



# The Flavour of Canada

**Kelly & Bruce O'Hare and Rob Norris**  
Co-owners  
Anchor Inn, Little Current, ON



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Kelly O'Hare,  
Owner/Operator  
Anchor Inn



Bruce and Kelly O'Hare and Rob Norris

When it was first built in 1888, the Anchor Inn had stables to house the horses of weary travelers, and had no electricity. It now boasts a fully renovated restaurant, bar and patio, as well as high-speed internet in its modernized accommodations and even in its bar. With more than a century of history, its classic brick is now a fixture of downtown Little Current on Manitoulin Island, the vast freshwater island in the north channel of Lake Huron in northern Ontario.

“The hotel has undergone extensive renovations over the past years to bring the restaurant, bar and accommodations up to the current standard,” says owner/operator Kelly O'Hare. Kelly and Bruce O'Hare and Rob Norris have owned the Anchor Inn for the last 14 years and purchased it from Kelly's parents.

While modernizing the inn, they've made a point of retaining some of its original spirit and charm, keeping the ambience casual and relaxed.

“We have chosen heritage colours that reflect the age of the hotel,” O'Hare says. “We have a wonderful location, downtown Little Current right across from the public docks and new board walk.”

The dining room is open for breakfast, lunch and dinner, and specializes in highlighting local fare.

“We try to create and feature menu items that showcase Manitoulin Island – such as whitefish, trout, maple syrup,” O'Hare says. “We try to limit our menu items so that we focus on Manitoulin fish, prime steaks, and ribs.”

Chefs Len Mandigo and Diane McMurray have been with the inn for 10 years. Luke Lentir and Caitlin Young joined the kitchen six years ago and Tom Drolet has been at the Anchor Inn for two years. They strive to keep the menu innovative and fresh.

Items such as stuffed chicken breasts and steamed ribs are prepared on-site, and the kitchen takes pride in grilling locally caught whitefish to golden perfection.

“We prepare appetizers from scratch,” O'Hare says. “Salads are a big

part of our lunch menu, and we're creative!"

Salad offerings include a walnut maple grilled whitefish salad, a grilled apple and feta salad, and the Anchor Salad – described as ‘a meal in itself.’

Despite the establishment’s impressive age and long history, the owner/operator team ensures that there is always something new at the Anchor Inn. The menu is changed every spring, and fresh inspirations are regularly added.

“We like to come up with three new ideas a year that we incorporate into our business,” O’Hare says. This year, the inn grew its own mint for refreshing summer mojitos.


In addition to serving the 80-seat dining room, 25-seat patio and the 120-capacity bar, the Anchor Inn also caters private parties and events for up to 250 people. A favourite annual event is the yearly outdoor fish fry for 225 people.

The current owners have been SYSCO customers since

taking over the inn 14 years ago. During that time, they have grown to use more and more SYSCO products as SYSCO consistently strived to provide exemplary service and excellent quality products. Twice a week, their SYSCO representative arrives to take their order.

“We use SYSCO because they work hard to remain competitive. They have taken the time to help us create menu items based on our specifications in the SYSCO test kitchen,” O’Hare says.

SYSCO has also provided a level of service that has proven its commitment to helping its customers truly build their businesses.

“During our busiest week, SYSCO provided us with additional refrigeration, so that we have the needed capacity for freezer and refrigerated products,” O’Hare says. It’s that kind of thoughtful service that will help the Anchor Inn meet its goals of further growth and increased profits. 

## Anchor Walnut Maple Grilled Whitefish Salad



Serves 1

INGREDIENTS	METRIC	IMPERIAL
<b>Vinaigrette</b>		
White vinegar	2.5 L	10 cups
Water	1.5 L	6 cups
Olive oil	1.5 L	6 cups
Corn syrup	1.2 L	5 cups
Parmesan cheese, grated	500 mL	2 cups
Eggs	10	10
Salt	30 mL	6 tsp
Lemon juice	125 mL	1/2 cup
Garlic powder	125 mL	1/2 cup
Dried parsley flakes	25 mL	5 tsp
Dried oregano	25 mL	5 tsp
Red hot chili pepper flakes, to taste		

### Salad

SYSCO Spring Mix Lettuce	750 mL	3 cups
Carrots, shredded	50 mL	1/4 cup
Broccoli flowerettes	25 mL	1/8 cup
Red and green peppers, diced	25 mL	1/8 cup
Red onions, thinly sliced	25 mL	1/8 cup
Tomatoes, chopped	50 mL	1/4 cup

- Assemble lettuce greens topped with assorted vegetables drizzled generously with the vinaigrette dressing.

### Whitefish

Whitefish fillet	200 g	8 oz
Flour	25 mL	1/8 cup
Cornmeal	25 mL	1/8 cup
Oregano	2 mL	1/2 tsp
Basil	2 mL	1/2 tsp
Salt and pepper, to taste		
Maple syrup	25 mL	1/8 cup
Walnuts, chopped	30 mL	2 Tbsp

- Dredge fillet in a mixture of flour, cornmeal, oregano, basil and salt and pepper.
- Preheat flat grill to 350° F.
- Grill fish for approximately 3 minutes per side and remove skin.
- Heat maple syrup and walnuts until mixture reaches to a boil. Remove from heat and add skinless fillet of cooked whitefish.
- Place grilled whitefish fillet on top of dressed salad and pour maple syrup mixture onto fillet.
- Garnish with lemon wedge, serve immediately.