

Lunch 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

Soups & Salads *Served with choice of house-made cornbread or Sweet Caroline's herb & cheese smash toast.*

Soup of the Day **\$8** A bowl of our daily soup with choice of bread.

GF Pear & Goat Cheese Salad **\$13** Add Chicken or Prawns **\$6**
Pears, goat cheese, figs, salty/spicy pecans on fresh greens with blueberry vinaigrette featuring OliveUs mango white balsamic vinegar. Served with choice of bread.

GF Bruschetta Salad **\$13** Add Chicken or Prawns **\$6** Tossed salad greens, arugula & house-made bruschetta topped with bocconcini mozza & Asiago finished with a drizzle of balsamic glaze. Choice of bread.

Soup and Salad Combo **\$13** Choose Bruschetta Salad or Pear & Goat Cheese Salad with a cup of soup and choice of bread.

Midtown Classics

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.

Chicken Orecchiette Carbonara **\$16.50** Ear-shaped pasta tossed in house-made Alfredo and sliced chicken breast topped with Midtown's signature bacon jam, green onions, fresh bruschetta and Asiago. Served with Sweet Caroline's herb & cheese smash toast.

GF Midtown Stir Fry - Double Veg **\$16** or Chicken **\$17** or Prawn **\$17**
Snap peas, carrots, mushrooms, cabbage, cauliflower, broccoli, bok choy and leeks in our house-made ginger soy sauce with rice pilaf.

GF Butter Chicken **\$16** (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.

Lunch 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

Soups & Salads *Served with choice of house-made cornbread or Sweet Caroline's herb & cheese smash toast.*

Soup of the Day **\$8** A bowl of our daily soup with choice of bread.

GF Pear & Goat Cheese Salad **\$13** Add Chicken or Prawns **\$6**
Pears, goat cheese, figs, salty/spicy pecans on fresh greens with blueberry vinaigrette featuring OliveUs mango white balsamic vinegar. Served with choice of bread.

GF Bruschetta Salad **\$13** Add Chicken or Prawns **\$6** Tossed salad greens, arugula & house-made bruschetta topped with bocconcini mozza & Asiago finished with a drizzle of balsamic glaze. Choice of bread.

Soup and Salad Combo **\$13** Choose Bruschetta Salad or Pear & Goat Cheese Salad with a cup of soup and choice of bread.

Midtown Classics

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.

Chicken Orecchiette Carbonara **\$16.50** Ear-shaped pasta tossed in house-made Alfredo and sliced chicken breast topped with Midtown's signature bacon jam, green onions, fresh bruschetta and Asiago. Served with Sweet Caroline's herb & cheese smash toast.

GF Midtown Stir Fry - Double Veg **\$16** or Chicken **\$17** or Prawn **\$17**
Snap peas, carrots, mushrooms, cabbage, cauliflower, broccoli, bok choy and leeks in our house-made ginger soy sauce with rice pilaf.

GF Butter Chicken **\$16** (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.

Sliders, Sandwiches & Wraps *Served with choice of side: soup, mashed potatoes & gravy, mac n' cheese, coleslaw or \$3 extra for a salad (pear & goat cheese salad or bruschetta salad).*

🌱 **Pesto Prawn Wrap \$16.50** Juicy prawns sauteed in garlic butter with arugula, salad greens, red onion, bocconcini tossed in our house-made pesto loaded with our house bruschetta drizzled with balsamic glaze wrapped in a flour tortilla.

🌱 **Chicken Club Wrap \$16.50** A large flour tortilla wrap stuffed with chicken, lettuce, mixed cheese, bacon jam, tomatoes red onions and pea shoots topped with Midtown dressing.

Cheeseburger Sliders \$17.50 Add Bacon Jam **\$3**
3 hand pressed patties (featuring Griller's Meats ground beef and pork) with aged cheddar, ketchup & mustard on toasted Sweet Caroline's Bakery buns.

Ultimate Sliders \$18.50 3 hand pressed patties (featuring Griller's Meats ground beef and pork) topped with mushrooms in a cream sauce, Grass Roots jalapeno Gouda, lettuce, tomatoes and Midtown sauce on on toasted Sweet Caroline's Bakery buns.

Veggie Sliders \$16 3 house-made veggie patties seasoned with curry spice, topped with tomato, lettuce, aged cheddar and Midtown dressing on toasted Sweet Caroline's Bakery buns.

Pulled Pork Sliders \$17 3 toasted buns piled with house-made pulled pork (pre-tossed in our house BBQ sauce), dressed with our house slaw.

Hot Beef Sandwich \$16 "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, served on Sweet Caroline's herb & cheese smash toast.

Hot Meatloaf Sandwich \$16 Griller's Meats ground beef stuffed with peppers, onions, carrots, garlic, Dijon & cheddar wrapped in Griller's Smoke House bacon topped with fried onions, mushrooms & gravy, served on Sweet Caroline's herb & cheese smash toast.

Sliders, Sandwiches & Wraps *Served with choice of side: soup, mashed potatoes & gravy, mac n' cheese, coleslaw or \$3 extra for a salad (pear & goat cheese salad or bruschetta salad).*

🌱 **Pesto Prawn Wrap \$16.50** Juicy prawns sauteed in garlic butter with arugula, salad greens, red onion, bocconcini tossed in our house-made pesto loaded with our house bruschetta drizzled with balsamic glaze wrapped in a flour tortilla.

🌱 **Chicken Club Wrap \$16.50** A large flour tortilla wrap stuffed with chicken, lettuce, mixed cheese, bacon jam, tomatoes red onions and pea shoots topped with Midtown dressing.

Cheeseburger Sliders \$17.50 Add Bacon Jam **\$3**
3 hand pressed patties (featuring Griller's Meats ground beef and pork) with aged cheddar, ketchup & mustard on toasted Sweet Caroline's Bakery buns.

Ultimate Sliders \$18.50 3 hand pressed patties (featuring Griller's Meats ground beef and pork) topped with mushrooms in a cream sauce, Grass Roots jalapeno Gouda, lettuce, tomatoes and Midtown sauce on on toasted Sweet Caroline's Bakery buns.

Veggie Sliders \$16 3 house-made veggie patties seasoned with curry spice, topped with tomato, lettuce, aged cheddar and Midtown dressing on toasted Sweet Caroline's Bakery buns.

Pulled Pork Sliders \$17 3 toasted buns piled with house-made pulled pork (pre-tossed in our house BBQ sauce), dressed with our house slaw.

Hot Beef Sandwich \$16 "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, served on Sweet Caroline's herb & cheese smash toast.

Hot Meatloaf Sandwich \$16 Griller's Meats ground beef stuffed with peppers, onions, carrots, garlic, Dijon & cheddar wrapped in Griller's Smoke House bacon topped with fried onions, mushrooms & gravy, served on Sweet Caroline's herb & cheese smash toast.a