

Menu

****We prefer e-transfer as payment to help keep our menu prices lower: etransfer@midtownbistro.ca**

Advise your server of allergies right away and no major modifications, please.
We have less than half our staff due to regulations. Menu items with **GF** can be made gluten free

Appetizers

GF Pesto Prawn Appy **\$16** Prawns sauteed & tossed in our house-made local basil and cashew pesto on a bed of arugula topped with a balsamic drizzle, Asiago cheese, crushed cashews and a lemon wedge.

Olive Oil Bread Dunk **\$12** OliveUs fig dark balsamic vinaigrette & Tuscan herb olive oil with a splash of local Armstrong garlic syrup. Served with Sweet Caroline's herb & cheese smash toast.

GF Spinach Dip **\$12** Our creamy spinach dip features Zelany's fresh local spinach. Served with Sweet Caroline's herb & cheese smash toast.

GF Bruschetta Dip **\$12** Our bruschetta is made with fresh tomatoes, local market basil, Asiago cheese, Armstrong garlic syrup, OliveUs Tuscan olive oil & OliveUs fig dark balsamic vinaigrette dressed to order. Served with Sweet Caroline's herb & cheese smash toast.

Fried Goat Cheese Bruschetta **\$15** House battered & fried goat cheese on top of a bed of arugula topped with fresh bruschetta drizzled with balsamic glaze and Asiago on top. Served with Sweet Caroline's herb & cheese smash toast.

GF Charcuterie **\$25** (*no substitutions other than gluten free - ADD \$2*) A variety of local cheeses and Helmut's Sausage Kitchen meats with crostini bread, fruit, veggies, olives (*and sometimes nuts*), including a house-made spinach dip and either balsamic or Dijon.

Sliders

Cheeseburger Sliders **\$17.50** Add bacon jam **\$3** Three house-made patties with aged cheddar cheese, ketchup and mustard on toasted Sweet Caroline's Bakery buns and a side choice: *mashed potatoes & gravy, mac n' cheese, coleslaw* or **\$3 extra for a salad (pear & goat cheese salad or bruschetta salad).**

Ultimate Sliders **\$18.50** 3 hand pressed patties (featuring Griller's Meats ground beef) topped with mushrooms in a cream sauce, Grass Roots jalapeno Gouda, lettuce, tomatoes and Midtown sauce on on toasted Sweet Caroline's Bakery buns and a side choice: *mashed potatoes & gravy, mac n' cheese, coleslaw* or **\$3 extra for a salad (pear & goat cheese salad or bruschetta salad).**

Veggie Sliders **\$16** Three house-made veggie patties seasoned with curry spice, topped with tomato, lettuce, aged cheddar and Midtown dressing on toasted Sweet Caroline's Bakery buns and a side choice: *mashed potatoes & gravy, mac n' cheese, coleslaw* or **\$3 extra for a salad (pear & goat cheese salad or bruschetta salad).**

Pulled Pork Sliders **\$17** Three toasted buns piled with house-made pulled pork (pre-tossed in our House BBQ sauce), dressed with our house slaw and a side choice: *mashed potatoes & gravy, mac n' cheese, coleslaw* or **\$3 extra for a salad (pear & goat cheese salad or bruschetta salad).**

Midtown Dinners

Ⓜ Pear & Goat Cheese Salad **\$13** Add Chicken or Prawns **\$19** Pear, goat cheese, figs and salty/spicy pecans on fresh greens with house vinaigrette. Served with choice of house-made cornbread or Sweet Caroline's herb & cheese smash toast.

Ⓜ Bruschetta Salad **\$13** Add Chicken or Prawns **\$19** A mix of arugula & salad greens tossed with fresh house-made bruschetta topped with bocconcini mozza and finished with a drizzle of balsamic glaze and a sprinkle of Asiago. Served with choice of house-made cornbread or Sweet Caroline's herb & cheese smash toast.

Chicken Orecchiette Carbonara **\$19** Ear-shaped pasta tossed in our house made Alfredo with chicken and topped with Midtown's signature bacon jam, green onion & fresh bruschetta. Served with Sweet Caroline's herb & cheese smash toast.

Ⓜ Midtown Stir Fry – Double Veg **\$21** or Chicken **\$23** or Prawn **\$23** Snap peas, carrots, mushrooms, cabbage, cauliflower, broccoli, bok choy and leeks in our house-made stir-fry sauce with rice pilaf.

Ⓜ Butter Chicken **\$20** (SPICE LEVEL 3 TO 10) Our recipe comes from the top Indian chef in the Okanagan. The house-made butter chicken sauce is a blend of Indian spices simmered in a buttery creamy tomato sauce, served with sliced chicken breast on rice pilaf. Comes with naan bread. *Can be made gluten free, just ask your server to substitute naan bread for vegetables.*

Ⓜ Pesto Prawn Dinner **\$26** Prawns sauteed & tossed in our house-made local basil & cashew pesto served with rice pilaf, seasonal veggies, coleslaw, bruschetta salad and Sweet Caroline's herb & cheese smash toast.

Ⓜ Pot Roast Dinner **\$21** Slow cooked beef smothered in our house-made gravy with sauteed mushrooms & onions. Served with seasonal veggies and a side choice: *mashed potatoes & gravy, mac n' cheese, coleslaw or \$3 extra for a salad (pear & goat cheese salad or bruschetta salad).*

Meatlove Dinner **\$21** Griller's Meats ground beef stuffed with peppers, onions, carrots, garlic, dijon and cheddar wrapped in Griller's Smoke House bacon topped with fried onions, mushrooms and gravy. Served with seasonal veggies and a side choice: *mashed potatoes & gravy, mac n' cheese, coleslaw or \$3 extra for a salad (pear & goat cheese salad or bruschetta salad).*

Kelly's Famous Pulled Pork Dinner **\$22** House seasoned pulled pork, baked slow and low, then pulled & tossed with sautéed onions and house-made BBQ sauce. Served with house slaw, cornbread, veggies and a side choice: *mashed potatoes & gravy, mac n' cheese or \$3 extra for a salad (pear & goat cheese salad or bruschetta salad).*

Creamy Caper Chicken **\$19** Featuring Griller's Meats local antibiotic free chicken breast seasoned with lemon pepper & dill, sauteed then baked using the pan drippings to make a creamy sauce with capers and fresh tomatoes. Served with mashed potatoes & veggies.