

Menu

RESERVATIONS AVAILABLE: Tuesday to Saturday **250-308-7477**

****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 Thai Peanut Prawn Appy **\$15** Prawns tossed in our house-made Thai peanut sauce on a bed of greens with cucumbers, tomatoes & radishes garnished with green onions, crushed peanuts & black sesame seeds.

GF Small Pear & Goat Cheese Salad **\$8** Pear, goat cheese, figs and salty/spicy pecans on fresh greens with house vinaigrette. Served with choice of house-made cornbread; Hot Bread Shoppe focaccia; or herb & cheddar garlic toast.

Olive Oil Bread Dunk **\$11** OliveUs blackberry ginger dark balsamic & wild rosemary olive oil with a splash of local Armstrong garlic syrup. Served with Hot Bread Shoppe focaccia bread.

GF Spinach Dip **\$12** Our spinach dip features Zelany's fresh local spinach. Served with yummy bread & crackers.

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

Sliders

Cheeseburger Sliders **\$17** 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 pear & goat cheese salad.

Ultimate Sliders **\$18** 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 pear & goat cheese salad.

Veggie Sliders **\$15** 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 pear & goat cheese salad.

Pulled Pork Sliders **\$16** 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 pear & goat cheese salad.

Midtown Dinners

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 & grilled cherry tomato. Served with Hot Bread Shoppe focaccia.

GF Midtown's Stir Fry – Double Veg **\$20** or Chicken **\$22** or Prawn **\$25** Snap peas, carrots, mushrooms, cabbage, cauliflower, broccoli, pak choy and leeks in our house-made stir-fry sauce with rice pilaf.

GF Pot Roast Dinner **\$20** 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 pear & goat cheese salad.

GF Butter Chicken **\$19** (*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.*

Meatlove Dinner \$20 Midtown's meatloaf made with ground beef stuffed with peppers, onions, carrots 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 pear & goat cheese salad.

Kelly's Famous Pulled Pork Dinner \$21 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 pear & goat cheese salad.

GF Pork Chop Dinner **\$22** Fat n' juicy bone-in Griller's Meats chop, mushrooms & house-made mushroom gravy. Served with a side choice: mashed potatoes & gravy, mac n' cheese, coleslaw or **\$3** extra for pear & goat cheese salad.

GF Thai Prawn Dinner **\$25** Prawns tossed in a house-made Thai peanut sauce served on rice pilaf with sides of Thai green salad, coleslaw seasonal veggies & cornbread.