



LUNCH MENU

MENU ITEMS WITH **GF** CAN BE MADE GLUTEN FREE. PLEASE ADVISE YOUR SERVER OF ANY ALLERGIES & SENSITIVITIES BEFORE ORDERING.

SOUPS & SALADS Served with garlic toast or cornbread.

SOUP OF THE DAY \$8

SOUP AND SALAD COMBO \$14 Combo up any soup with our Pear and Goat Cheese Salad and choice of bread.

GF **PEAR AND GOAT CHEESE SALAD** \$12 Pear, goat cheese, figs, salty/ spicy pecans on fresh greens with house vinaigrette.
ADD CHICKEN \$4


PASTA DISHES Topped with Asiago. Served with garlic toast.

GF GLUTEN FREE PASTA OPTION WITH MARINARA SAUCE ONLY.

SPAGHETTI MARINARA \$11 Vegetarian house-made marinara.
ADD MEATBALLS \$4 ADD CHICKEN \$4 ADD DAILY VEG \$3

CHICKEN ORECCHIETTE CARBONARA \$16
Ear-shaped pasta tossed in our house-made Alfredo with chicken and topped with Midtown's signature bacon jam, green onion & grilled cherry tomato.

RICE DISHES Served on rice pilaf.

GF **BUTTER CHICKEN** \$16  *SPICE LEVEL 3 - 10*
House-made sauce and chicken breast. Served with naan bread.

GF **CHANA MASALA** \$13  *SPICE LEVEL 3 - 10*
Chickpeas tossed in house-made Indian curry sauce. Served with naan.
ADD CHICKEN \$4 ADD DAILY VEG \$3

GF **STIR FRY** \$12 Seasonal vegetables tossed in our ginger soy sauce.
ADD CHICKEN \$4 DOUBLE THE VEG \$3

SLIDERS & SANDWICHES Served with one side:
soup, coleslaw, mac n' cheese, melt your face potatoes, or \$3 extra for a Pear and Goat Cheese Salad.

CHEESEBURGER SLIDERS \$16 ADD BACON JAM \$3
3 house made patties and cheddar cheese with ketchup and mustard on toasted Sweet Caroline's Bakery buns.

VEGGIE SLIDERS \$15 3 house made veggie patties seasoned with curry spice, topped with tomato, lettuce, cheddar and Midtown dressing on toasted Sweet Caroline's Bakery buns.

PULLED PORK SLIDERS \$16 3 toasted buns piled with pulled pork & tossed in our House BBQ sauce, dressed with our house slaw.

HOT BEEF SANDWICH \$14 "AAA" Alberta beef baked slow & low for 8 hours. All the juices and vegetables get turned into the gravy that gets smothered on top with fried mushrooms & onion on toasted white bread.

HOT MEATLOAF SANDWICH \$14 Ground beef stuffed with peppers, onions, carrots & cheddar wrapped in Griller's Smoke House bacon topped with fried onions, mushrooms & gravy served on toasted white bread.

REUBEN SANDWICH \$14 Griller's corned beef, Gouda cheese and sauerkraut with Dijon mustard on the side on toasted Sweet Caroline's pumpnickel rye.

MEAL ADD-ONS

EXTRA SIDE \$4

SMALL PEAR & GOAT CHEESE SALAD \$6

CHARCUTERIE TO GO

BOARD FOR 2 \$22

BOARD FOR 4 \$44

We pledge to do our best to keep your dollars within our local community. We proudly support:

Griller's Meats, Sweet Haven Farms, The Village Cheese Company, Sweet Caroline's Bakery, Vernon Farmer's Market, Helmut's Sausage Kitchen, BC Brine and Olive Us.