



welcome to the
**HIGHLAND
SITTING ROOM**



Appetizers

KELTIC NACHOS // \$18.00

Corn tortilla chips with three cheese, applewood smoked bacon, scallions, diced tomatoes and olives, smokey BBQ sauce and house made ranch.

Add chicken for \$10.00

LOCAL FARMER'S SALAD // \$15.00

Fresh greens, tossed in our house made apple ginger vinaigrette, topped with toasted walnuts, blue cheese, carrot, red onion, and apple.

Add chicken or shrimp skewer for \$10.00

SEAFOOD CHOWDER // \$18.00

Creamy and rich with a thought of Pernod, loaded with local seafood including halibut, salmon, shrimp, and scallops.

BUCKET OF MUSSELS //

Fresh local mussels steamed in a creamy broth with apple cider and garden-fresh herbs.

One pound for \$16.00

Two pounds for \$28.00

CALAMARI FRITTI // \$16.00

Lightly dusted and flash fried to golden brown. Served with lime cocktail sauce.

CHICKEN WINGS // \$18.00

One pound of fried chicken wings, with buffalo or traditional sauces. Served with blue cheese ranch.

TRUFFLE PARMESAN FRIES // \$13.00

Golden crispy fries, drizzled with truffle oil, finished with shredded Parmigiano Reggiano.

KELTIC POUTINE // \$12.00

Shredded cheese and house made gravy on top of a large portion of crispy fries.

BASKET OF WARM BREAD // \$6.00

Served with butter, olive oil, and balsamic vinegar.





Entrées

MIDDLEHEAD BURGER // \$22.00

Iron seared 6 oz chuck burger with tomato, lettuce, pickle, and onion on a grilled bun. Served with fries

Add cheese or bacon for \$2.00 each

PEPPERCORN NEW YORK STRIP // \$36.00

Grilled to your liking and smothered in house made peppercorn sauce. Served with seasonal vegetables and new potatoes.

Add shrimp skewer for \$10.00

PENNE ALLA VODKA // \$29.00

House made traditional Italian vodka sauce, with chicken and bacon, penne pasta, and fresh parmesan cheese. Served with grilled baguette.

PRIMAVERA AGLIO E OLIO // \$28.00

Fresh seasonal vegetables, tossed in an aromatic garlic and olive oil sauce, with linguini pasta. Served with garlic grilled baguette.

Add chicken or shrimp for \$10.00

Add cheese to your baguette for \$2.00

MARGHERITA FLATBREAD // \$22.00

Open faced with sun dried tomato basil pesto, fresh mozzarella, heirloom tomato, fresh basil, and a balsamic reduction drizzle. Served with a side garden salad.

SWEET CHILI CHICKEN WRAP // \$15.00

Roasted chicken with fresh tomato, peppers, red onion, fresh lettuce, and Swiss cheese. Smothered in sweet chili sauce wrapped in a large tortilla.

Add fries for \$4.00

CHICKEN & PESTO FLATBREAD // \$25.00

Open faced with basil pesto, green apple, red onion, grilled chicken, and fresh mozzarella. Served with a side garden salad.

STEAK ON A BUN // \$26.00

Thin shaved steak on a garlic grilled baguette with onions, eppers, house made gravy and shredded cheese, topped with onion rings. Served with French fries.

KELTIC LODGE SUPREME DONAIR // \$16.00

Grilled Donair meat with scallions, tomatoes, pepperoni, and shredded cheese, drizzled with Donair sauce.

Add fries for \$4.00

ISLAND TIME BEER BATTERED FISH & CHIPS // \$22.00

Island Time beer battered haddock, fried to perfection. Served with tartar sauce and crispy French fries.

Add a third piece for \$6.00

SALMON SALAD // \$35.00

Fresh skin on Nova Scotia wild salmon, seared to perfection. Served on a farmer's salad with our house made ginger dressing.

SEAFOOD CROISSANT CLUB // \$26.00

A blend of shrimp crab and lobster, with celery and onion. Served on a fresh croissant with bacon, lettuce, and tomato. Served with French fries.

ANY SIDE CAN BE UPGRADED TO A SALAD FOR \$4.00 OR TO A POUTINE FOR \$5.00

History of The Highlands

In 1939, when the National Park Service hired Stanley Thompson to design and build what he later called “the mountains and ocean” course, he told friends that it was the best contract he ever had. He was given one of the country’s most scenic and awe-inspiring national parks, and had just one mandate: take advantage of it. The result is an inspired piece of architecture that has proved to be one of Thompson’s finest design achievements.

Cape Breton Highlands Links began as a nine-hole course with Thompson convincing his employers that a second nine holes was essential. Normally one to remain with his original plan, Thompson changed the routing of the course during construction to follow the Clyburn River, an integral element of the final layout.

Given the size of the project, construction progressed quickly, taking just two years. It was difficult to bring machinery to the site and local laborers did much of the work by hand. A great deal of the course was clear land and much of the growth of the surrounding vegetation has come since. On many holes, few trees were present and it’s a tribute to Thompson’s vision that with all the growth, the course has retained its shape.

Many have referred to *Cape Breton Highlands Links* as Thompson’s homage to golf’s Scottish roots and St. Andrews in particular. Holes have names like “Heich O’ Fash” (which means “Heap of Trouble”) and many of the fairways are remarkably similar to Scottish topography. The seventh hole, Killiecrankie, resembles the long narrow pass of Killiecrankie in the Highlands of Scotland—a wooded gorge that played a significant role in Scotland’s history in 1689.

Some of the same tests that have challenged golfers since the 15th century can also be found at *Cape Breton Highlands Links*. The fifth hole, “Canny Slap,” is similar to the most famous one-shot hole in golf, St. Andrews’ eleventh hole, “Eden.” Other typical Scottish trademarks include heroic tees with their long forced carries, blind tee and green strokes, rolling fairways, dune-like mounds, pot bunkers, small undulating greens, seascape panoramas and ever-present heather.

Balance for the golfer was another critical component in Thompson’s design: balanced stroke values for each fairway, balance in overall architectural design, and the balanced combination of scientific stroke-making along with the beauty of the natural landscape.

In 2002, *Sports Illustrated* gathered a panel of golf historians and experts to rank the schools of golf course design in order of influence. Stanley Thompson’s ranked fifth. And the most influential course to arise from that school, according to the panel? His “mountains and ocean” course, *Cape Breton Highlands Links*.

