

# bistro and bar

at Mayfair Parkway

## A LIGHTER START

### 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.

### McMayfair Muffin \$5.99

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

### Toasted Bagel \$2.49

Choice of bagel toasted with butter.

Add cream cheese \$1.49 or smoked salmon \$3.99.

### Trio of Avocado Toast \$7.99

Buttered crostini (one with Avocado mash & a fried egg, one with Avocado slices & tomato and one with Avocado slices & bacon).

## APPETIZERS

French Fries	\$5.99
Sweet Potato Fries	\$6.99
Onion Rings	\$5.99
Sesame Chicken Pot Stickers	\$9.99
Roasted Cauliflower Hummus w/Naan	\$7.99
Vegetarian Spring Rolls	\$7.99
West Indian Sautéed Channa	\$3.99

### Chicken Wings

1lb. \$14.99 or 2lbs. \$24.99

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

### Chili Poutine \$7.99

Fries smothered in our house-made chili, Tex-Mex shredded cheese blend, cheese curds with sour cream & scallions.

### Texas Brisket Poutine \$11.99

Fries topped with our house-made, slow roasted brisket, caramelized onions, Tex-Mex shredded cheese blend and cheese curds with a Jack Daniels BBQ sauce.

### Shrimp Tacos with Grilled Pineapple & Avocado Salsa \$14.99

Soft flour tortillas filled with sautéed shrimp, sweet peppers & onion, drizzled with ancho sour cream and topped with a pineapple and avocado salsa.

### Mediterranean Platter \$12.99

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

### Quesadillas

Vegetarian \$9.99 or Chicken \$12.99 or Shrimp \$14.99

Whole wheat tortilla with sautéed sweet peppers, onion & diced tomato with a blend of cheeses. Served with salsa & sour cream,

### Ultimate Nachos \$16.99

Add 6 oz. chili \$3.99

Tortilla chips smothered in our blended nacho cheese, tomato, jalapeño, black olives, diced pepper & diced Spanish onions. Garnished with spring onion, salsa & sour cream.

## SALADS

Add 4oz. of chicken salad or tuna salad \$3.99 or egg salad \$2.99. Add 9 sautéed shrimp \$7.99, 4oz. chicken breast \$5.99, 5 oz. flat iron steak \$9.99, 6oz. salmon \$9.99 or sautéed chickpeas \$2.99.

Served with Ranch, Bleu Cheese, Greek Feta, Balsamic, Poppyseed, Italian, Spicy Black Olive or Strawberry Shallot 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 and 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, kalamata olives & Feta cheese. Served with a Greek Feta vinaigrette.

Baby Spinach Salad Small \$6.99 or Large \$9.99

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

Warm Grilled Shrimp & Ancient Grains Salad \$14.99

Shrimp, Sweet Peppers, Artichoke Hearts, Broccoli, Onions & Kalamata Olives tossed with Greek Feta & Ancient Grains.

## HOUSE-MADE BURGERS

Served with fries or mixed green salad.

Substitute sweet potato fries or onion rings \$2.25, Caesar salad \$2.09 or Greek salad \$2.99. Add cheese \$2.09

Classic \$12.99

7oz. burger grilled to perfection. Served on a garlic toasted Kaiser with Boston 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 with Boston 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.

Jerk Burger \$13.99

7oz. burger, smothered with grilled onions, jerk sauce, roast garlic aioli and melted jack cheese. Served on a garlic toasted Kaiser.

6 oz. Beyond Meat Burger (plant based burger) \$15.99

Vegetarian burger, grilled and served on a garlic toasted Brioche with Boston lettuce, tomato, onion and a dill pickle slice.

6 oz. Mediterranean Chicken Burger \$13.99

Chicken burger grilled to perfection and served on a garlic toasted Brioche bun with roasted garlic Aioli, roasted red peppers & Okanogan Goat cheese.

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

Served with fries or mixed green salad.

*Substitute sweet potato fries or onion rings \$2.25, Caesar salad \$2.09 or Greek salad \$2.99. Add cheese \$2.09.*

### Atlantic Grilled Salmon Wrap \$14.99

Salmon fillet with Avocado, Boston lettuce, Red onions and a pesto aioli.

### Bistro's Clubhouse \$15.99

Slow roasted chicken, bacon, tomato, avocado & Boston lettuce, on your choice of whole wheat or white Texas toast.

### Crispy Soft-Shell Crab Banh Mi \$15.99

Crisp fried soft-shell crab on a garlic toasted panini with roasted garlic aioli, tamarind glaze & pickled vegetables.

### Flat Iron Steak \$15.99

AAA Canadian 5 oz. Flat iron steak, grilled to perfection. Served on a garlic toasted panini with sautéed mushrooms, caramelized onions & roasted garlic aioli.

### Sandwich & Side (or Wrap) \$9.99

Black forest ham, smoked turkey, Slow Roasted chicken salad, egg salad or tuna salad, your choice of bread or 12" whole wheat tortilla with Boston lettuce and tomato. Served with choice of side fries or side mixed green salad

### Smoked Turkey & Avocado Wrap \$12.99

Smoked turkey breast, Havarti cheese, avocado, Boston lettuce & tomato with a creamy avocado ranch sauce.

### South Western Wrap \$12.99

Slow roasted chicken, roasted corn & black bean salsa, Monterey jack cheese, roasted red peppers and baby spinach with a creamy avocado & ranch sauce.

### Texas Brisket \$15.99

Brisket, slow braised in Jack Daniels BBQ sauce, caramelized onions and cheddar cheese on a garlic toasted panini.

## HEALTHY MEETS DELICIOUS

*Add sautéed chickpeas \$2.99.*

### 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 Vegetable Quinoa Salad \$13.99

Quinoa tossed with a spicy black olive vinaigrette and topped with grilled & roasted seasonal vegetables.

### Grilled Chicken Quinoa Salad \$18.99

Grilled chicken (6 oz.) and quinoa tossed with a spicy black olive vinaigrette on a bed of grilled, seasonal vegetables topped with Feta cheese.

### Grill & Steam Chicken (4 oz.) \$15.99 Salmon (6 oz.) \$17.99

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

### Vegetable Stir-fry Rice Bowl \$12.99

An array of seasonal vegetables, stir fried with fresh garlic & ginger in our house-made Shanghai sauce served on Basmati Rice.

## ENTRÉE'S

### Authentic Pad Thai

Chicken & Shrimp \$18.99 or Vegetarian \$14.99

Rice vermicelli noodles, sweet peppers & onion, house-made Pad Thai sauce with toasted peanuts, bean sprouts, scallions & cilantro. Vegetarian also includes other seasonal vegetables.

### Bulgogi Beef \$19.99

Beef gently marinated in Korean flavours, then slowly braised and thinly sliced. Served with basmati rice, Asian greens & Kimchi

### Chicken Curry \$14.99

Tender chunks of chicken & potato simmered slowly in a delicate curry. Served with basmati rice, grilled naan & mango chutney.

### Chicken Souvlaki

Regular (4 oz.) \$11.99 or Large (8 oz.) \$15.99

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

### Chicken Strips \$11.99

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

### Grilled Salmon \$18.99

Grilled Atlantic salmon filet (6 oz.) served with a grilled watermelon salsa, Ancient grains and seasonal vegetables.

### Angolan Piri Piri Grilled Shrimp \$19.99

Fire roasted shrimp (12pcs.) drizzled with our Piri Piri Sauce. Served with Basmati Rice and seasonal vegetables.

### Tempura Fish & Chips \$14.99

Tempura battered Basa (8 oz.), served with a house-made tartar sauce, fries & coleslaw or a mixed green salad.

### Poached Salmon Beurre Blanc \$17.99

Atlantic salmon filet (6 oz.), gently poached in an infused broth and served with a decadent beurre blanc sauce. Served with poached potatoes and seasonal vegetables.

### Braised Beef Ravioli \$16.99

Egg pasta ravioli stuffed with slow braised hanger steak blended with Asiago & Parmesan cheeses, and a Chianti reduction. Served with Porcini Port mushroom sauce and garlic toast.

## SOUPS

### Mayfair House-Made Soup \$5.99

10 oz. soup made fresh daily.

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

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

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