

# bistro and bar

at Mayfair West

## WEST BREAKFAST MENU

Served until 11am Weekdays and 1pm Weekends/Holidays

### Hot Oatmeal \$6.99

Served with sliced banana, cranberries, walnuts & syrup on the side.

### Buttermilk Pancakes \$7.99

Three fluffy buttermilk pancakes garnished with fresh seasonal fruit & served with pancake syrup.

### French Toast \$11.25

Three pieces of Texas toast, dipped in a cream, cinnamon and egg wash & pan fried until golden. Sprinkled with icing sugar and served with a side of fresh seasonal fruit.

### Fried Egg Sandwich \$4.99

Two eggs, lettuce & tomato with your choice of toast.

### Egg White Sandwich \$8.89

Two eggs with red peppers & spinach, topped with 1/2 avocado & tomato slices, with your choice of brown or white toast.

### Western Sandwich \$8.99

Two egg omelet with sautéed turkey, green pepper & onion on your choice of bread.

## WEST BREAKFAST COMBOS

Egg whites or extra egg \$1.49

### Bistro Breakfast \$9.99

Two eggs any style, choice of bacon or pork sausage or turkey sausage, toast and served with home fries or potato hash.

### Protein Breakfast \$16.99

5oz flank steak & two eggs any style, sliced tomatoes, toast and served with home fries or potato hash.

### Eggs Benedict \$13.49

Two poached eggs with 2 slices of smoked salmon & sautéed spinach. Served on an English muffin and topped with Hollandaise sauce served with home fries.

## OMELETTES

Three eggs, served with home fries or potato hash and two slices of toast.

*Egg whites or extra egg \$1.99*

### Basic \$6.99

### Build your own with your choice of vegetables \$1.49/each

Green Peppers, Red Peppers, Red Onions, Olives, Mushrooms, Tomatoes, Baby Spinach cheddar cheese, feta cheese, goat cheese, jalapeño & broccoli.

## SMOOTHIES

Make your own smoothies \$6.99

Made with Greek Yogurt, add extra fruit \$1.75

### Add Fruit + Add Liquid + Add Extra

Banana Skin or 2% milk Honey \$0.25

Strawberry Almond milk Peanut Butter \$0.50

Mixed Berries Coconut water Chocolate Protein \$2.50

Blueberry Water Vanilla Protein \$2.50

## FRUIT, SIDES & SNACKS

Apple \$1.79

Orange \$1.79

Banana \$1.29

Fresh Fruit Salad \$6.99

Fresh Baked Muffins \$1.79

Fresh Baked Danish \$3.50

Fresh Baked Croissant \$2.50

## BURGERS

Served on a Brioche Bun with Fries or small house salad  
*Substitute Sweet Potato Fries \$2.25.*

*Add Cheddar Cheese \$1.99, Bacon \$2.99 or Avocado \$2.29*

### Bistro Burger \$12.99

5oz. beef burger served with lettuce, tomato, onion and a dill pickle on the side.

### Beyond Meat Burger \$15.99

6oz plant based burger served with lettuce, tomato, onion and a dill pickle on the side.

**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. A gratuity will be added to groups of 6 or more.

CELEBRATING  YEARS

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## APPETIZERS

**French Fries \$5.99**

**Sweet Potato Fries \$6.99**

**Soup of the Day \$4.89**

Made daily with fresh ingredients. Served with crackers

**Vegetable Spring Rolls \$6.99**

Five spring rolls served with sweet chili or plum sauce.

**Chicken Strips \$12.99**

Crispy chicken fingers (5) served with fries and plum sauce.

### Quesadillas

**Vegetarian \$10.99 or Chicken \$14.49**

A 12" whole wheat tortilla with blended cheeses, sautéed sweet peppers, diced tomato & onions, served with salsa & sour cream.

**Lima Bean Stew \$8.99**

Our signature recipe served with toasted whole wheat pita bread.

**Chicken Wings - 1lb \$12.99 or 2lb \$23.99**

*(your choice of mild, medium, buffalo)*

Served with carrot sticks & ranch or blue cheese dressing

## SALADS

*Add 4oz scoop of Tuna salad \$4.99, or 5oz of Grilled Chicken \$6.99, or 5oz Grilled Flank Steak \$8.99, or 6oz of Salmon \$12.99, or Quinoa \$3.99*

Served with your choice of White Balsamic Lemon/Basil, Buttermilk Ranch, Creamy Caesar, Greek Feta, Parmesan Herb Italian, Balsamic Vinaigrette,

**West House Salad Large \$8.79**

Romaine lettuce, tomato, peppers, carrots & cucumbers.

**Classic Caesar Salad Large \$8.99**

Romaine lettuce, croutons, parmesan & creamy Caesar dressing.

**Greek Salad Large \$10.49**

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

**Arugula Salad Large \$10.29**

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

## SANDWICHES & WRAPS

Served with fries or small house salad.

*Your choice of Rye, Brioche Bun, Whole Wheat, White or Whole Wheat Wrap.*

*Substitute Sweet Potato Fries \$2.25 or Croissant \$0.99.*

*Add Cheddar Cheese \$1.99, Bacon \$2.99 or Avocado \$2.29*

**Grilled Cheese \$8.89**

Served with your choice of whole wheat or white bread.

**Egg Salad \$9.99**

Two eggs, Mayonnaise, lettuce & tomato

**BLT \$10.99**

Classic sliced bacon, lettuce & tomato.

**Grilled Chicken \$13.99**

Grilled chicken breast, lettuce & tomato.

**Chicken Club \$14.99**

Triple-decker with grilled chicken breast, bacon, lettuce & tomato.

**Tuna Salad \$11.99**

White tuna with lettuce & tomato.

## ENTRÉES

**Grilled Salmon \$18.99**

Lemon herbed grilled 6oz Atlantic salmon served with brown rice and grilled seasonal vegetables

**Chicken Souvlaki \$15.99**

Two large skewers of marinated grilled chicken served with brown rice & Greek salad.

**Grilled Chicken \$14.99**

Grilled chicken breast with lemon jus served with brown rice and grilled seasonal vegetables.

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