



# Lunch Menu

*What's in a name?*

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The name of the hotel was first suggested by the architect for this hotel project as he surveyed the site and commented on the beautiful old orchard growing on the lower slopes. The orchard remained, as did the name, in a tribute to the apple industry of the Annapolis Valley.

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**Welcome**

## We are known for our awe inspiring view

Our Acadian Dining Room (main dining room), Blomidon Room and Fireside Lounge offer unparalleled vistas of the Annapolis Valley, showcasing the Bay of Fundy, known for the highest tides in the world. To capture the beauty of this view, we host a webcam to show the power of the Bay of Fundy that can be seen above our sundeck. Our view looks into the Eastern section of the Annapolis Valley, or where the Bay of Fundy narrows into the Minas Basin.

Each day, 160 billion tons of seawater flow in and out of the Bay of Fundy during one tide cycle; more than the combined total for the flow of the world's freshwater rivers. Over a period of 2 to 3 hours around mid tide, the bore may progress upstream from one river into another for a distance of 20 or 25 kilometres. During this period the Fundy tide is flooding into the Minas Basin and its estuaries at its greatest rate. The bore forms as the rapid influx of tidal water encounters the restrictions created by sandflats, the outward flow of water in shallow channels, and the nearly flat upstream gradients. The restrictions cause the variety of water waves to compress into a leading front wave moving slower than the water pushing from behind. While the faster water from behind tries to move forward in its rush to find its level, it is forced to move upward to pass over the slower moving water below. A water wall builds and quickly spills over into the tumbling, churning wave front referred to as **the tidal bore**. Check for tide times at our Front Desk.

The background of the vista features the North mountain side of the Valley, Cape Blomidon with the Wolfville Dykelands and the Cornwallis River in front of the community of Port Williams. The town of Wolfville, named in 1830, originally known as Mud Creek, is home of Acadia University, founded in 1838. The town of Wolfville is the academic and cultural hub of the Annapolis Valley, an environment rich in arts, food, dining, history, heritage festivals and event.

Nearby is Grand Pré, a Unesco World Heritage site situated in the southern Minas Basin. The Grand Pré marshland and archaeological sites constitute a cultural landscape bearing testimony to the development of agricultural farmland using dykes and aboiteau wooden sluice system, started by the Acadians in the 17th century and further developed and still used today. This site is also inscribed as a memorial to the Acadian way of life and the deportation or expulsion of the Acadians that began in 1755.

As Nova Scotians we are proud to note that we are recognized for our world famous Digby scallops, mussels, haddock and of course, lobster. Enjoy!

## Our Desserts & Speciality Coffees



### Desserts

**Chocolate Layered Cake** 9  
*A decadent chocolate delight*

**Chocolate Mousse Torte** 8  
*Delicious and Gluten Free*

**Apple Pie** 7  
*Topped with vanilla ice cream  
or a slice of cheddar cheese*

**Lemon Lavender Cheesecake** 9  
*White chocolate lemon cheesecake topped with  
lavender fond and white chocolate shard.  
Finished with purple-hued, white chocolate  
drizzle*

**Turtle Cheesecake** 9  
*Gluten Free Candied pecans, milk chocolate  
chunks, vanilla cheesecake batter, topped with a  
white fond, brownie cubes, pecans and chocolate  
chunks, drizzled with chocolate and caramel*

**Vanilla Crème Brûlée** 9  
*Succulent vanilla crème brûlée made of pure  
ingredients. Topped with crunchy brown sugar*

**Gelato & Liqueur** 8  
*Local Foxhill gelato accented with Port Williams  
Barrelling Tide Distillery Haskap Liqueur*

**Chocolate Chip Cookie** 3  
*To eat in and enjoy or take away.*

### Speciality Coffees

*All served with a 4-6 oz. Hot Coffee,  
Lemon Sugared Rim, Whipped Cream  
and Cherry*

**Monte Cristo** 8  
*1 oz. Kahlua, ½ oz. Grand Marnier*

**Irish Cream** 8  
*1 oz. Bailey's Irish Cream,  
2 oz. Brandy*

**Spanish Coffee** 8  
*1 oz. Brandy, 2 oz. Kahlua*

**Blueberry Tea** 8  
*1 oz. Grand Marnier,  
2 oz. Amaretto Almond Liqueur*



### *Freshly Brewed Regular or Decaffeinated*

*Coffee & Tea 2.75*

*Herbal Tea 2.95*

*Thank you for dining with us.  
It is a pleasure to serve you.*

*The Wallace & Staff Family  
Serving our Valley in hospitality since 1972*

## Entrées

<b>English Style Fish &amp; Chips</b>	<b>16</b>
Flaky fillets of North Atlantic haddock battered and deep fried, served with french fries and coleslaw	
<b>Baby Beef Liver, Onions &amp; Bacon</b>	<b>18</b>
Served with a vegetable medley and choice of roast or french fried potato	
<b>Calypso Chicken</b>	<b>17</b>
Hawaiian seasoned strips of chicken breast with sautéed vegetables in a spicy, with a hint of sweet, Thai sauce and presented on a bed of rice	
<b>Grilled Atlantic Haddock</b>	<b>17</b>
Breaded fillet of Atlantic Haddock served with lemon butter with your choice of roasted potatoes or brown rice	
<b>Seafood Penne</b>	<b>17</b>
A mélange of seafood and vegetables tossed in a garlic cream sauce and garnished with mussels	
<b>Smoked Fish Croquette</b>	<b>17</b>
Smoked haddock, salt cod combined with potatoes, onion and cream, breaded and accompanied by tzatziki sauce. Served with a torn kale and quinoa salad in a sesame Hosin dressing with dried cranberries and toasted sunflower seeds	



## Starters

<b>Island Mussels</b>		<b>11</b>
Cultivated mussels steamed with a garlic shallot and parsley butter		
<b>Seafood Chowder</b>	<b>Cup</b>	<b>10</b>
Salmon, haddock, baby shrimp and clams	<b>Bowl</b>	<b>12</b>
in our rich creamy base		
<b>Vegetable Spring Rolls</b>		<b>11</b>
Created in our kitchen from fresh vegetables and rice noodles flavoured with ginger and soya sauce, served with a sweet chili sauce and mango chutney		
<b>Garlic Cheese Bread</b>		<b>7</b>
Flatbread baked with garlic butter topped with a blend of cheese		
<b>Zucchini Coins</b>		<b>9</b>
Parmesan breaded fresh zucchini with buttermilk ranch dip		
<b>Roasted Red Pepper &amp; Tomato Soup</b>		<b>8</b>
with crème fraîche		



## ❧ Salads Plus ❧

**Farmers Market Frittata** **14**  
 Open faced omelette with sautéed onions, mushrooms, peppers  
 and smoked ham with melted cheese,  
 accompanied by homefries

**Spinach & Raspberry Salad** **Petite 7**  
*Old Orchard Inn's signature salad*  
 Garnished sweet and spicy pecans, red onions,  
 sliced mushrooms, apples and crisp bacon,  
 served with a raspberry vinaigrette

**Classic Caesar Salad** **Petite 7**  
 Crisp romaine lettuce tossed with herb croutons  
 and smokey bacon bits in our garlic dressing,  
 dusted with shredded parmesan cheese

**Kale Salad** **Petite 7**  
 Torn kale and quinoa tossed in a sesame Hosin dressing  
 with dried cranberries and toasted sunflower seeds

**Enhance your salad by adding**  
 Chicken Breast **6**      Shrimp **7**

*Gluten friendly and Vegetarian choices are available.  
 Please advise your server if you have allergies or special food requirements.  
 We do our very best to accommodate all dietary needs.*



## ❧ Wraps & Sandwiches ❧

*You may substitute a salad for an extra 2*

**Bruschetta Chicken Wrap** **15**  
 Crisp breaded chicken brushed with a tomato basil mayo with  
 shredded lettuce and served with french fries

**Market Vegetable Wrap** **15**  
 Seasonal vegetables in a whole wheat wrap with mixed  
 greens and cheese. Served warm, flavoured with a lemon hummus  
 and accompanied with veggie sticks

**Mister Club** **16**  
*Old Orchard Inn Classic*  
 Wrap or traditional toasted triple decker sandwich with turkey, bacon,  
 lettuce and tomato. Served with potato skins and apple-cranberry chutney

**Deluxe Cheeseburger & Skins** **16**  
 Grilled local fresh ground sirloin and grilled onions,  
 served with mayonnaise, potato skins and sour cream

## ❧ Sides ❧

Potatoes: Roasted or French Fried	<b>5</b>
Sweet Potato Fries	<b>6</b>
Potato Skins regular	<b>6</b>
<i>Add cheese &amp; bacon to skins</i>	<b>4</b>
Sautéed Mushrooms	<b>4</b>
Caramelized Onions	<b>4</b>

