

*A FRESH & HEALTHY  
ALTERNATIVE*

THE *bistrotro* ON MAIN

[www.thebistroonmain.com](http://www.thebistroonmain.com)

DO NOT USE

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[www.thebistroonmain.com](http://www.thebistroonmain.com)

## SOUPS

## PRICE

ALL SOUPS ARE SERVED WITH OUR OWN CORNBREAD & WHIPPED HONEY BUTTER

### ROASTED RED PEPPER & TOMATO BISQUE

\$8

FIRE ROASTED RED PEPPERS & TOMATOES MADE IN-HOUSE

### SOUP DU JOUR

\$8

OUR CHEF'S OWN CREATION, MADE FRESH, PLEASE ASK SERVER

## SALADS

**ADD** BLACKENED SALMON(5OZ) FOR \$7.5, BLACKENED CHICKEN(5OZ) FOR \$6,  
ONE SHRIMP SKEWER FOR \$4, GRILLED STEAK(5OZ) FOR \$6.5 TO ANY SALAD

FULL APP

### HOUSE SALAD

SPRING MIX TOPPED WITH ROASTED BEETS, TOMATOES, GRILLED RED PEPPERS & RED ONIONS. TOSSED IN OUR HOUSE BALSAMIC VINAIGRETTE

\$13 \$11

### BABY SPINACH WITH PEAR & BRIE

DRESSED IN WHITE HONEY MUSTARD DRESSING GARNISHED WITH CANDIED PECANS, POACHED PEARS AND BRIE CHEESE

\$13 \$11

### CAESAR WITH A TWIST

FRESH CUT ROMAINE HEARTS IN A ROASTED GARLIC DRESSING WITH FRESH CROUTONS, SHAVED PARMESAN & PROSCIUTTO CHIPS

\$13 \$11

### CLASSIC GREEK

FRESH ROMAINE HEARTS IN OUR GREEK DRESSING WITH TOMATOES, CUCUMBERS, RED ONIONS, BLACK OLIVES & FETA CHEESE

\$13 \$11

### FALL HARVEST SALAD

SPRING MIX TOSSED WITH OUR CRANBERRY SAGE DRESSING: TOPPED WITH AGED CHEDDAR, CANDIED PECANS, DRIED CRANBERRIES & APPLE SLICES

\$13 \$11

### SEASONAL

FRESH IN-SEASON INGREDIENTS, PLEASE ASK SERVER

\$13 \$11

### SOUP AND SALAD

CHOOSE EITHER SOUP AND ANY SALAD SERVED WITH CORNBREAD AND BUTTER

\$15

## SANDWICHES

## PRICE

SANDWICHES AND WRAPS INCL REG FRIES OR ROSTI

**SUB** SWEET POTATO FRIES FOR \$2, SOUP FOR \$2.5, ANY SALAD FOR \$3.5 TO ALL SANDWICHES AND WRAPS *GF \$1, MAKE WRAP \$1.5*

### ROAST BEEF

\$16

SLOW ROASTED BEEF LAYERED ATOP HUMMUS AND GARLIC AOLI ON OUR OWN KAISER, GARNISHED WITH AGED CHEDDAR, AVOCADO & RED ONION

### SMOKED CHICKEN SALAD

\$15

THE BISTRO'S OWN CHICKEN SALAD MADE WITH HONEY, SAGE & SMOKED CHICKEN, TOPPED WITH GREEN APPLE & BRIE ON A GRILLED EURO

### GRILLED VEGETABLE

\$15

GRILLED ZUCCHINI, BELL PEPPERS, ROASTED TOMATOES, PORTABELLA MUSHROOMS, GOAT CHEESE & BABY SPINACH ON A GRILLED EURO

### THE ULTIMATE B.A.T.

\$15

BACON STRIPS & BACON STRIPS WITH AVOCADO, TOMATOES & GARLIC AOLI ON A CIABATTA

### THE BISTRO CLUB

\$16

ROASTED CHICKEN BREAST, BACON, TOMATO SLICES, GRILLED RED PEPPER & SPRING MIX LETTUCE ON A CIABATTA WITH HONEY DIJON AND CHIP AOLI

### THANKSGIVING SANDWICH

\$15

ROASTED CHICKEN, GREEN APPLE, AGED CHEDDAR & GARLIC AOLI /CRAN SALSA ON A EURO

### COUNTRY HAM MELT

\$16

A PILE OF SMOKED HAM & SWISS CHEESE MELTED WITH RED ONIONS, TOMATOES & HONEY DIJON/GAR AOLI ON OUR OWN EVERYTHING KAISER

### CRAB SALAD

\$15

OUR IN-HOUSE CRAB SALAD OPEN-FACED ATOP AVOCADO & MULTIGRAIN BAGUETTE CROSTINI

### THE PHILLY

\$16

SLOW ROASTED BEEF SAUTÉED WITH ONIONS, MUSHROOMS & PEPPERS; WITH A BLEND OF SWISS & CHEDDAR CHEESES MELTED IN THE OVEN

### GRILLED CHEESE CRAB MELT

\$15

A TWIST ON A CLASSIC, CRAB MEAT MELTED BETWEEN AGED CHEDDAR & SWISS CHEESES ON TEXAS TOAST DONE ON THE PANINI GRILL

### RIB STEAK SANDWICH

\$21

THE ULTIMATE AAA RIB STEAK SANDWICH WITH CRUMBLLED GORGONZOLA CHEESE, SAUTÉED ONIONS & MUSHROOMS; ON A GARLIC BUTTER CIABATTA

ALLERGIES? LET US KNOW!

PRICE

**BISTRO BEEF DIP**

TENDER BEEF ROASTED IN-HOUSE, SAUTEED MUSHROOMS & ONIONS, SERVED ON A WHOLE WHEAT GARLIC BAGUETTE TOPPED WITH SWISS CHEESE AND A SIDE OF AU JUS

\$17

**MEDITERRANEAN SANDWICH**

HUMMUS, AVOCADO, ROASTED RED PEPPERS, CUCUMBERS, ROASTED TOMATOES, FETA & BLACK OLIVE TAPENADE SERVED ON A CIABATTA AN ULTIMATE VEGETARIAN OPTION

\$15

**WRAPS**

**CHIPOTLE CHICKEN CAESAR**

FRESH CHICKEN BREAST & BACON SERVED WITH TOMATO, ONIONS & CHIPOTLE AIOLI

\$16

**SMOTHERED BEEF WRAP**

OUR OWN ROAST BEEF WITH ONIONS & MUSHROOMS SAUTÉED IN OUR IN-HOUSE BBQ SAUCE FINISHED WITH SWISS CHEESE, BABY SPINACH & ARUGULA

\$17

**PESTO VEGETABLE WRAP**

MARINATED & GRILLED MEDLEY OF SEASONAL VEGETABLES WITH ARUGULA & BABY SPINACH WITH OUR OWN PESTO CREAM CHEESE & FINISHED ON THE GRILL

\$15

**SAVORY CREPES**

CREPES ARE SERVED WITH OUR OWN CORNBREAD OR YOGURT & GRANOLA

**SEAFOOD MEDLEY**

CRAB, SHRIMP, MUSSELS, CLAMS, CALAMARI & SCALLOPS IN A WHITE WINE CREAM SAUCE

\$19

**CHICKEN & WILD MUSHROOM**

TENDER CHICKEN BREAST IN HEARTY WILD MUSHROOM CREAM SAUCE

\$18

**GRILLED VEGETABLE**

MARINATED AND GRILLED MEDLEY OF SEASONAL VEGETABLES WITH GOAT CHEESE

\$15

**SWEET CREPES**

**NUTELLA & BANANA**

CLASSIC CHOCOLATE & HAZELNUT NUTELLA WITH CARAMELIZED BANANAS

\$12

**STRAWBERRY & CREAM CHEESE**

FRESH STRAWBERRIES & CREAM CHEESE W/ OUR OWN STRAWBERRY SAUCE

\$12

**APPLE & CHEDDAR**

CARAMELIZED CINNAMON APPLE SLICES & AGED WHITE CHEDDAR

\$12

## KIDS MENU

## PRICE

ALL KIDS MENU ITEMS ARE SERVED WITH MILK, JUICE OR POP FOR \$3

### **KID'S PASTA (ADD CHICKEN)**

\$7

FRESH ELBOW PASTA TOSSED WITH TOMATOES IN A BUTTER SAUCE TOPPED WITH PARMESAN

ADD CHICKEN FOR \$3

### **KID'S PASTA IN RED SAUCE**

\$8

FRESH ELBOW PASTA TOSSED WITH TOMATOES IN OUR RED SAUCE TOPPED WITH PARMESAN

ADD CHICKEN FOR \$3

### **KID'S MAC & CHEESE**

\$9

IN-HOUSE FIVE CHEESE SAUCE & FRESH PASTA

### **KID'S QUESADILLA**

\$10

BUTTER CRISP TORTILLA WITH SWISS, CHEDDAR AND TOMATOES SERVED WITH SOUR CREAM AND SALSA

ADD CHICKEN FOR \$3

### **KID'S GRILLED CHEESE**

\$8

ALL TIME CLASSIC GRILLED CHEESE SANDWICH SERVED WITH FRIES

### **KID'S FRENCH TOAST**

\$9

CLASSIC FRENCH TOAST WITH REAL MAPLE SYRUP. COMES WITH YOGURT & GRANOLA OR A FRUIT CUP

### **KID'S SCRAMBLED EGG & ROSTI**

\$8

2 EGGS SCRAMBLED & SERVED WITH POTATO ROSTI CAKES

### **KID'S SANDWICH**

\$10

YOUR CHOICE OF ROAST BEEF & SWISS, HAM & CHEDDAR, OR CHICKEN SALAD SERVED BETWEEN TEXAS TOAST WITH LETTUCE & TOMATOES. INCLUDES A SIDE OF FRITES

### **KID'S SALADS**

\$12

CHOOSE EITHER A CAESAR SALAD OR GREEK SALAD, WITH A CHOICE OF CHICKEN OR GRILLED STEAK

KIDS MENU ARE FOR CHILDREN 12 AND UNDER

## DINNER ENTREES

## PRICE

ALL DINNER ENTREES ARE AVAILABLE AFTER 4PM

### HEARTY BEEF STEW

A BISTRO ORIGINAL RECIPE STEW WITH CHUNKS OF BEEF, POTATOES, CARROTS & MUSHROOMS SERVED WITH A CIABATTA BUN

\$16

### BACON MAC & CHEESE

FRESH PASTA, BACON & OUR OWN FIVE CHEESE SAUCE SERVED WITH YOUR CHOICE OF APPETIZER SOUP OR SALAD OR FRIES

\$18

### CRAB MAC & CHEESE

FRESH PASTA, DELICATE CRAB MEAT & OUR OWN FIVE CHEESE SAUCE SERVED WITH YOUR CHOICE OF APPETIZER SOUP OR SALAD OR FRIES

\$19

### BUFFALO SHRIMP MAC & CHEESE

OUR FAMOUS MAC WITH GRILLED SHRIMP TOSSED IN BUFFALO SAUCE TOPPED WITH GORGONZOLA CHEESE, SERVED WITH A CHOICE OF SIDES

\$19

### RIB STEAK & FRITES

AAA 6OZ RIB STEAK GRILLED TO PERFECTION WITH FRITES & VEGETABLES  
OR SUB FOR ANY SOUP, SALAD OR SWEET POTATO FRITES (EXTRA)

\$21

## STIR-FRIES

HEALTHY & DELICIOUS, OUR STIR-FRY IS MADE WITH 9 TYPES OF VEGETABLES (BROCCOLI, CAULIFLOWER, RED ONIONS, CARROTS, NAPA, SNOWPEAS, BOK CHOI, CELERY AND GREEN ONIONS) SERVED WITH YOUR CHOICE OF:

RED THAI CHILI SAUCE      OR      TERIYAKI SAUCE  
EGG NOODLES                      OR      JASMINE RICE

TOFU

\$17

CHICKEN

\$19

SALMON

\$20

SHRIMP (2 SKEWERS)

\$19

RIB STEAK

\$23

GLUTEN-FREE OPTIONS AVAILABLE

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## WEEKEND BRUNCH (UNTIL 2PM)

ALL WEEKEND BRUNCH ITEMS ARE SERVED WITH A FRUIT CUP. ADD YOUR CHOICE OF TEA OR COFFEE FOR \$1.75

### SKILLET FRITATTAS

ALL FRITATTAS ARE MADE WITH 4 EGGS & SERVED WITH POTATO ROSTI & SOUR CREAM

#### **BISTRO CLASSIC FRITATTA**

BABY SPINACH, PROSCIUTTO, & AGED CHEDDAR

PRICE

\$14

#### **GREEK FRITATTA**

BLACK OLIVES, BABY SPINACH, ROASTED TOMATOES, & FETA CHEESE

\$14

#### **FRENCH FRITATTA**

BALSAMIC GLAZED ONIONS & GORGONZOLA CHEESE

\$14

#### **ITALIAN FRITATTA**

ROASTED RED PEPPER, ROASTED TOMATO, CHORIZO SAUSAGE, & ASIAGO

\$14

#### **FOUR CHEESE FRITATTA**

AGED CHEDDAR, REGULAR CHEDDAR, GORGONZOLA, ASIAGO & BABY SPINACH

\$14

#### **RANCHERA FRITATTA**

HAM, CHEDDAR, SWEET ONIONS, & BELL PEPPERS, TOPPED WITH SALSA

\$14

#### **MEAT LOVER'S FRITATTA**

CHORIZO SAUSAGE, HAM, BACON, & CHEDDAR, TOPPED WITH A PROSCIUTTO CHIP

\$14

### BRUNCH CLASSICS

#### **BISTRO SIGNATURE FRENCH TOAST**

CRANBERRY & RAISIN BREAD WITH A BUTTERMILK DIP & REAL MAPLE SYRUP

\$13

#### **FRESH & HEALTHY PLATTER**

2 POACHED EGGS, MULTIGRAIN BAGUETTE & FRUIT AND YOGURT PARFAIT

\$13

#### **SMOKED DUCK EGGS BENEDICT**

SMOKED DUCK BREAST WITH POACHED EGGS & ROASTED TOMATOES

\$11

#### **SMOKED CHORIZO EGGS SARDOU**

SPICY CHORIZO SAUSAGE WITH POACHED EGGS & ARTICHOKE HEARTS

\$11

#### **SMOKED SALMON EGGS FLORENTINE**

SMOKED SALMON WITH POACHED EGGS & WILTED SPINACH

\$11

#### **CRAB SALAD AVOCADO BOWL**

FRESH CRAB SALAD IN AVOCADO BOWLS WITH 2 POACHED EGGS & MULTIGRAIN BAGUETTE

\$14

## HOT BEVERAGES

## PRICES

### ARTISAN COFFEE

HOUSE, BOLD OR DECAF

<b>SMALL</b>	<b>LARGE</b>
\$2.75	\$3

### ORGANIC TEAS

PLEASE ASK TO SEE OUR SELECTION OF NUMI ORGANIC TEAS

\$2.75

### ESPRESSO

FRESH GROUND ESPRESSO BEANS

\$2.5	\$3.5
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### CAPPUCCINO

MADE WITH YOUR CHOICE OF MILK

\$4.5

### CHAI TEA LATTE,

### LATTES & STEAMERS

MADE WITH YOUR CHOICE OF MILK & REGULAR AND SUGAR FREE SYRUPS. PLEASE ASK SERVER FOR FLAVOURS

\$5.25	\$5.75
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### HOT CHOCOLATE

YOUR CHOICE OF MILK WITH GHIRARDELLI CHOCOLATE

\$5.25	\$5.75
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## COLD BEVERAGES

### FRESH JUICE

ORANGE, CRANBERRY, APPLE OR BLUEBERRY COCKTAIL OR FRESH SQUEEZED LEMONADE (\$5)

\$4

### MILK

2% OR CHOCOLATE

\$4

### SODA (355ML CANS)

COCA-COLA, COKE ZERO, ICED TEA, GINGERALE OR SPRITE

\$3.5

## BEER & CIDER

**PREMIUM DOMESTIC BEER** SLEEMAN DRAUGHT, SLEEMAN CLEAR

\$5.5

**IMPORTED BEER** MGD, HEINEKEN

\$6

**CIDER** SOMERSBY, BRICKWORKS

\$8

## WINE (7OZ)

### HOUSE WINES

PLEASE ASK SERVER

<b>GLASS</b>	<b>BOTTLE</b>
\$8.5	\$27

### FEATURED WINES

PLEASE ASK SERVER

\$10	\$33
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