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## Pub News

May. 2010

When the month of May begins I tend to think of Mayflowers, which are one of my favourite flowers because of their scent. It is also the month that Rudder's staff puts on a **Mother's Day Buffet May 9th, starting at 11:30 a.m.**

Fresh Fruit Basket, Cheese Muffins & Croissants  
Fresh Fruit Yogurt Salad  
Mixed Greens with Orange Vinaigrette  
Caesar Salad  
Down Home Potato Salad

Pancakes with Strawberry Butter  
Maple Syrup and Whipping Cream  
Cheesy Eggs  
Eggs Benedict  
Bacon and Sausage  
Home Fries



Marinara Style Steamed Mussels  
Chicken and Broccoli Penne with Cheese Sauce  
Carved Honey BBQ Roast Pork Loin, Whiskey Maple Pecan  
Baked Salmon, Steamed Rice & Glazed Mixed Vegetables

Chocolate Strawberries  
Fresh Fruit Tarts  
Homemade Cherry Cheesecake  
Lemon Cream Cake  
Homemade Coconut Cream Pie  
Jell-O  
Coffee or Tea  
Juice or Milk



Adults: \$19.99 Seniors \$15.99  
Children (6 to 12 years) \$10.95! Under 5 eat free  
**RESERVATIONS REQUIRED CALL 742-7311**

A sushi evening is being planned in the near future call for details.

*Laura Muise*

## Thinking Outside the Bottle

A Brewer's Blog

### "Beer and Hops"

#### Hops

*- the third of four ingredients in our beer.*

Hops are used to impart bitterness, flavour and aroma to beer. During the brewing process the sugars are extracted from the malt to create a sweet wort.

Hops are added to the boil to counteract and balance the sweetness of the malt with bitterness.

Before the discovery and widespread use of hops in the thirteenth century, brewers used a variety of organic ingredients to offset the sweetness of the malt.

Bitter herbs, flowers, dandelions and marigolds were among the additives used prior to hops.

In modern times hops are grown in hop yards. Only the female hop plants are grown in hop yards to prevent pollination as seeds are undesirable for brewing beer. When the hop flower or cone is ripe, it is then harvested and dried.

The dried cones are tested for alpha and beta-acids. The alpha acid is responsible for the bitterness in beer.

Join us next month for the conclusion of "Beer and Hops."

*Mike Ferguson*

## Upcoming Events

### BAR TAB

*By Natasha*

CALLING ALL STUDENTS! I'm happy to announce that OPEN MIC is back with Cody Porter & Mark Durkee every Wednesday night up-stairs at Rudders.

**Students** show your college or university ID and receive appetizer and drink specials. Two for \$5 well shots, bottled beer, draft, and shooters for \$3 each starting at 9:30pm.

Also look out for our new drink menu in the up-coming weeks; featuring 3 new NS wines, a new cocktail list and some new frozen treats! See you at the bar!

**NEW!!! Join the Fun:** Rudder's Trivia Night every Wednesday evening at 8pm!  
Hosted by Mark Hubbard

Don't miss **Karaoke Thursdays** from **9:30 p.m. to 11:30 p.m.** **Register.com** employees receive drink and appetizer specials on this night.