

# bistro and bar

at Mayfair Parkway

## A LIGHTER START

### Toasted Bagel \$2.49

Choice of bagel, toasted with butter.  
Add cream cheese \$1.49 or smoked salmon \$3.99.

### McMayfair Muffin \$5.99

A fried egg, bacon, cheddar cheese & seared tomato on a toasted English muffin.

### Beatrice \$6.79

A sunny side up egg with sliced tomato & smoked salmon on a toasted English muffin.

### Fried Egg Sandwich \$4.99

A fried egg, bacon & sliced tomato on your choice of bread.

## KIDS MENU (8 YEARS OF AGE & UNDER)

Served with fries or a mixed green salad.

**Grilled Cheese \$5.99**

**Tempura Fish (4 oz.) \$7.99**

**Burger (4 oz.) \$7.99**

**Hot Dog \$6.99**

**Kids Chicken Fingers \$7.99**

## APPETIZERS

### Oven Toasted Garlic Bread \$5.99

Toasted baguette with house-made garlic butter.  
Add a blend of cheeses \$2.99 or fresh bacon bits \$1.99.

### Bruschetta \$6.99

Tomato, onion, fresh garlic, fresh basil & olive oil on a toasted baguette. Add feta cheese \$2.99.

### Shrimp Tacos with Grilled Pineapple & Avocado Salsa \$13.99

Crisp corn tortillas filled with sautéed shrimp, sweet pepper and onion, tossed in house-made garlic butter and topped with a pineapple and avocado salsa.

### Quesadillas

#### Vegetarian \$9.99 or Chicken \$11.99 or Shrimp \$13.99

Soft whole wheat tortilla with sautéed green pepper, onion and tomato with a blend of cheeses.

### Spinach, Artichoke & Red Pepper Dip \$12.99

A blend of ricotta and cream cheese with baby spinach combined with artichokes and roasted red peppers. Served with tortilla chips.

### Ultimate Nachos \$15.99

Tortilla chips smothered in our blended nacho cheese sauce, tomato, jalapeño, spring onion, olives and bell pepper with salsa and sour cream.

### Fish Tacos \$12.99

Three soft tortillas with seared fish of the day, topped with an ancho chipotle sauce and spicy pickled cabbage.

### Mediterranean Platter \$12.99

Hummus, baba ghanoush, tzatziki and marinated olives, served with grilled Naan Bread.

### Chicken Wings

#### 1lb. \$13.99 or 2lbs. \$19.99

Served with carrot & celery sticks. Sauces: bleu cheese, mild, med, hot, suicide, jerk, chipotle BBQ, jerk BBQ and honey garlic.

## SALADS

Add a 4oz. scoop of chicken or tuna salad \$3.99, egg salad \$2.99.  
Add 6 sautéed shrimp \$7.99, 4oz. chicken breast \$5.99,  
5oz. flat iron steak \$9.99, 4oz. salmon \$9.99.

Served with Ranch, Bleu Cheese, Greek Feta, Balsamic, Poppseed or Strawberry Vinaigrette, Spicy Black Olive Vinaigrette & Thousand Island or Italian dressing.

### Classic Caesar Salad

#### Small \$6.99 or Large \$9.99

Crisp romaine lettuce, house-made croutons and creamy Caesar dressing, topped with grated parmesan cheese & a lemon wedge.

### Mixed Green Salad

#### Small \$6.99 or Large \$7.99

Assorted spring mix with tomato, cucumber, sweet pepper and onion with your choice of dressing.

### Greek Salad

#### Small \$7.99 or Large \$10.99

Romaine lettuce, cucumber, tomato, red onion, green pepper, black olives & Feta cheese. Served with a Greek feta vinaigrette.

### Traditional Baby Spinach Salad

#### Small \$6.99 or Large \$9.99

Baby spinach, fresh bacon bits, mushrooms, onion, grated hard-boiled eggs & house-made croutons with your choice of dressing.

### The Bistro's Cobb Salad \$15.99

Crisp greens, layered with onion, green pepper, tomato, hard-boiled egg, grilled chicken, black forest ham, smoked turkey, black olives & garnished with Feta cheese with your choice of dressing.

## SOUPS

### Mayfair House Made Soup \$5.99

10 oz. soup made fresh daily.

### Soup & 1/2 Sandwich \$8.99

Black forest ham, smoked turkey, grilled chicken salad, egg salad or tuna salad, your choice of bread with leaf lettuce and tomato (not available as a wrap). Served with 10 oz. house-made soup.

### Soup & Sandwich (or Wrap) \$11.99

Black forest ham, smoked turkey, grilled chicken salad, egg salad or tuna salad, your choice of bread or 12" whole wheat tortilla with leaf lettuce and tomato. Served with 10oz. house-made soup.

Parkway Bistro uses grain fed, antibiotic and growth hormone free meats.

Prices do not include applicable taxes and are subject to change without notice. A gratuity of 15% will be added to groups of 6 or more.

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## SANDWICHES & WRAPS

Substitute sweet potato fries or onion rings \$2.25, Caesar salad \$2.50. Add cheese \$2.99.

### True Blue Reuben \$13.99

Steamed smoked meat with sauerkraut on garlic toasted Texas rye, with house-made thousand island dressing & Swiss. Served with a dill pickle slice, fries & coleslaw or a mixed green salad.

### Montreal Smoked Meat \$11.99

Steamed smoked meat on garlic toasted Texas rye. Served with a dill pickle slice, fries & coleslaw or a mixed green salad.

### Bistro's Clubhouse \$14.99

Seasoned grilled chicken, bacon, tomato and leaf lettuce, on your choice of whole wheat or white Texas toast. Served with a dill pickle slice, fries & coleslaw or a mixed green salad.

### Flat Iron Steak \$15.99

AAA Canadian 5 oz. flat iron steak, grilled to perfection. Served on a garlic toasted panini with sautéed mushrooms and caramelized onions. Served with fries or a mixed green salad.

### The Bistro's Beef Dip \$14.99

Slow roasted, AAA beef on a garlic toasted baguette. Served with a house-made au jus and fries or a mixed green salad.

### Jerk Chicken \$14.99

A grilled chicken breast smothered with grilled red onions, jerk sauce, roast garlic aioli and melted jack cheese, on a garlic toasted Kaiser bun. Served with fries or a mixed green salad.

### Atlantic Grilled Salmon Wrap \$14.99

Salmon fillet with leaf lettuce, onions and a pesto aioli. Served with fries or mixed green salad.

## HEALTHY MEETS DELICIOUS

### Black & Blue Salad \$17.99

AAA Canadian 5oz. flat iron steak, avocado slices and cherry tomatoes, served with a mixed green & baby spinach salad, crumbled bleu cheese and your choice of dressing.

### Grilled Chicken & Quinoa Salad \$14.99

Quinoa tossed with a spicy black olive vinaigrette and topped with a 4oz. grilled chicken breast and grilled seasonal vegetables.

### Double Loaded Protein Pad Thai \$24.99

Rice Vermicelli noodles, double chicken, double shrimp, double sweet pepper and onion, house-made Pad Thai sauce with toasted peanuts, bean sprouts, scallions, cilantro & lime wedge.

### Crispy Quinoa Burger \$14.99

Quinoa burger (6oz.), zucchini, roasted red pepper, green onion, parmesan, pan seared & topped with Chile mango guacamole on garlic Brioche bun. Served with mixed green salad.

### Grill & Steam

#### Chicken Breast \$15.99 or Salmon \$17.99

Grilled chicken breast or salmon, served with steamed seasonal vegetables.

## HOUSE-MADE BURGERS

Served with fries or mixed green salad. Substitute sweet potato fries or onion rings \$2.25, Caesar salad \$2.50. Add cheese \$2.99.

### Classic \$12.99

7oz. burger grilled to perfection. Served on a garlic toasted Kaiser bun with leaf lettuce, tomato, onion and a dill pickle slice.

### Canadian Burger \$14.99

7oz. burger topped with peameal bacon and cheddar cheese. Served on a garlic toasted Kaiser bun, with leaf lettuce, tomato, onion and a dill pickle slice.

### Chipotle Bleu Cheese Burger \$13.99

7oz. burger, chipotle BBQ sauce and chunks of bleu cheese. Served on a garlic toasted Kaiser bun, with leaf lettuce, tomato, onion and a dill pickle slice.

### Jerk Burger \$13.99

7oz. burger, smothered with grilled onions, jerk sauce, roast garlic aioli, spicy ketchup and melted jack cheese. Served on a garlic toasted Kaiser bun, with leaf lettuce, tomato, onion and a dill pickle slice.

## ENTRÉES

### Tempura Fish & Chips \$14.99

Tempura battered Basa, served with a house-made tartar sauce, fries & coleslaw or a mixed green salad.

### Chicken Strips \$11.99

Crispy chicken fingers (5), served with plum sauce and choice of fries or a mixed green salad.

### Pan Seared Chicken Breast \$18.99

7oz. chicken breast served with a crispy quinoa cake, seasonal vegetables, tomatillo sauce and mango salsa.

### Maple Chili Glazed Salmon \$19.99

Atlantic salmon filet (6oz.), lightly glazed with a maple chili reduction and served with Basmati rice and seasonal vegetables.

### Butterflied Jerk Grilled Shrimp \$18.99

Fire roasted jerk shrimp (8 pc.), smothered in our Jamaican Jerk sauce. Served with Basmati rice and seasonal vegetables.

### Chicken Souvlaki

#### Regular (4 oz.) \$10.99 or Large (8 oz.) \$15.99

Marinated & grilled chicken, served with small Greek salad, Basmati rice and Tzatziki sauce.

### Authentic Pad Thai

#### Chicken & Shrimp \$17.99 or Vegetarian \$14.99

Rice vermicelli noodles, sweet pepper and onion, house-made Pad Thai sauce with toasted peanuts, bean sprouts, scallions, cilantro & a lime wedge.

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