

bistro and bar

at Mayfair Clubs

APPETIZERS

Soup of the Day \$4.75

Made daily with fresh ingredients. Served with crackers.

Grilled Calamari GF \$8.95

Brushed with virgin olive oil & lemon, garnished on a bed of greens.

BBQ Wings \$11.25

One pound of wings (medium or hot), with carrots & blue cheese dip.

Vegetarian Chili \$11.25

Served with a small Caesar salad & one pita bread.

Hummus & Pita \$7.35

Puréed chickpeas, lemon & garlic, served with whole wheat pita.

Pita Bruschetta \$5.95

Warm whole wheat pita, topped with tomato sauce, diced tomato, mushroom, onion & cheese. Add half-serving of chicken \$4.80.

Warm Diced Zucchini with Feta \$8.75

Cajun spiced zucchini on a bed of three sliced tomatoes, crumbled feta & virgin olive oil.

Lima Bean Stew \$8.75

Our signature recipe served with whole wheat pita.

Roast Quail GF \$6.95

Garnished on a bed of baby leaves.

Smoked Salmon \$8.95

Served with capers, onions & half pita bread.

Vegetable Spring Rolls \$5.95

Five spring rolls with two slices of tomato.

Tacos \$8.95

Two tacos with vegetable chili, lettuce, cheese & sour cream. Add half-serving of chicken \$4.80, full-serving of chicken breast \$7.15

SALADS

Add to any salad - chicken breast \$7.15, salmon \$11.60, quinoa \$4.75, feta cheese \$2.20, tuna scoop \$4.80, eggs \$1.65.

Build Your Own Salad \$17.45

Choose base: spring mix, romaine, spinach or quinoa.

Choose vegetables: green pepper, onion, mushroom, carrot, tomato, cucumber.

Choose protein: chicken breast, tuna or 5oz rib eye steak

Choose dressing: Caesar, Italian, balsamic or olive oil.

Not that hungry? Make a "petit salad" for \$4.75 (add \$2.20 for Greek salad). Add "petit chicken" for \$4.80.

Mayfair Signature Salad \$14.35

Baby spinach, arugula, quinoa & one boiled egg, topped with feta.

Spring Mix Salad \$7.95

Young field greens tossed in a shallot vinaigrette.

Kale Salad GF \$9.95

Kale, apple, cranberry & feta, with apple cider vinegar & olive oil.

Spinach & Butternut Squash Salad GF \$9.25

Served with almonds and tossed with olive oil & lemon juice.

Arugula Salad GF \$9.25

Served with sliced oranges, cranberries, almonds & a lemon mixed olive oil dressing.

Tomato & Feta Salad \$8.25

Three slices of tomato topped with feta, virgin olive oil & basil.

Quinoa Salad GF \$9.25

Whole wheat quinoa, lettuce, bell pepper, dried apricot & scallions.

Caesar Salad \$8.50

Romaine lettuce, croutons, parmesan & creamy Caesar dressing.

Mango, Onion & Tomato Salad with Peppers \$9.25

Tossed with a balsamic vinaigrette & lemon juice.

Greek Salad \$9.25

Romaine lettuce, tomato, pepper, onion, kalamata olives & feta.

Mayfair Protein Salad \$17.50

Chicken, boiled egg, two pieces of chopped bacon, tomato, onion, feta, romaine lettuce & vinaigrette dressing.

Steak, Lettuce, Avocado, Onion & Tomato Salad \$15.95

5oz. grilled rib eye steak on a bed of lettuce, tomato & onion, avocado, served with lemon vinaigrette.

Salmon Salad \$14.50

Red sockeye salmon on a bed of mixed greens.

Tuna Salad \$12.95

Albacore tuna on a bed of house salad.

Sardine & Bean Salad \$16.95

Spring mix salad with a bean medley, sardines, olive oil & balsamic dressing.

Chopped Village Salad \$9.95

Tomato, cucumber, red & green peppers & virgin olive oil.

Warm Grilled Cajun Salmon Salad \$17.50

Grilled salmon on a bed of pineapple, cherry tomatoes & salsa, garnished with broccoli.

Chicken and Pear Salad with Pecans \$18.50

Diced chicken breast with lettuce, pear and pecans, served with a mustard, ginger and olive oil dressing.

Mayfair House Salad \$8.25

Lettuce, tomato, peppers, carrots & cucumbers, served with virgin olive oil & vinaigrette.

ENTRÉES

Substitute rice or salad for fresh vegetables or quinoa for \$2.15.

Grilled Veal Chop \$18.50

Served with salad, onions, two strips of bacon & brown rice.

Chicken Souvlaki GF \$15.95

Skewered marinated grilled chicken served with rice & Greek salad.

Chicken Aftitada \$17.45

Pieces of chicken with potatoes, carrots, peppers, onions, garlic & tomatoes, on a bed of rice.

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Grilled Chicken GF \$13.80

Grilled chicken breast, served with vegetables.

Lemon Chicken GF \$15.95

Grilled chicken breast served with salad or rice & topped with onion, peppers & lemon jus.

Spicy Kung Pao Chicken \$17.45

Diced chicken with hot chili peppers, zucchini, green/red peppers & roasted peanuts.

New York Steak GF \$23.25

8oz. strip loin served with rice & a spring mix salad.

Seared Trout GF \$18.95

Trout served with rice, salad & lemon jus.

Salmon Quinoa GF \$17.45

Grilled Atlantic salmon on a bed of quinoa & vegetables.

Tilapia GF \$15.95

Seared tilapia served with a spicy mango chutney and a medley of vegetables & house salad.

Vegetable Stir-Fry \$11.95

Peppers, mushrooms & carrots, stir-fried with your choice of rice, linguine or quinoa. Add chicken \$7.15 or petit chicken \$4.80.

Tofu Stir-Fry \$13.75

Tofu stir-fried with vegetables & served over rice or pasta. Add chicken \$7.15 or petit chicken \$4.80.

Pasta Linguine \$11.95

Linguine pasta tossed with fresh market vegetables in a tomato basil sauce. Add chicken for \$7.15 or petit chicken \$4.80.

Pineapple Chicken \$17.45

Diced chicken on a bed of brown rice with onion, ginger, chunks of pineapple and pineapple juice.

Smoked Salmon Penne \$18.25

Smoked salmon tossed in whole wheat penne pasta & fresh vegetables, served with fresh herbs and virgin olive oil.

SANDWICHES

Served with your choice of whole wheat, white or multigrain bread. Add a small house salad, fries or soup \$4.75.

Chopped Eggs with Mayonnaise \$4.95

Two eggs, served with lettuce & tomato on your choice of bread.

Grilled Cheese \$3.25

Served with your choice of whole wheat or white bread.

Vegetarian \$6.60

Seasonal raw or sautéed mushrooms, onion, peppers & cucumbers, served with lettuce & tomato. Add cheddar cheese \$1.60.

B.L.T. \$5.25

Three pieces of bacon, lettuce & tomato. Add cheddar cheese \$1.60.

Chicken Sandwich \$8.45

Chicken breast, lettuce & tomato, served on a toasted bun. Add cheddar cheese \$1.60.

Chicken Club \$9.95

Chicken breast, bacon, lettuce & tomato, on your choice of bread.

Montreal Smoked Meat Melt \$6.95

Smoked meat with melted cheddar cheese.

Smoked Salmon \$9.25

Smoked salmon, cream cheese, onion & tomato.

Philly Steak \$8.95

5oz. grilled rib eye steak with onion, green pepper & melted cheese, served on a bun.

Tuna \$6.65

White tuna with lettuce & tomato. Make it a melt, add \$1.60.

Turkey \$7.65

Roast turkey with sliced tomato & greens.

Veal Scaloppini \$8.50

5 oz grilled veal, sautéed onion & pepper, in a tomato basil sauce.

BURGERS, WRAPS & MORE

Add house salad, fries or soup \$4.75. Add cheddar cheese \$1.60/ea., two strips of bacon \$1.90.

Bistro Burger \$5.75

5oz. beef burger served with lettuce & tomato.

Veggie Burger \$5.75

5oz. veggie burger served with lettuce & tomato.

Tuna Wrap \$8.90

White tuna wrapped with a medley of fresh vegetables & lettuce.

Turkey Wrap \$9.90

Wrapped with assorted fresh vegetables & lettuce.

Chicken Breast Wrap \$10.95

Strips of chicken breast wrapped with vegetables & lettuce, brushed with virgin olive oil.

Chicken Quesadilla \$13.35

Grilled chicken breast, vegetables & cheddar cheese. Served with tzatziki sauce.

Vegetarian Black Bean Quesadilla \$8.95

Mushroom, tomato, pepper, onion & cheddar cheese.

Chicken Souvlaki Pita \$7.95

Chicken souvlaki, lettuce, onion, tomato, tzatziki, wrapped in a pita.

Greek Avocado and Vegetable Wrap \$11.95

Avocado, romaine lettuce, tomato, cucumber, tomatoes, peppers and feta cheese served in a tortilla wrap. Add chicken for \$7.15 or petit chicken \$4.80.

South Western Wrap \$12.65

Grilled chicken breast, drizzled with mayonnaise and sour cream, garnished with lettuce, sautéed peppers, onions & cheddar cheese.

GF - Gluten Free - Recommended by Mayfair Nutritionists

FOOD ALLERGY WARNING: All menu items may contain peanuts, eggs, dairy or shellfish product. *Prices are subject to applicable taxes.