

Soups

All our soups are made fresh daily in our kitchen.

Soup of the day please ask your server	\$6
Bay Moorings Boston Seafood Chowder	\$6
Cioppino local fresh fish, mussels and clams, in a tomato and lime broth	\$9

Salads

Greek Salad tomato, cucumber, peppers, red onions, olives, oregano, Feta, served with an olive oil and vinegar dressing	\$9
Caesar Salad crispy romaine lettuce, home-made foccaccia croutons, grated fresh Parmesan, served in our house Caesar dressing - Add chicken or shrimp \$5	\$9
Insalata Spinaci baby spinach leaves, sliced avocado, crispy pancetta, Parmesan shavings, tossed in a mustard dressing	\$12
Shrimp Salad shrimp with mixed greens, tossed in a sherry vinaigrette	\$12

Starters

Fresh Mussels simmered in a pomodoro tomato and white wine sauce	\$12
Bruschetta fresh ripe tomatoes, oregano, basil, roasted red peppers, served on a slice of garlic rubbed Italian bread, drizzled with extra virgin olive oil	\$8
Calamari lightly floured tender squid, served with house-made tzatziki	\$10
Saganaki pan-fried Greek kefalograviera cheese, with a hint of Ouzo and lemon	\$10
Garlic Prawns king prawns sauteed in a garlic and white wine sauce	\$12
Nachos served with onions, peppers, olives, tomatoes, spicy salsa, sour cream, topped with melted mozzarella and cheddar cheese	\$9
Chicken Fingers fried chicken strips, served with fries and plum sauce	\$9
Spanakopita traditional Greek filo wrapped spinach and feta pie, served with Greek salad and house-made tzatziki	\$12

Breakfast

Served until 1pm. All of the below served with hash brown potatoes and multigrain toast.

Steak and Eggs	\$16
Bacon and Eggs	\$10
Ham and Eggs	\$10
Sausage and Eggs	\$10
Omelette ham, mushrooms, cheese	\$11

Lunch

Bay Moorings Cod and Chips served with coleslaw, tartar sauce and home fries			
- One piece \$11	- Two pieces \$15	- Three pieces \$18	
Fresh Halibut and Chips in season			
- One piece \$14	- Two pieces \$18	- Three pieces \$24	
Bay Moorings Beef Burger served with cheddar cheese, onion, lettuce, tomato and home fries			\$12
Chicken Burger grilled chicken breast served with mayonnaise, lettuce, tomato, home fries			\$12
Lamb Burger served with blue cheese, lettuce, tomato and home fries			\$12
Club House roasted chicken breast served with lettuce, tomatoes, bacon, mayonnaise and home fries			\$14
Reuben Sandwich Montreal smoked corned beef, rye bread, Swiss cheese, sauerkraut and home fries			\$12
Shrimp Sandwich baby shrimp, lettuce, tomato, avocado, home fries			\$14
Crab Cake served with lemons, crispy pancetta, gourmet greens, avocado and tartar sauce			\$17
Steak Sandwich grilled steak, sweet and spicy peppers on romaine lettuce, champagne vinaigrette			\$16
Filo-wrapped Chicken pancetta, Swiss cheese, gourmet greens and grilled tomatoes			\$14
Shrimp Melt baby shrimp, mozzarella, fresh dill, onion, mayonnaise, tomato served on English muffins, with home fries and mixed greens			\$16
Grilled Octopus dressed in olive oil, balsamic vinegar, with olives, cucumbers, tomatoes, capers, gourmet mixed greens and avocado			\$16
- Substitute salad for soup \$2			

Entrees

7 oz New York Steak grilled New York strip loin, home fries, Greek salad	\$18
12 oz Peppercorn Steak grilled New York strip loin, peppercorn and brandy demi-glaze served with rosemary and garlic mashed potatoes, seasonal vegetables	\$22
- Add sauteed prawns \$5	
Braised Lamb Shank braised, slow-roasted to perfection, mint and red wine reduction, rosemary and garlic mashed potatoes, seasonal vegetables	\$24
Baby Back Ribs fall-off-the-bone baby back ribs glazed with smoky bbq sauce, served with mashed potatoes and seasonal vegetables	\$22
Moussaka layers of eggplant, zucchini, potatoes, lean ground beef, bechamel sauce, Greek salad	\$20
Mixed Grill lamb, chicken, prawn souvlaki, lemon and oregano roast potatoes, rice, Greek salad, tzatziki	\$26
Lamb Souvlaki marinated skewered lamb, lemon-oregano roast potatoes, Greek salad, tzatziki	\$20
Chicken Souvlaki marinated skewered chicken, lemon-oregano roast potatoes, Greek salad, tzatziki	\$18
Prawn and Scallop Souvlaki lemon-oregano roast potatoes, rice, Greek salad, tzatziki, marinated skewered prawns and scallops	\$22
Fresh BC Wild Fillet of Salmon pan seared, lemon potatoes, black olive vinaigrette	\$22
Greek Platter for Two Greek salad, spanakopita, hummus, taramassalata, pita, followed by kalamari, chicken, prawns, lamb souvlaki, mousaka, keftethes lemon-oregano roast potatoes, rice	\$60

Pasta

Pasta a la Puttanesca penne pasta, traditional spicy sauce of tomatoes, olives, capers and anchovies	\$16
Lasagne al Forno served with gourmet mixed greens	\$17
Penne Gulliano prawns, Italian sausage, pesto, white wine and pomodoro tomato sauce	\$16
Fettuccine Pescatore prawns, mussels, daily market fish, garlic, white wine and pomodoro sauce	\$18
Spaghetti Bolognese lean ground beef, garlic, fresh herbs, rich plum tomato sauce	\$16
Tortellini alla Panna four cheese, pesto and cream sauce	\$16
Rotini Chicken Caruso roast chicken, mushrooms, garlic, tomato and cream sauce	\$16
Risotto pan-fried scallops, pancetta, spinach, white wine, lemon zest, chilli, basil, saffron	\$17

Pizza

All of our gourmet pizzas are homemade with the freshest ingredients.

Padana goats cheese, spinach, caramelized red onions, roast garlic, virgin olive oil
Bufala buffalo mozzarella, tomatoes, basil, olives, anchovies
Parma prosciutto, onions, tomatoes, buffalo mozzarella, drizzle of virgin olive oil, egg
Piccante spicy Southern Italian salami, red onions, olives, tomatoes, goats cheese
Aloha ham, pineapple, cheese
Bay Moorings smoked salmon, capers, red onions, cheese
Calzone spinach, Italian sausage, hot pepperoni, artichoke hearts, sundried tomatoes, cheese
Cheesenut cheddar, mozzarella, feta, edam
Classic pepperoni, mushrooms, salami, onions, green peppers, olives, cheese
Corinthian spinach, mushrooms, feta, onions, olives, dill, cheese
Fantacia Italian sausage, onions, sundried tomatoes, basil, feta, olive oil cheese
Foccaccia roasted chicken breast, mushrooms, roasted garlic, pesto, cheese
Kostas pepperoni, green peppers, shrimp, onions, olives, anchovies, cheese
Margarita artichoke hearts, tomatoes, pesto, feta, roasted red peppers, capers, olive oil, cheese
Seafood Delight shrimp, smoked oysters, anchovies, mushrooms, tomatoes, cheese

- Thin Crust \$18

- Regular Crust \$20

If our pizzas are unsuited to your taste, we will gladly create a combination of toppings for you.