

# DENNIS POINT CAFÉ & Restaurant



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

MENU - FULLY LICENSED

## Soups & Starters

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.

Onion Rings .....\$6  
Served with sour cream.

## Salads

Top your salad with grilled chicken breast for \$3.95.

Garden Salad ..... Lg. \$7  
Sm. \$5

Romaine lettuce, tomato, cucumber, red onions and shredded carrots. Topped with shredded cheddar cheese.

Chef Salad .....\$10

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

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

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

### Salad Dressings:

Catalina, Raspberry Vinaigrette, Ranch, Italian, Poppyseed

## Poutine - 2 ways

Poutine .....\$8

Fries and shredded mozzarella cheese smothered with gravy.

Lobster Poutine .....\$16

Fries and mozzarella cheese smothered with creamed lobsters.

## Chicken

Includes your choice of side.

Breaded Chicken Strips .....\$11

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

Chicken Dinner .....\$11

Oven roasted chicken, gravy, vegetables, homemade dressing, cranberry sauce.

## Homemade Sandwiches

All sandwiches are available on white or whole wheat bread and includes your choice of side.

Club Sandwich .....\$11

Oven roasted chicken breast, lettuce, cheese, tomato and bacon on 3 slices of toasted bread.

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

Two slices of bread with oven roasted chicken smothered with our own delicious hot gravy.

BLT Sandwich .....\$9

Bacon, lettuce, tomato and mayo.

add cheese \$1

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**

*garden salad, caesar salad or onion rings \$1.50 extra*

*poutine \$3 extra*

*cup seafood chowder \$4 extra*

## Seafood

<b>Fish &amp; Chips</b> .....	Lg. \$13 Sm. \$10	<b>Scallops Platter</b> .....	\$18
<i>A local favorite. Deep fried.</i>		<i>Digby scallops prepared to your liking; deep fried or pan fried.</i>	
<b>Pan Fried Haddock</b> .....	Lg. \$13 Sm. \$10	<b>Scallops &amp; Clams</b> .....	\$19
<i>Local pan fried haddock</i>		<i>Digby scallops and whole shore Digby clams</i>	
<b>Haddock &amp; Clams Platter</b> .....	\$19	<b>Acadian Cod Fish Cakes Platter</b> .....	\$12
<i>Large portion of local haddock and whole shore clams.</i>		<i>Salt cod fish cakes served with chow-chow and a homemade roll.</i>	
<b>Haddock &amp; Scallops Platter</b> .....	\$20	<b>Seafood Platter</b> .....	\$24
<i>Large portion of local haddock and Digby scallops.</i>		<i>Whole shore Digby clams, Digby scallops and local haddock.</i>	
<b>Whole Clam Platter</b> .....	Lg. \$17 Sm. \$14	<b>Smoked Fish Platter</b> .....	\$14
<i>Whole shore Digby clams deep fried in a delicious golden batter.</i>		<i>Local smoked haddock served in a cream sauce.</i>	

*Local favorite!*

## Haddock Bits - 2 ways

<b>Regular House Batter</b> .....	\$10	<b>Parmesan Crusted Batter</b> .....	\$11
<i>Local haddock pieces prepared in our own house batter.</i>		<i>Local haddock pieces prepared in our own parmesan batter.</i>	

## "Nova Scotia Lobster Specialty"

<b>Dennis Point Hot Lobster Roll Platter</b> .....	\$16	<b>Lobster Linguini</b> ( <i>does not include side</i> ) .....	\$16
<b>extra hot lobster roll... add \$12</b>		<i>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!</i>	
<i>Our famous hot lobster roll! Creamed lobster served on a toasted bun.</i>			

*Fresh steamed Lobster available when in season!*

**Please ask your server for details.**

\*\*\* **Our seafood is local and served fresh whenever possible.** \*\*\*

## 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.

## Senior’s Dinner Menu

**Must be 65 and over.**

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

**Hot Chicken Burger.....\$11**  
Slices of chicken in a toasted burger bun smothered with chicken gravy.

**Fish & Chips .....\$10**  
A local favorite. Deep fried.

**Acadian Cod Fish Cake.....\$10**  
One salt cod fish cake served with chow-chow.

**Hamburg Steak.....\$10**  
One 1/4 lb hamburg patty covered with beef gravy and topped with sauteed onions.

**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!**



**All items below include your choice of side:**  
*cup of soup, fries, mashed potatoes or rice*  
**Substitutions**  
*garden salad, caesar salad or onion rings \$1.50 extra*  
*poutine \$3 extra*  
*cup seafood chowder \$4 extra*

## Burgers

- Fish Burger** .....\$11  
*Large portion of local haddock with cheese, lettuce and tartar sauce. Served on a sausage-style bun.*
- Hamburger**.....\$8  
*1/4 lb hamburger with the works (lettuce, tomato, ketchup, mustard, relish and onions)*  
 add cheese \$1  
 add bacon \$1
- Hot Chicken Burger**.....\$10  
*Slices of chicken in a toasted burger bun smothered with chicken gravy.*

## Wraps

*Served on white or whole wheat tortilla.*

- Chicken Strip Wrap** .....\$11  
*Two chicken strips, lettuce, shredded cheddar cheese and ranch dressing.*  
 add bacon \$2
- Grilled Chicken Wrap**.....\$12  
*Grilled chicken breast, bell peppers, onions, lettuce, shredded carrots, shredded mozzarella cheese and ranch dressing.*

## Children's Menu

- Haddock Bits**..... \$6.50
- Mini Chicken Dinner** ..... \$6.50  
*Oven roasted chicken, 1 scoop mashed potatoes, vegetables and a side of gravy.*

**\*Must be 12 or under.\***  
*Includes drink and ice cream!*

- Chicken Strips**..... \$6.50  
*Choice of sweet & sour, BBQ or d'Eon's plum sauce.*
- Hamburger**..... \$6.50  
 add cheese \$1

## Beverages

- Coke Products**.....\$1.20 - \$2.10
- Bottled Ice Tea & Juice**..... \$1.30 - \$2.00
- Tea or Coffee** .....\$1.65
- Herbal Tea** .....\$1.65
- 2% Milk or Chocolate Milk**..... Sm. \$1.50  
 Lg. \$2.00
- Hot Chocolate**.....\$1.65

## Alcoholic Beverages

- Beer**..... \$4.50  
*Keiths, Coors Light, Budweiser, Schooner, Labbatts Blue*
- Local Beer**.....\$5  
*Boxing Rock (Shelburne)*
- White Wine**.....glass \$5  
*Pinot Grigio (Very Dry)  
 Schloss (Medium)*
- Red Wine**.....glass \$5  
*Domaine D'or (Dry)  
 Cabernet Merlot (Medium)*

## 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.

