

bistro and bar

at Mayfair Clubs

APPETIZERS

Soup of the Day \$7

Made fresh, daily.

Bistro Famous Noodle Soup \$9 (340 calories)

A house special made with shredded lettuce, rice noodles, bok choy, mushrooms, broccoli & bean sprouts in a spicy chicken broth.

Vegetable Spring Rolls (4) \$7 (320 calories)

House-made spring rolls, served with sweet chilli/plum sauce.

Hummus & Pita \$9 (440 calories)

House-made hummus served with oven roasted pita & olives.

Mayfair Wings \$15 (620 calories)

8 naked wings served with fries, veggies & dip.

Half price wings on Wednesdays with any bar beverage.

Muchos Nachos \$15 (430 calories)

Great for sharing! Crisp corn chips, oven baked with cheddar & mozzarella cheese, topped with shredded lettuce, jalapeno, tomato, green onion, salsa & sour cream. Add beef or chicken \$3.50 (140 cals), add fresh guacamole \$1.99 (20 cals).

Garlic Bread with Cheese \$9 (270 calories)

Toasted baguette with garlic butter & mixed cheese.

Pub Tacos (3) \$12 (670 calories)

Three tortilla shells with beef, three shredded cheese, tomato, onion & pepper. Served with sour cream & salsa.

Smoked Salmon \$13 (484 calories)

Atlantic salmon served with cream cheese, capers & onion on a bagel.

Calamari \$13 (480 calories)

Tender calamari rings, lightly breaded and fried until golden. Served with home-made cocktail sauce.

SALADS

Turn your salad into a protein salad (22g): chicken, steak, salmon \$7 each (250 calories). Listed cals are for small salads.

Mayfair House Salad Sm. \$7 Lg. \$11 (130 calories)

Mixed greens, tomato, cucumber, red onion & house dressing (balsamic, Dijon mustard vinaigrette).

Caesar Salad Sm. \$8 Lg. \$12 (130 calories)

Romaine lettuce & croutons, tossed in our Chef's signature Caesar dressing.

Greek Salad Sm. \$9 Lg. \$13 (130 calories)

Mixed greens, tomato, red onions, olives, feta cheese & traditional Greek dressing.

Blackened Chicken \$17 (230 calories)

Blackened 6oz chicken breast served on a bed of baby spinach, sautéed mushroom, onion & pepper. Dressed with balsamic vinaigrette.

CALORIE WISE SUMMER SALADS

Small: \$8 (250 calories), Large \$12 (490 calories)

Listed calories include a 6.5 oz. glass of house wine or 20oz pint of Michelob Ultra Beer (not included in price).

Fruit Salad

Mixed greens with apples, pears, peaches, cucumbers & tomatoes, served with a citrus dressing.

Sunshine Salad

Spinach, cherry tomatoes, goat cheese and mixed berries, topped with Dijon-vinaigrette dressing.

Rainbow Salad

Mixed greens with tri-coloured cherry tomatoes, cucumbers, beets & broccoli flowerets in a raspberry-vinaigrette dressing.

SANDWICHES, WRAPS & MORE

Sandwiches & wraps are served with soup, house salad or fries. Poutine up your fries for just \$4.

B.L.T. \$12 (370 calories)

Classic bacon, lettuce & tomato on Texas white or brown bread. Add 3oz. chicken \$4 (145 calories).

Tuna Melt \$14 (380 calories)

Tuna, lettuce, tomato & melted Swiss cheese on your choice of white, brown, rye or Ciabatta bread.

Fish and Chips \$14 (740 calories)

8oz. portion of beer battered Haddock, served with French fries, coleslaw and tartar sauce.

Steak on a Bun \$14 (350 calories)

6oz strip loin steak, topped with sautéed onions & mushrooms, on a French stick.

Shepherd's Pie \$15 (620 calories)

10oz. of lean ground beef with mixed vegetables, topped with Yukon Gold roasted potatoes and gravy.

Chicken Club \$14 (320 calories)

Grilled chicken breast, bacon, lettuce, tomato, Swiss cheese & mustard mayo on ciabatta bread.

Chicken Quesadilla \$14 (420 calories)

Braised chicken, mozzarella, cheddar, mixed bell peppers & red onion in a whole wheat tortilla. Served with salsa, sour cream & served with house salad or fries.

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Avocado Chicken Wrap \$14 (345 calories)

Chicken wrapped with avocado, romaine lettuce, tomato, cucumber, peppers, feta cheese & ranch sauce.

Butter Chicken Wrap \$14 (410 calories)

Our signature butter chicken with apple coleslaw & lettuce, wrapped in a flour tortilla.

South Western Wrap \$14 (390 calories)

Grilled chicken breast, lettuce, sautéed peppers, caramelized onions, Monterey Jack cheese & chipotle mayo, in a grilled flour tortilla.

Chicken Caesar Wrap \$14 (410 calories)

4oz. of tender chicken breast & romaine lettuce, tossed with our Caesar dressing & wrapped in a warm tortilla.

Southwest Flatbread \$14 (640 calories)

Chicken with mixed cheese & BBQ sauce.

Italian Flatbread \$14 (540 calories)

Peperoni with three cheeses.

California Flatbread \$13 (590 calories)

Spinach & goat cheese.

Veggie Flatbread \$10 (360 calories)

Tomato, sweet pepper and mushroom.

BURGERS

Burgers are 8oz. & served with soup, house salad or fries.

Bistro Burger \$12 (380 calories)

Seasoned all-beef burger on a fresh bun with lettuce & tomato.

Canuck Burger \$14 (470 calories)

Seasoned all-beef burger on a fresh bun with lettuce & tomato, topped with peameal bacon & cheddar cheese.

Veggie Burger (4oz.) \$14 (180 calories)

Our delicious veggie patty, topped with lettuce & tomato.

Lamb Burger \$14 (465 calories)

100% Ontario, free range, lean ground lamb on a fresh bun, served with lettuce & tomato.

Tex-Mex Burger \$14 (525 calories)

Spiced all-beef burger topped with lettuce, tomato, avocado spread, cheddar, parmesan & mozzarella cheese.

ENTRÉES & SPECIALS

Mayfair Bistro Breakfast - Until 3pm \$10 (370 calories)

Two eggs any style with your choice of bacon, sausage or peameal bacon. Served with home fries or salad & toast.

Mussels in Garlic & Wine Sauce \$14 (420 calories)

Mussels cooked in your choice of red or white wine sauce and served with garlic bread. **Half price mussels on Mondays with a purchase of any bar beverage.**

Pasta of the Day \$Market Price

Served with garlic bread. Ask your server for details.

Catch of the Day \$18

Your choice of pan-seared salmon or trout, served with garlic bread.

Natural Style (480 calories): whole fish with wild rice or quinoa, served with steamed vegetables.

Asian Fusion Style (520 calories): chopped fish fillet, stir-fried with Shanghai noodles & steamed vegetables.

Tofu Green Bean Curry \$14 (480 calories)

Cooked with seasonal vegetables, in our signature curry sauce & served with basmati rice.

Bistro Curry \$16 (1110 calories)

Spicy chicken curry served with basmati rice, pappadom & mango chutney.

Pad Thai \$17 (620 calories)

Stir-fried rice noodles with chicken, shrimp, egg, red chili pepper, peanuts & steamed vegetables (vegetarian option available).

Chicken Souvlaki \$17 (610 calories)

Two skewers of chicken breast chunks, served with Greek salad, rice, fries & tzatziki.

Simple Grilled Chicken \$15 (420 calories)

6oz. chicken breast served with white rice and steamed vegetables.

AAA 10oz Strip Loin Steak \$24 (740 calories)

Served with rice, French fries or baked potato & steamed vegetables, topped with marjoram butter (add gravy \$.50).

DESSERT

Chocolate Brownie \$4 (330 calories)

Dark chocolate fudge brownie with semisweet chocolate chunks.

Carrot Cake \$8 (450 calories)

Lemon Meringue Pie \$8 (540 calories)

FOOD ALLERGY WARNING: All menu items may contain peanuts, eggs, dairy or shellfish product.

All menu items are Non-GMO, sourced from local suppliers and shipped daily.

*All prices are subject to applicable taxes.

**Listed calorie counts are approximate.