



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  can be made gluten free

Soups & Salads *Served with choice of house-made cornbread; Hot Bread Shoppe focaccia; or Sweet Caroline's herb & cheddar garlic toast.*

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


 **Pear & Goat Cheese Salad \$12** 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.

Soup and Salad Combo \$12 Small Pear & Goat Cheese Salad with a cup of soup and choice of bread.

Delicata Cobb Salad \$18 A bed of lettuce topped with our Midtown dressing and chicken breast with fresh local delicata squash, house-made bacon jam, Grass Root's Aged Gouda, red onions, tomatoes, cucumbers and pumpkin seeds. Served with choice of bread.

Midtown Classics

Chicken Orecchiette Carbonara \$16 Ear-shaped pasta tossed in our house-made Alfredo with chicken breast and topped with Midtown's signature bacon jam, green onions & grilled cherry tomatoes. Topped with Asiago and served with Hot Bread Shoppe focaccia.

 **Midtown's Stir Fry - Double Veg \$15** or Chicken **\$16** or Prawn **\$17** Snap peas, carrots, Bonneau Family Farms mushrooms mushrooms, cabbage, cauliflower, broccoli, bok choy and leeks in our house-made ginger soy sauce with rice pilaf.

Corned Beef N Hash \$16 Griller's Meats corned beef with sauteed onions, peppers, corn and fried mashed potatoes topped with light fluffy scrambled eggs, good aged cheddar & green onions. Served with a slice of toasted rye.

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

BLT Wrap \$15 Our house-made bacon jam with lettuce, tomatoes & Midtown sauce wrapped in a flour tortilla.

Chicken Club Wrap \$16 A large flour tortilla wrap stuffed with chicken, mixed cheese, bacon jam, tomatoes red onions and pea shoots topped with Midtown dressing.

Cheeseburger Sliders \$17 Add Bacon Jam **\$3**
3 hand pressed patties (featuring Griller's Meats ground beef) with aged cheddar, ketchup & mustard on toasted Sweet Caroline's Bakery buns.

Ultimate Sliders \$18 3 hand pressed patties (featuring Griller's Meats ground beef) topped with Bonneau Family Farm's oyster mushrooms in a cream sauce, Grass Roots jalapeno Gouda, lettuce, tomatoes and Midtown sauce on on toasted Sweet Caroline's Bakery buns.

Veggie Sliders \$15 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 \$16 3 toasted buns piled with house-made pulled pork (pre-tossed in our house BBQ sauce), dressed with our house slaw.

Hot Beef Sandwich \$15 "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 toasted dinner rolls.

Hot Meatloaf Sandwich \$15 Ground beef stuffed with peppers, onions, carrots & cheddar wrapped in Griller's Smoke House bacon topped with fried onions, mushrooms & gravy, served on toasted dinner rolls.

Reuben Sandwich \$15 Griller's corned beef, Grass Root's aged Gouda cheese and sauerkraut with Dijon mustard (on the side), served on toasted Sweet Caroline's pumpernickel rye bread.