

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

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.

Fish Tacos with Avocado Salsa \$14.99

Soft flour tortillas filled with pan-fried basa, sweet peppers & onion, drizzled with ancho sour cream and topped with an avocado salsa.

Mediterranean Platter \$12.99

Hummus, crudites, 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

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. steak \$9.99 or 6oz. salmon \$9.99.

Served with choice of Ranch, Greek Feta, Balsamic, Poppyseed 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 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.

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.

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.

Flat Iron Steak Sandwich \$15.99

AAA Canadian 5 oz. 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.

SOUPS

Mayfair House-Made Soup \$5.99

10 oz. soup made fresh daily.

Soup & 1/2 Sandwich \$8.99

Not available as a wrap.

Black forest ham, smoked turkey, slow roasted chicken salad, egg salad or tuna salad on your choice of bread with Boston lettuce and tomato. 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.

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.

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.

Fish & Chips \$14.99

Battered basa, served with a house-made tartar sauce, fries & coleslaw or a mixed green salad.

HEALTHY MEETS DELICIOUS

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

Add 9 sautéed shrimp \$7.99 or 4oz. chicken breast \$5.99

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

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