

GREENS & HOUSE MADE SOUPS

Caesar SM 7 • L 10

romaine hearts, bacon, garlic crouton spears, tossed with creamy garlicky dressing

Kitchen Salad SM 7 • L 10

romaine, arugula, kale, spinach, black currants, tomato, carrots, red onion, julienned apple, toasted pepitos drizzled with balsamic maple vinaigrette

Grilled Vegetable 12

warm grilled seasonal vegetables topped with Macedonian feta and drizzled with balsamic glaze and garlic olive oil

Mitz Chopped Salad 12

diced tomatoes, arugula, kale, spinach, roasted corn, pearl cous cous, toasted pepitos, fried garbanzo beans, with buttermilk pesto dressing

Crispy Cobb Salad 17

pulled chicken, avocado, tomatoes, crumbled blue cheese, romaine with poppy seed dressing and topped with a crispy tempura bacon wrapped egg

Summer Berry Salad 12

crisp iceberg, spinach, fresh berries, & pecan crusted goat cheese with a berry vinaigrette

GRAZING

Crispy Chicken & Waffles 11

hand tossed buttermilk chicken fried crispy on house made waffles with creamy maple mustard

Pulled Chicken Poutine 10

our house frites topped with pulled chicken, cheese curds, scallions and black pepper Tabasco country gravy

Crispy Fried Buffalo

Cauliflower 10

lightly coated cauliflower fried crispy & tossed with red hot buffalo sauce. Served with housemade chunky blue cheese dressing.

Calamari & Prawns 12

crispy tempura prawns and calamari drizzled with bang-bang sauce

Bacon Wrapped Dates 8

sweet dates wrapped in crisp smoked bacon drizzled with balsamic reduction

Tempura Bocconcini

Stuffed Meatballs 12

Bocconcini cheese stuffed inside our house made meatballs battered in a pickle tempura and fried crispy. Served with apple butter barbeque sauce

Short Rib & Caramelized

Onion Flat Bread 16

tender beef short rib, caramelized onions, fresh spinach, fire roasted tomatoes, smoked cheddar and apple butter BBQ sauce

Roasted Vegetable Flatbread 13

housemade flatbread with roasted tomatoes, seasonal veggies & mixed cheese

Creamy Tomato

Parmesan SM 5 • L 7

velvety house made creation with crouton spear

Daily Creation SM 5 • L 7

ask your server about Chef's inspired daily creation

ADD TO ANY SALAD OR MEAL

SAUTÉED MUSHROOMS 4 • PULLED CHICKEN 6

PRAWNS 8 • STRIPLIN (6 oz) 12

HADDOCK 9

GARLIC TOAST 2 (half) 4 (full)

CHEESE TOAST 3 (half) 6 (full)

SIDES (ADD TO ANY MEAL)

FLASH FRIED CAULIFLOWER 6

BLUE CHEESE SMASHED POTATOES 5

BRAISED KALE 3 • MUSHROOM RAGOUT 4

PARMESAN FLASH FRIED BRUSSEL SPROUTS 6

ROASTED CORN 3 • MUSHROOM RISOTTO 5

HOUSE CUT FRITES 7 • CRISPY BACON EGG 5

Pick a Dip .75

Bang-Bang, Herb Aioli, Duck Fat Aioli, Asagio Aioli, Chicken Gravy, Honey Mustard

Chips & Dip 12

house made crispy chips served with bacon & chive three cheese dip

Polenta Fries 7

house made fries tossed with roasted garlic oil, sea salt and pepper, with asiago aioli

Ravioli 11

butternut squash, mascarpone with hazelnut brown butter and crispy sage

Moules & Frites 13

PEI mussels poached with smoked bacon, chipotle peppers in your choice of cream or Chardonnay with our house frites

Sweet Potato Gnocchi 12

with apricot brown butter, braised kale and housemade Chorizo sausage

Seared Tuna 14

sesame seared Ahi, ribbons of marinated root vegetables, drizzled with ginger Macadamia butter

Wings 13

crispy chicken wings coated in our maple brown sugar Sriracha glaze

Crispy Haddock Tacos 10

beer battered haddock fried crispy, herb aioli, seasonal slaw, cilantro & spicy cumin lime vinaigrette

Korean Beef Tacos 10

slow roasted beef, seasonal slaw & avocado crema

BIG PLATES

Short Ribs 28

braised beef short ribs with Red Collar Dubbel jus, herb mushroom risotto and honey roasted carrots

Bang-Bang Fried Chicken &

Maple Sriracha Pork Belly Ribs 29

crispy leg & thigh chicken with our bang bang sauce and two pork belly glazed ribs, served with scalloped potato & coleslaw

Mitz Meatloaf 18

house blended meatloaf with Red Collar Dubbel jus and smoked tomato ketchup with blue cheese smashed potatoes and roasted corn

Red Wine Braised Lamb Shank 29

slow braised lamb shanks served with creamy polenta & flash fried brussels

Sablefish 29

herb citrus panko crusted, lobster cream sauce with sweet potato gnocchi and braised kale

Tuna 29

creole crusted Ahi, ginger Macadamia butter with flash fried cauliflower, red pepper and edamame scallion pearl cous cous

Halibut 31

pan seared, served with red pepper farro rissoto & topped with crispy garlic, asparagus & boiled egg

Bison Ribeye 37

topped with roasted garlic red wine compound butter, portabello and button mushroom ragout, parmesan flash fried brussel sprouts and seasoned potatoes

Cajun Striploin 30

AAA 8oz dry rubbed striploin topped with cajun butter, fingerling potatoes with garlic chive creme fraiche, broccoli & beets

Prawn Thai Coconut Curry 22

sautéed prawns topped with housemade Thai green curry sauce on a bed of coconut Jasmine rice and braised kale

Risotto 16

pulled chicken, roasted corn, arugula pepito pesto, roasted garlic balsamic glaze and Parmesan cheese

Rigatoni Carbonara 19

fresh Fratelli's pasta tossed with butter, roasted garlic oil, housemade Mitz bacon, asparagus, leeks & parmesan. Topped with a sunny side up golden yolk egg

Spaghetti 20

fresh Fratelli's spaghetti with prawns, PEI mussels, roasted garlic, fresh herbs, roasted tomatoes and Parmesan cheese; choice of olive oil and garlic butter or lobster cream sauce

Southwest Chicken Bowl 18

bulger, brown rice, Farro, avocado, roasted corn, black beans, cilantro, romaine lettuce, Jicama and scallions with a spicy cumin lime vinaigrette

Mitz Burger 16

our signature house blend grilled patty, topped with your choice of blue cheese or smoked cheddar, caramelized onion, arugula, pickled cucumber, onion, house made beer mustard, smoky tomato ketchup and herb aioli on a grilled brioche or whole wheat bun
add house smoked Mitz bacon 2 add sliced mushrooms 2

DINNER

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LUNCH PLATES

ALL BURGERS AND SANDWICHES SERVED WITH YOUR CHOICE OF POMME FRITES, SOUP, KITCHEN SALAD OR CAESAR SALAD (GLUTEN FREE BREAD AND PASTA AVAILABLE UPON REQUEST)

Grilled Cheese 13

three cheese blend, house smoked Mittz bacon, roasted tomato and basil on grilled sourdough

Mittz Burger 16

our signature house blend grilled patty, topped with your choice of blue cheese or smoked cheddar, caramelized onion, arugula, pickled cucumber, onion, house made beer mustard, smoky tomato ketchup and herb aioli on grilled brioche or whole wheat bun

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Haddock Burger 14

fire spiced or lemon pepper with arugula, tomato, tartar aioli on homemade grilled brioche or whole wheat bun

Prawn & Avocado Po' Boy 15

plump, juicy prawns, ripe tomato, iceberg lettuce, avocado and crisp bacon with creamy cocktail sauce on homemade roll

Pulled Chicken Salad Sandwich 13

with crisp apple, havarti, onion jam, herb aioli and iceberg lettuce on toasted sourdough or whole wheat bun

Chef's Club 15

crispy Mittz bacon, buttermilk fried chicken, vine ripened tomato, arugula and honey mustard aioli on homemade grilled brioche bun

Steak & Frites 19

AAA 6 oz striploin grilled with caramelized onions on a garlic toasted brioche served with our house made frites

Meatloaf & Havarti Melt 14

pan seared house made meatloaf topped with smoky tomato ketchup, sautéed mushrooms, onions and creamy havarti cheese, served open-faced on grilled sourdough

Turkey Burger 14

ground turkey, garlic seasoning, egg, panko bread crumbs, mixed cheese, avocado, iceberg lettuce & tomato on your choice of homemade brioche or whole wheat bun

Brisket 15

slow roasted brisket, arugula and herb aioli on grilled artisan bread served with Red Collar Dubbel jus for dipping

The Mittzetarian Burger 14

house made with brown rice, roasted beets and black beans, topped with smoked cheddar, kale, pickled cucumber, onion jam, tomato, smoked tomato ketchup, herb aioli and beer mustard on brioche or whole wheat bun

add avocado 2

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