then this one is for you! 2 x 1/4 lb local ground beef, cheese, spinach, fried onions, bacon, special sauce topped with Dennis Point house made slaw served on a grilled sesame bun.

## Senior's Dinner Menu

**Must be 65 and over.**

**Includes choice of side, homemade roll and tea or coffee.**

**Hot Chicken Burger**.....\$11

Local chicken on a grilled sesame bun. Topped with chicken gravy.

**Acadian Cod Fish Cake** .....\$10

One salt cod fish cake served with chow-chow.

**Fish & Chips** .....\$10

A local favorite! Deep fried haddock.

**Hamburg Steak** .....\$10

1/4 lb of local ground beef covered with beef gravy and topped with sauteed onions.

## Children's Menu

**\*Must be 12 or under.\***

**Includes drink and ice cream!**

**Haddock Bits** .....\$6.50

**Mini Chicken Dinner** .....\$6.50

Local chicken, 1 scoop mashed potatoes, vegetables and a side of gravy.

**Chicken Strips**.....\$6.50

Choice of sweet & sour, BBQ or d'Eon's plum sauce.

**Hamburger** .....\$6.50

add cheese \$1

## What is a Begou?

As you may have noticed, our staff has the word “Begou” written on their backs. You won’t find this word in the dictionary since it’s been made up by our locals many years ago.

Put your mind way back in the late 1880’s, the very early lobster fishery in our region was much different than today. During those early days there was little or no knowledge about the benefits of conserving the lobster stock for later years. The boats that were used were small doreys being rowed to haul their crude wooden lobster traps by hand. The captain would hire at least one more person to help with tasks since it was such a physical job. Lobsters were plentiful and many were smaller than market size (3 3/16 legal size for the US market). That’s when propositions to set-up canneries all along our shores started. There was actually one between here and the windmills on Pubnico Point, with 3 more in this village alone.

Canneries became a booming industry for a few short years until the small “undersized” lobster started disappearing due to heavy fishing. With barely any young lobsters left in our waters to grow to market size, there was very little lobster to catch and the price was low. The decision to close them became apparent since the results were devastating to the lobster stocks. The fishermen became very poor. In order to support their families, the hired hand would have to beg for a few dollars or beg someone to buy fish caught in their traps. If they would happen to catch undersized



lobsters, they would bring them home for families to eat since there was no longer a market for them. At this time, lobster was considered “poor man’s food”. Often, the helper had to beg the captain to be paid for his day’s work. The word beggar was converted locally to “begou”. In our region, the hired hand was, and still is today, referred to as “begou”.

Our fishery suffered for 50 years due to these bad choices. Thankfully, with the existing regulations in place, lobster is no longer considered “poor man’s food”. It’s what makes this little Acadian village, as well as most of the neighboring communities, thrive. And we’re hoping it continues that way for many years to come.

Our staff is our “begous”. Without them this restaurant wouldn’t be able to function. Just like the captains needed their begous, we need our dishwashers, cooks, cash/salad people and servers to help us along the way.

## Did you know?

- West Pubnico is an Acadian village with approximately 1800 inhabitants settled in 1653.
- It’s the only village with a cottage industry, making wooden lobster plugs “pegs” (pine wedge used to prevent the lobsters to bite each other) during the depression years.
- West Pubnico had the only wooden lobster plug (peg) factory in the world in the 1970’s and 1980’s.
- The 1st village with 17 wind turbines in southwest Nova Scotia on Pubnico Point.
- Dennis Point Wharf has the largest fleet of commercial boats and bottom trawlers in southwest Nova Scotia (with 85+ lobster boats).
- Yearly at Dennis Point wharf, over a million pounds of ground fish is landed (haddock, flounder, red fish and several other species), the majority being haddock.
- Dennis Point has 4 fish processing plants, 1 lobster shipping operation and 1 bait distributing operation.
- The community also has an “Acadian Historical Village” for tourist which opens in June and closes in October.
- We also have an 18 hole golf course for locals & tourists.

