



nauticagrill@hotmail.com- 613.534.2113

Vegetarian and Gluten Free Options available

Please inform your server of all allergies and dietary restrictions — not all ingredients are listed

Menu substitutions respectfully declined

Reservations & Waitlist

We accept reservations for parties of 2 - 6 people

Max party size 6 people split up or otherwise

Should our reservations be full, we do not operate a waitlist on a first come first serve basis in person

All bookings are taken through our email or over the phone. Please note if booking a reservation for the same day we do not accept reservations via email

If you arrive in person to add your name to the reservation list and should there, be a wait, please be advised not to wait outside in front of the restaurant entrance. We will take your name, phone number and party size and contact you when your table is ready and time to return

NAUTICA GRILL & WINE



SIGNATURE BRUNCH *we use only*

*organic free-range brown eggs
(GF-gluten free w/o bread)*

KEFTEDES SOUTZOUKIA (GF) 23

Greek style meatballs, spicy Mediterranean tomato harissa stew with roasted red pepper, spinach, Kalamata olives; feta cheese, two poached organic eggs; rustic bread

LOX SALAD 24

Scottish style smoked salmon on ciabatta bread, cream cheese, heirloom cherry tomatoes, red onion, olive, herbs, capers; baby greens

SKILLET (GF) 22

Italian sausage, pork loin, rosemary ham, red onion, bell pepper, heirloom mini potatoes, sharp cheddar cheese, 3 organic fried eggs topped with hollandaise; artisan multigrain toast

BRUNCH BURGER 23

8 oz. handcrafted premium beef ground chuck, applewood smoked bacon, pea meal, Monterey jack cheese, caramelized onion, organic fried egg, tomato, arugula, potato bun, chipotle ketchup; breakfast potatoes or baby greens

CROQUE MADAME SANDWICH 21

fig jam, Mornay sauce, rosemary ham, Swiss & white cheddar cheese, sourdough panini, topped with over easy egg; baby greens



VEGETARIAN BOWLS

with rustic bread; we use only organic free-range brown eggs (GF-gluten free w/o vegan rustic bread)

CHAMPINONES (V, GF) 22

wild mushroom, truffle cream sauce; asparagus, roasted red pepper, caramelized onion, roast potatoes, smoked cheddar, organic free-range soft poached eggs, balsamic reduction

VEGGIE BREAKFAST FRIED RICE (V,GF) 20

kimchi, spinach, bell pepper, petite pois, onion, topped with organic sunny side egg, Asian soy-glaze

HASH TAG (V, GF) 23

sauteed French beans, carrots, summer squash, asparagus, sun-dried tomatoes, heirloom baby potato, pine nuts, over easy balsamic organic eggs, za'atar, Parmesan cheese

STIFADO (V,GF) 22

tomato-braised lentils & chickpeas, carrots, preserved lemon, spinach, Kalamata, organic free range soft poached eggs, feta cheese



VEGETARIAN FARE

MEDITERRANEAN GRILLED CHEESE (V) 19

feta cheese, spinach, roasted red pepper, black olive, caramelized onion, provolone, basil pesto, sourdough panini; baby greens

BRUSCHETTA MORNING SALAD (V) 20

2 organic free-range eggs poached in olive oil, grilled ciabatta, marinated heirloom cherry tomatoes, roasted red pepper, Kalamata olives, herbs, feta cheese; baby greens

CALIFORNIA TOAST (V) 18

smashed Hass avocado, over easy organic free-range egg, heirloom tomato salsa, feta cheese, sourdough; baby greens

TSOUREKI (V) 19

Mediterranean French toast, cinnamon orange egg bread, honey-labneh frosting, fresh berries, fruit reduction, pistachios

ASPARAGUS SALAD (V) 21

pan seared asparagus, arugula, walnuts, lemon and olive oil, parmesan, sunny side organic egg, tomato tapenade toast



SCRAMBLES *organic free-range brown eggs, breakfast potatoes or baby greens, rustic bread (GF-gluten free w/o vegan rustic bread)*

FETA & TOMATO (V, GF) 20

Mediterranean style soft scrambled organic free-range eggs with feta cheese, roasted red pepper, tomato, caramelized onion;

CHORIZO (GF) 22

soft scrambled organic free-range eggs, chorizo sausage, serrano ham, piquillo peppers, cherry tomatoes, pepper jack cheese

FARMER'S MARKET (V, GF) 21

soft scrambled organic free-range eggs, mushroom, zucchini, cherry tomatoes, wilted spinach, Swiss cheese

POLLO (GF) 22

chicken apple sausage, soft scrambled organic eggs, wilted arugula, sun dried tomato, balsamic onions, parmesan

MUSHROOM TOAST 23

soft scrambled organic eggs, mushroom, spinach, dry cured ham, hollandaise, red wine sauce, on rustic bread; baby green

NAUTICA GRILL & WINE

<div>  BRUNCH SANDWICHES <i>with</i> <i>baby greens or breakfast potatoes</i> </div> <div> BROKEN YOKE 18 crispy applewood smoked bacon, over easy organic free range egg, Monterey cheese, sliced tomato, arugula, mayo, sourdough panini </div> <div> FIG, APPLE GRILLED CHEESE (V) 19 fig jam, honey crisp apple, caramelized onions, pepper jack, provolone cheese, arugula, sourdough </div> <div> THE HANGOVER 20 applewood smoked bacon, lean peameal pork loin, rosemary ham, balsamic onion, Monterey jack cheese, organic free-range fried egg, sriracha mayo, sourdough panini </div> <div> AVOCADO BLT 19 crushed Hass avocado, feta cheese, crispy applewood smoked bacon, sliced tomatoes, arugula, sourdough panini </div>	<div>  BENEDICT & FRIENDS <i>2 poached</i> <i>organic free-range brown eggs on grilled ciabatta, breakfast potatoes or baby greens</i> </div> <div> TRADITIONAL 18 lean peameal pork loin, arugula, saffron hollandaise </div> <div> NOVA 24 Scottish style smoked salmon, arugula, saffron hollandaise, capers </div> <div> CHORTA (V) 22 hummus, sautéed spinach, mushrooms, asparagus, sun-dried tomato, avocado harissa- hollandaise, balsamic reduction </div> <div> SHORT RIBS 24 braised beef short ribs, caramelized onions, arugula, red wine hollandaise </div> <div> OSCAR 31 crab cakes (2), wilted spinach, sriracha-hollandaise, capers </div>
<div>  CLASSICS <i>two organic free-range brown</i> <i>eggs, served with baby greens or breakfast potatoes; pain au levain (sourdough toast) or artisan multigrain toast (gluten free without bread)</i> </div> <p>choice of:</p> <div> BACON 15 Applewood Smoked Bacon or Lean Peameal Bacon </div> <div> SAUSAGE 16 Farmer's Breakfast Sausage or Chicken & Apple Sausage or Andouille (spicy) Sausage </div> <div> HOG TIED 21 3 organic free-range eggs, applewood smoked bacon, farmer's sausage and pea meal bacon </div> <div> QUICK START (V) 13 2 organic free-range eggs </div> <div> with FLATIRON STEAK 33 8. oz balsamic red wine reduction, breakfast potatoes, baby greens </div> <p>Limited Gluten-free toast available upon request add +2</p> <p>add caramelized onions to breakfast potatoes +1</p>	<div>  OMELETTES <i>3 organic free-range</i> <i>brown eggs, breakfast potatoes or baby greens, (GF-gluten free w/o rustic bread)</i> </div> <div> GREEK (V, GF) 20 feta cheese, spinach, roasted red pepper, red onion, herbs </div> <div> MEAT LOVERS (GF) 22 applewood smoked bacon, spicy sausage, rosemary ham red onion, sharp cheddar cheese </div> <div> TUSCAN (V, GF) 21 mushroom, zucchini, roasted red pepper, tomato, arugula, mozzarella & parmesan cheese </div> <div> BOKEN CRAB OMELET (GF) 31 wild caught Atlantic blue crab meat, asparagus, sun dried tomato, lemon zest, Swiss cheese, parmesan </div> <div> EXECUTIVE CHEF: MICHAEL G. EFTHIMIOU </div> <p><i>Menu updated 02/2022</i></p>

NAUTICA GRILL & WINE

<div>  LUNCH FARE <i>with fries or baby greens</i> </div> <div> <p>TRIPLE DECKER CHICKEN CLUB 19 chicken breast, bacon, Swiss, tomato, arugula, mayo, multigrain panini</p> <p>OPEN FACE VEGGIE SANDWICH (V, VGP) 20 asparagus, roasted red pepper, mushroom, zucchini, heirloom cherry tomato, provolone, crushed Hass avocado & hummus, za'atar, arugula, sourdough</p> <p>HOUSE BURGER 21 8 oz. handcrafted premium beef ground chuck cooked to order, applewood bacon, cheddar & Swiss cheese with tomato, caramelized onions, arugula, pickle, mayo, ketchup, mustard, potato bun</p> <p>ITALIAN TUNA SANDWICH 20 sun-dried tomato, red onion, Castelvetrano olives, roasted red pepper, bacon, olive oil, lemon, balsamic, arugula; sourdough panini</p> <p>GRILLED CHICKEN & BASIL PESTO 19 tomatoes, mayo, provolone, pickles, arugula, sourdough panini</p> <p>PORCHETTA SANDWICH 20 Tuscan pork roast, caramelized onions, roast red pepper, arugula, zesty mustard aioli; Tuscan schiacciata bread</p> </div>	<div>  PASTA </div> <div> <p>LOBSTER RAVIOLI 39 limoncello cream sauce, shrimp marinara, roasted asparagus, walnuts, fresh grated parmesan</p> <p>BUTTERNUT SQUASH RAVIOLI (V) 27 sage & orange brown butter sauce, spinach, sun dried tomato, pumpkin seeds, parmesan,</p> <p>BOLOGNESE 25 traditional house-meat sauce (beef) tagliatelle pasta, parmesan</p> <p>VILLAGE PASTA (V) 26 asparagus, mushroom, zucchini, roasted tomato, Mediterranean olives, feta cheese, casarecce pasta</p> </div>
<div>  SALADS </div> <div> <p>LOX SALAD 24 Scottish style smoked salmon, ciabatta bread, cream cheese, red onion, heirloom cherry tomatoes, olives, herbs, capers; baby greens</p> <p>NISI SALAD (V,GF,VGP) 22 spinach, arugula, sliced Honeycrisp, strawberries, beets, walnuts, pepitas, roasted red pepper, goat cheese, agave-balsamic dressing</p> <p>ANTIPASTO SALAD (GF) 23 prosciutto, salami, Castelvetrano & Kalamata olives, roasted red peppers, heirloom cherry tomatoes, baby greens, feta cheese, lemon Za'atar vinaigrette</p> </div> <div>  PIZZA <i>(personal size)</i> </div> <div> <p>SUPREMA 23 Italian sausage, genoa salami, Applewood smoked bacon, red onion, roasted red pepper, tomato sauce, mozzarella, parmesan</p> <p>SPANAKOPIZZA (V) 21 spinach, roasted red pepper, caramelized onion, Kalamata, dill, feta, mozzarella</p> <p>CAULIFLOWER (V, GF) 23 cauliflower crust, basil pesto, fresh tomato, mushroom, zucchini, bell pepper, arugula, mozzarella, parmesan, balsamic reduction</p> </div>	<div>  SEAFOOD & OTHER FARE </div> <div> <p>RED SNAPPER FILLET (GF) 38 lean firm & moist, mildly sweet & nutty; chickpea & chorizo</p> <p>BEER BATTER FISH & CHIPS 22 haddock fillet, house remoulade, pickle spear, fries or baby greens</p> <p>PESCADOS (GF) 33 Parmesan crusted lemon sole, sun dried tomato-olive caper salsa; vegetable medley</p> <p>SEA BASS (GF) 44 medium firm moist fillet, sweet & buttery; cannellini beans with lemon-olives, spinach, tomato</p> <p>BRANZINO (GF) 38 lean, mild fillet, slightly sweet & flaky; rice pilaf with spinach and caramelized onions; Mediterranean sauce</p> <p>PERCH PLATTER (GF) 24 cornmeal crusted, spicy lemon aioli, pickle spear, fries or baby greens</p> <p>HALIBUT (GF) 44 firm & tender fillet, mild & sweet; (spanakorizo), spinach rice with tomato and dill</p> </div> <hr/> <div> <p>CHICKEN PARMESAN ESCALOPE 31 panko crusted chicken cutlet, crushed tomato, provolone, parmesan, mozzarella; tomato, olive, and spinach pasta</p> <p>FLATRON STEAK & EGGS 33 8 oz., balsamic red wine reduction, 2 organic over easy eggs, breakfast potatoes & baby greens, rustic bread</p> </div>