



TASTE

Kijju's

THE WORLD

LUNCH MENU | 562 - 6220

LUNCH MENU



APPETIZERS

**KIJU'S SIGNATURE
SEAFOOD CHOWDER \$5.50**
The BEST Cape Breton Seafood Chowder in Town!

**SOUP OF THE DAY
\$3.50 (Cream Based \$3.99)**
Ask your server about today's soups.

MUSSELS \$7.99
*Direct from Aspy Bay. Prepared in a white wine,
garlic cream sauce.*

CALAMARI \$6.99
*Straight from the Shores of Italy. Lightly dusted with fine
herb flour, cooked crispy and tender, served with home made
curry sauce.*

SALT AND PEPPER DRY RIBS \$6.99
*An American Southwest Favorite. Boiled tender then baked
with sea salt and cracked pepper.*

EAST COAST FISH CAKES \$7.99
*An Ingonish Specialty. Shrimp, lobster and haddock rolled
with potato in panko bread crumbs, cooked golden brown and
served with salmon mayo.*

LEMON GRASS CHICKEN \$6.99
*An Asian Inspiration. Tender strips of chicken sautéed in a brown
butter lemon grass herb sauce, served over a bed of crunchy
Thai noodles.*

SALMON GRAVLOX \$8.99
*Germany at its Best. Fresh Atlantic salmon cured for seventy
two hours in our signature German ingredients. Sliced thin and
served with an olive oil drizzle, red onion, cream cheese and
our home made crostini dry bread.*

SALADS

CAESAR \$6.50
*Rome at its Best. Romaine hearts with classic home made Caesar
dressing, garlic croutons and Parmesan shavings.*

GRILLED STEAK SALAD \$8.99
*An American Favorite. Strips of marinated sirloin, mixed with
greens and fresh veggies, tossed in our sweet and sour dressing
and topped with cheddar cheese.*

CHICKEN CAESAR \$8.50
*A Taste of Rome & Greece. Caesar salad topped with a chicken breast
marinated in lemon zest, garlic and extra virgin olive oil.*

SALMON SALAD \$9.99
*A Canadian Classic. Tomatoes, radish, onion and fresh basil tossed in a
light chili lime dressing and served over mixed greens with a fresh piece
of grilled salmon.*

CRAB & SHRIMP COBB SALAD \$8.99
*An English Favorite. Crab, shrimp, sweet peppers and carrots tossed
with iceberg and romaine lettuce, crumbled blue cheese, hard boiled
egg, bacon in a walnut oil vinaigrette dressing.*

SPINACH SALAD \$6.99
*A Middle East Creation. Baby spinach, red onion, mushrooms, shred-
ded cheese, diced tomatoes and crumbled egg all in a
maple dressing.*

CHEF SALAD \$7.99
*Originating from all over the World. A special surprise each day topped
with our home made dressing. Could contain seafood or shell fish
so please ask your server.*

LUNCH MENU



DELI SANDWICHES

All sandwiches served with vegetable coleslaw & fries

MONTREAL SMOKER \$8.99

The name says it all. Perfectly smoked meat straight from Montreal, steamed tender, sliced thin and served on our home made marble rye.

N.Y. DELI SANDWICH \$7.75

Straight from the Big Apple. Genoa salami, capicolli ham, pepperoni, Monterey Jack, stone ground mustard, garlic mayo, lettuce, tomato and pickle on our home made bread.

SAUSAGE SANDWICH \$7.75

Inspired by Italy. Grilled sweet Italian sausage, sautéed with fresh onion, red and yellow bell peppers in a light olive oil drizzle. Served on our home made bread with our own basil sun-dried tomato mayo.

TURKEY BACON GRINDER \$7.75

Canada at its Best. Grade 'A' roasted turkey sliced thick with bacon, provolone cheese, garlic mayo, shredded lettuce, tomato and onion on our home made bread.

SEAFOOD SANDWICH \$8.75

From the Coasts of Greece. Shrimp, scallop and lobster tossed in our creamy home made cucumber yogurt lemon dressing with red onion, lettuce and tomato on our home made bread.

GRILLED REUBEN \$9.75

Americans have enjoyed this one since 1914. Smoked meat thinly sliced, sauerkraut and Swiss cheese on our home made marble rye bread.

VEGETABLE SANDWICH \$6.99

For all the veggie lovers. Cucumber, tomato, lettuce, roasted sweet red pepper, pickle and onion with our garlic mayo on our home made bread.

SPECIALTY SANDWICHES

All sandwiches served with vegetable coleslaw & fries

KIJU'S STEAK SANDWICH \$10.99

An American Classic. Strips of juicy sirloin steak topped with sautéed sweet red peppers, onion, mushrooms and melted cheese on our home made bread.

OPEN FACE SHORT RIB MELT \$8.75

Straight from Alberta Canada. Braised short rib, three cheddar cheese blend and barbeque mayo on our home made bun.

THE FRENCH DIP \$8.75

Created in France in the late 18th century. Rump roast simmered for seven hours in beef broth with onions, thinly sliced and piled high on our home made bread with grilled onions, horseradish and grainy mustard.

GRILLED EAST COAST HADDOCK \$8.75

Straight from Cape Breton. A juicy haddock fillet, hot off the grill, on our home made bread with crisp lettuce and lemon aioli mayo.

MG CLUB \$8.75

Britain's Signature Club. A home made meat patty grilled juicy and stacked three stories high with bacon, lettuce, tomato and cheddar cheese on our home made potato bread.

MEATBALL SANDWICH \$7.99

A Southern Italian Favorite. Home made meatballs, tender and juicy, baked in the oven with fresh tomatoes, onions, celery and carrots to give them full flavour! All on our home made bread with our Chef's signature tomato basil sauce, topped with melted sweet provolone cheese.

CHICKEN SCHNITZEL \$8.75

A German Staple. Fresh chicken breast breaded in herbed bread crumbs, pan fried and served on our home made bread with garlic mayo, lettuce and tomato.

WRAP IT UP

Wraps originated from the Mexican burrito.

Grilled Chicken Caesar Wrap \$7.99

Chicken Parmesan Wrap \$8.50

Turkey Bacon Cheese Wrap \$7.99

Veggie Wrap \$7.50

LUNCH MENU



FAVORITES

ENGLISH STYLE FISH & CHIPS \$9.99

From the Roots of England. Fresh haddock in our Chef's secret beer batter, topped with our very own home made smoked salmon mayo. Served with vegetable coleslaw and home made fries.

EAST INDIAN CURRY CHICKEN \$9.99

Sautéed chicken breast in a mild curry sauce served over a bed of herbed rice and vegetables

SHORT RIB STUFFED YORKSHIRE \$8.99

Beef short rib and caramelized onions stuffed in a Yorkshire pudding and topped with rich gravy. Served with vegetable coleslaw and home made fries.

CHICKEN PARMESAN \$10.95

An Italian Classic. Tender chicken breast breaded with our herb bread crumbs, pan fried then topped with fresh tomato basil sauce, Parmesan and mozzarella cheese. Served with our Chef's side pasta.

HOME MADE BURGERS \$7.50

Top it your way. 100% certified Angus ground beef seasoned and grilled to perfection. Topped with lettuce, tomato, onion and pickle. Served with vegetable coleslaw and home made fries. (Add cheese, bacon or mushroom for \$1 each or \$2 for all three)

CABBAGE ROLLS \$8.50

Originating in Western Asia. Cabbage rolls stuffed with our Chef's seasoned ground beef, onion, rice and shredded cheese, topped with our signature tomato basil sauce.

SEAFOOD SANDWICH \$8.75

From the Coasts of Greece. Shrimp, scallop and lobster tossed in our creamy home made cucumber yogurt lemon dressing with red onion, lettuce and tomato on our home made bread.

HOT TURKEY PLATE \$8.50

An American Classic. Baked grade A turkey sliced and topped with our chicken gravy and served on our home made bread. Served with vegetable coleslaw and home made fries.

CHICKEN SOUVLAKI \$9.99

A Taste of Greece. Two jumbo skewers of marinated grilled chicken served over a bed of herbed rice with a Greek salad.

NEW YORK LUNCH STEAK \$10.99

8oz N.Y. striploin steak grilled to perfection and served with vegetable coleslaw and home made fries.

PASTA'S - A TASTE OF ITALY

KIJU'S SIGNATURE SEAFOOD PASTA \$11.99

Baby shrimp, mussels, clams and scallops tossed in your choice of a white garlic cream sauce or our signature tomato basil sauce.

PENNE PRIMAVERA \$9.50

Fresh vegetables tossed in our signature tomato basil sauce with whole wheat penne pasta. (Also available with your choice of linguini, spaghetti or fettuccine pasta)

PAPPARDELLE NATASHA \$9.99

Fresh Italian sausage, chicken breast, broccoli, mushrooms and sundried tomatoes tossed with pappardella noodles and a light tomato basil sauce.

CHICKEN BROCCOLI ALFREDO \$9.99

Fettuccine pasta tossed in our three cheese Alfredo sauce with broccoli and chicken.

CHICKEN & SHRIMP CARBONARA \$10.99

Chicken and shrimp tossed in a Parmesan cream sauce with pancetta bacon, roasted red peppers and with bucatini pasta.

SEAFOOD CANNELLONI \$10.99

Shrimp, scallops, lobster and crab sautéed in garlic then mixed with spinach and cheese and rolled in our fresh home made pasta. Baked in the oven with a light tomato cream sauce and topped with cheese.

BRAISED BEEF & RAVIOLI \$9.99

Tender sliced short rib beef sautéed with diced tomato, green shallots and parmesan cheese in a basil tomato sauce. Served with our home made four cheese ravioli.

SOUTHERN ITALIAN LASAGNA \$10.99

In the south of Italy they make their lasagna a little different. Layers of fresh pasta topped with a tomato basil sauce stacked six layers high with fresh cut spinach, finely ground sausage meat, and a three cheese blend baked to perfection.

KIJU'S MEAT LOVERS PASTA \$9.99

Italian sausage, tender beef short rib, ground beef and breast of chicken. All tossed in basil tomato cream sauce with fettuccine pasta. Served with garlic bread.

All pastas served with garlic bread and soup of the day. All pastas are available as vegetarian.

LUNCH MENU



DESSERT

OLD FASHION APPLE PIE \$4.99

Fresh tart apples tossed in cinnamon and sugar to create a great filling in a flaky pie crust.

STRAWBERRY CHEESE CAKE \$5.99

A classic creamy cheesecake with a graham cracker crust and sour cream topping.

TIRAMISU \$5.99

This Italian classic is made by our Italian Chef. Custard made with Mascarpone cheese, whipped cream, lady fingers and coffee liquor topped with pure cocoa.

CHOCOLATE FANTASY CAKE \$5.99

A triple chocolate cake served with fruit.

DAILY LUNCH BUFFETS - \$10.95

MONDAY

Mediterranean

TUESDAY

Texas

WEDNESDAY

Cape Breton Traditions

THURSDAY

Mexican

FRIDAY

Italian



TASTE

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DINNER MENU



APPETIZERS

YESTERDAY'S SOUP \$4.00

So good we started it last night.

KIJU'S SIGNATURE SEAFOOD CHOWDER \$5.99

The BEST Cape Breton Seafood Chowder in Town!

GRILLED SHRIMP \$7.99

Black tiger shrimp rubbed with sea salt and lime, grilled to perfection, topped with a light braised butter and served with asparagus.

MUSSELS \$7.99

Fresh Aspy Bay mussels tossed in a white wine garlic cream sauce.

CALAMARI \$7.99

Lightly dusted with a fine herb flour & cooked crispy and tender. Served with our home made marinara sauce.

UNDECIDED \$7.99

A combination of zesty lemon chicken and ginger beef skewer served with a cilantro dipping sauce.

SEAFOOD CRÊPE CARDINAL \$9.95

Lobster, shrimp and scallops wrapped in a thin home made crepe and topped with a rich creamy cognac sauce.

FLAVOUR OF SPAIN \$7.00

Slightly spicy chorizo sausage grilled, brushed with olive oil and served with a stone ground mustard dipping sauce.

THE BEST OF BOTH WORLDS \$8.99

Yellow fin tuna Carpaccio, thin sliced tuna, with fennel seed, lemon oil and sea salt beef Carpaccio, thin sliced beef tenderloin, with Parmesan shavings, white onion and olive oil drizzle.

EGGPLANT PARMESAN \$7.00

Thin sliced eggplant pan fried and topped with fresh Parmesan cheese, spinach, tomato basil sauce and mozzarella cheese. Baked in the oven and topped with a light rosé sauce.

SALMON GRAVLOX \$8.99

Germany at its Best. Fresh Atlantic salmon cured for seventy two hours in our signature German ingredients. Thinly sliced and served with red onion, our home made crostini dry garlic bread and an olive oil drizzle.

PERSIAN COMBO \$7.99

Fresh home made tabouli salad and hummus dip served with pita bread.

SALADS

ARUGULA SALAD \$6.99

Caramelized pearl onions, Parmesan shavings and pancetta chips tossed with our house vinaigrette.

BELGIAN ENDIVE SALAD \$7.50

Grilled red and yellow sweet peppers with crumbled blue cheese over a bed of endives and mixed greens.

CLASSIC CAESAR SALAD \$7.99

Romaine hearts with classic home made Caesar dressing, garlic croutons and Parmesan shavings.

SMOKED SALMON SALAD \$8.50

Atlantic smoked salmon on a bed of baby mixed greens with red onion, fried crispy capers topped with an olive oil lemon dressing.

MEDITERRANEAN SALAD \$7.00

Pine nuts, cucumber, tomato, feta, olives, julienne of peppers and onions, tossed in white balsamic roasted garlic vinaigrette.

CAPRESE SALAD \$7.50

Ripe mozzarella cheese layered with slices of fresh vine tomatoes and stacked high with fresh basil drizzled with extra virgin olive oil, sea salt and cracked pepper.

SPINACH SALAD \$8.99

Baby spinach, red onion, bacon, mushrooms, shredded cheese, diced tomatoes and crumbled egg tossed in a maple dressing.

SEAFOOD SALAD \$8.50

Cold marinated mussels, calamari and shrimp tossed in lemon olive oil vinaigrette and served over a bed of mixed greens and pickled vegetables.

DINNER MENU



THE CHEF'S CREATIONS

All Chef Creations are served with a choice of vegetable and potato of the day or chef pasta of the day.

STUFFED CHICKEN SUPREME \$17.99

Tender grain fed chicken breast stuffed with shrimp, spinach, garlic croutons and cheese. Baked in the oven and topped with rosemary deglazed mushroom sauce.

WILD MUSHROOM RISOTTO \$15.99

Arborio Italian rice, pan sautéed with red onion and boiled in fresh chicken stock. Finished with butter braised wild mushrooms in a demi glace reduction sauce.

CURRY CHICKEN AND SHRIMP \$17.99

Tender grain fed chicken breast sautéed in a curry sauce with fresh diced tomatoes, green shallots and shrimp.

SOUTHWEST COMBO \$20.99

Half rack of ribs boiled tender and baked in the oven with our Kiju's Smokey BBQ sauce, with a grilled grain fed chicken breast marinated in our lemon oil marinade. Served with vegetable coleslaw and home made fries. (Also try our NEW dry half rack of ribs with sea salt and cracked pepper)

LEMON CHICKEN \$15.99

Tender grain fed chicken breast pan seared then sautéed with olive oil then finished with a crispy caper lemon sauce.

VEAL MARSALA \$15.99

Milk fed veal scallopini sautéed with chanterelle mushroom sauce in an Italian Marsala wine sauce.

MEDITERRANEAN CHICKEN \$16.95

Tender grain fed chicken breast pan seared with butter then finished in an artichoke, spinach and diced tomato basil sauce with a touch of cream.

STUFFED PORK TENDERLOIN MEDALLIONS \$16.99

Pork loin stuffed with cheese, mushrooms and prosciutto, pan seared and finished in the oven with a sundried tomato basil cream sauce.

BRAISED BEEF SHANK \$16.95

Braised beef shank with carrots, celery, onions, red wine and fresh tomatoes. Stewed in the oven for five hours to deliver optimum tenderness.

BELGIUM STUFFED SWEET BELL PEPPERS \$14.99

Red and yellow sweet bell peppers stuffed with ground pork and beef, sautéed in garlic butter and baked in the oven with a three cheese sauce and topped with a tomato basil sauce.

ENGLISH STUFFED MEAT LOAF \$13.95

Fresh ground beef seasoned with seven herbs and spices and stuffed with egg, sausage, onion and cheese. Baked in the oven, sliced thick and topped with our classic English gravy.

SIGNATURE SEAFOOD

All seafood dishes are served with a choice of vegetable and potato of the day or chef pasta of the day.

THE CLASSIC FRENCH BOUILLABAISSSE \$18.99

Mussels, shrimp, scallops, halibut, salmon and clams all steamed in a fish and chicken stock with herbs, carrots and onions for optimum flavour. Served with crostini dipping bread.

SEAFOOD PESCATORE \$17.99

The King of seafood pastas. Black tiger shrimp, deep-sea colossal scallops, mussels and clams tossed in linguine pasta with your choice of a white wine garlic cream sauce or a tomato basil sauce.

CHILEAN SEA BASS \$23.99

Fresh Chilean sea bass seasoned with lemon zest and sea salt, wrapped with prosciutto then pan seared and finished in the oven with a light cherry tomato sauce.

ATLANTIC SALMON \$17.95

Fresh Atlantic salmon seasoned with olive oil, cilantro and sea salt then grilled over an open flame and topped with a scallop and clam sauce. (Also available with a dill or lemon sauce)

SEARED HALIBUT \$20.99

Fresh Cape Breton halibut pan seared and baked in a banana leaf to retain moisture and give it a full flavour. Finished with a leek heart lemon sauce.

DINNER MENU



KIJU'S SIGNATURE MEATS

All meat dishes served with vegetable and potato of the day. Kiju's is the only restaurant in Cape Breton to serve Certified Angus Beef.

10 OZ NEW YORK STRIP LOIN (CERTIFIED ANGUS BEEF) \$23.99

Certified AAA Alberta Angus beef grilled to perfection. Add your choice of a peppercorn or mushroom sauce for \$1.50.

FILET MIGNON \$25.95 (CERTIFIED ANGUS BEEF)

A true classic, 8 OZ cut of Certified AAA Alberta Angus beef grilled to perfection.

RIB STEAK \$24.99 (CERTIFIED ANGUS BEEF)

12 OZ Certified AAA Alberta Angus beef grilled to perfection.

NEW ZEALAND RACK LAMB \$23.95

Rack of lamb pan seared and flambéed with cognac and finished in the oven with our Chef's signature rosemary Mediterranean glaze sauce.

A TASTE OF ITALY

All pastas are available in vegetarian.

SALTIMBOCCA A LA ROMANA \$13.95

Sautéed mushrooms, prosciutto and sweet red peppers tossed in linguini pasta with a butter sage sauce and a touch of cream.

PENNE ROMANOFF \$14.95

Cherry tomatoes, spinach and chicken sautéed with olive oil and finished in a vodka tomato cream sauce.

TORTELLINI ALLA PANN \$14.95

Cheese tortellini tossed with snow peas, pancetta and Parmesan in our chefs three cheese cream sauce.

ROTOLLO SICILIAN \$14.95

The Queen of pastas! Fresh home made pasta sheets topped with Italian sausage, green shallots, sundried tomatoes, spinach and cheese, rolled tight and baked in our signature tomato basil sauce. Sliced in three thick rounds and topped with a light rosé sauce.

SICILIAN SCORCHER \$14.95

Fresh basil, garlic, cherry tomatoes, spicy Italian sausage, chili marinated chicken breast and habanero peppers all tossed in our signature tomato basil sauce with fettuccine pasta.

◆ CLASSIC PASTA ◆

Spaghetti Tomato \$9.95

Fettuccine Alfredo \$12.95

Spaghetti Bolognese \$11.95

FOR THE LESS ADVENTUROUS

ENGLISH STYLE FISH & CHIPS \$11.95

Fresh haddock in our Chef's secret beer batter, topped with our very own home made smoked salmon mayo. Served with vegetable coleslaw and home made fries.

CLUB SANDWICH \$11.95

Grilled chicken breast served with lettuce, tomato, and bacon on three stories of toasted home made bread. Served with vegetable coleslaw and home made fries.

BUILD A BURGER \$10.95

100% certified Angus ground beef seasoned and grilled to perfection. Topped with lettuce, tomato, onion and pickle. Served with vegetable coleslaw and home made fries. (Add bacon, cheese or mushroom for 0.75 cents each)

THE FRENCH DIP \$10.95

Rump roast simmered for seven hours in beef broth with onions, thinly sliced and piled high on our home made bread with grilled onions, horseradish and grainy mustard.

MONTREAL SMOKER \$11.95

Perfectly smoked meat straight from Montreal, steamed tender then sliced thin and served on home made marble rye.

DESSERTS

At Kiju's our Chef creates fresh desserts daily. Please ask your server for tonight's selection.