**GREENS & HOUSE MADE SOUPS**

- **Bacon Kale Caesar** $8 • L $13
  - romaine, baby kale, house made bacon fat Caesar dressing, garlic croutons, fried capers, shredded parmesan
- **Kitchen Salad** $8 • L $13
  - romaine, arugula, kale, spinach, black currants, tomato, carrots, red onion, julienne apple, toasted pepitas drizzled with balsamic maple vinaigrette
- **Roasted Beet**
  - Quinoa Spinach $9 • L $14
    - roasted beets, quinoa, spinach, carrot, pepitas, edamame, avocado and feta cheese with apple cider vinaigrette
- **Grilled Vegetable** $14
  - warm grilled seasonal vegetables topped with Macedonian feta and drizzled with balsamic glaze and garlic olive oil
- **Mitz Chopped Salad** $14
  - diced tomatoes, arugula, kale, spinach, roasted corn, pear cous cous, toasted pepitas, fired garbanzo beans, with buttermilk pesto dressing
- **Crispy Cobb Salad** $19
  - pulled chicken, avocado, tomatoes, crumbled blue cheese, romaine with poppy seed dressing and topped with a crispy tempura bacon wrapped egg

**GRAZING**

- **Crispy Chicken & Waffles** $14
  - hand tossed buttermilk chicken fried crispy on house made waffles with creamy maple mustard
- **Pulled Chicken Poutine** $13
  - pulled chicken poutine topped with pulled chicken, crispy chicken skin, cheese curds, scallions and black pepper Tabasco country gravy
- **Crispy Fried Buffalo Cauliflower** $14
  - lightly coated cauliflower fried crispy and topped with red hot buffalo sauce. Served with house made chunky blue cheese dressing
- **Calamari & Prawns** $15
  - calamari tempura prawns and calamari drizzled with bang-bang sauce
- **Bacon Wrapped Dates** $10
  - sweet dates wrapped in crispy smoked bacon drizzled with balsamic reduction
- **Tempura Bocconcini Stuffed Meatballs** $15
  - 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** $17
  - tender beef short rib, caramelized onions, fresh spinach, fire roasted tomatoes, smoked cheddar and apple butter barbeque sauce
- **Roasted Vegetable Flatbread** $14
  - house made flatbread with roasted tomatoes, seasonal veggies and mixed cheese

**ADD TO ANY SALAD OR MEAL**

- **Sautéed Mushrooms** • **Pulled Chicken** • **Haddock**
  - fried with garlic, onion and basil
- **Garlic Toast** • **Cheese Toast** • **Mashed Potatoes**
  - garlic toast & cheese toast (half) or mashed potatoes (full)

**SIDES (ADD TO ANY MEAL)**

- **Blue Cheese Smashed Potatoes**
- **Braised Kale** • **Mushroom Risotto**
- **Parsley Flash Fried Brussel Sprouts**
- **House Cut Fries**
- **Crispy Bacon Egg**
- **Side Caesar Salad** • **Side Kitchen Salad**

**CREEPY TOMATO PARMESEAN**

- **Creamy Tomato**
  - velvety house made creation with crouion spear
- **Daily Creation** $6 • L $8
  - ask your server about: Chef’s inspired daily creation

**ADD TO ANY SALAD OR MEAL**

- **Sautéed Mushrooms** • **Pulled Chicken** • **Haddock**
  - fried with garlic, onion and basil
- **Garlic Toast** • **Cheese Toast** • **Mashed Potatoes**
  - garlic toast & cheese toast (half) or mashed potatoes (full)

**BIG PLATES**

- **Short Ribs** $32
  - braised beef short ribs with house made jus, herb mushroom risotto and honey roasted carrots
- **Mitz Meatoaf** $21
  - house blended meatloaf with house made jus and smoked tomato ketchup with blue cheese smashed potatoes and roasted corn
- **Lamb Sirloin** $31
  - grilled herb lamb, roasted vegetables, pearl couscous & roasted garlic mint sauce
- **Roast Chicken** $31
  - 1/2 roasted stuffed chicken with feta cheese & spinach topped with roasted tomato butter, grilled green beans & Greek roasted potatoes
- **Pork Two Ways** $30
  - grilled hoisin glazed bone in chop & dry roasted belly skewer with pineapple & red pepper served on jasmine rice, spinach & chimichurri sauce
- **Sablefish** $33
  - herb citrus panko crusted, lobster cream sauce with sweet potato gnocchi and braised kale
- **Tuna** $33
  - creole crusted Ahi, ginger Macadamia butter with flash fried cauliflower, red pepper and edamame scallion pearl cous cous
- **Steak & Garlic Fries** $33
  - AAA Angus Reserve 8oz striploin topped with Café de Paris butter & sautéed green beans
- **Rib Eye** $41
  - 12oz AAA Angus Reserve cooked to perfection and topped with blue cheese butter. Served with flash fried brussel sprouts and three cheese bacon roasters
- **Prawn Coconut Curry** $24
  - sautéed prawns topped with house made green curry sauce on a bed of coconut jasmine rice and braised kale
- **Risotto** $19
  - pulled chicken, roasted corn, arugula pepito pesto, roasted garlic balsamic glaze and parmesan cheese
- **Italian Sausage Rigatoni** $23
  - fresh Fratelli’s pasta tossed in our own spicy cream sauce with house made Italian sausage, mushrooms and red onion
- **Spaghetti** $23
  - 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
- **Thai Chicken Buddha Bowl** $19
  - spicy pulled chicken, mixed greens, Thai peanut sauce, red pepper, carrot, kale, bean sprouts, purple cabbage, mint & lime
- **Tuna Poke Bowl** $23
  - ahi tuna, avocado, jasmine rice, cucumber, cilantro, wasabi, soy sauce, fresh ginger, sesame seeds, green onion, edamame, carrot and topped with bang bang sauce
- **Mitz Burger** $19
  - our signature house blend grilled patty, topped with your choice of blue cheese or smoked cheddar, caramelized onion, arugula, pickled cucumber, onion, house made beef mustard, smoky tomato ketchup and herb aioli on a grilled brioche or whole wheat bun

**DINNER**

- **Wings** $15
  - crispy chicken wings coated in our maple brown sugar Sriracha glaze
- **Crispy Chicken Tacos** $12
  - valentirna crema, mango salsa, spicy pulled chicken, crispy chicken skin & cilantro with choice or corn or flour tortilla
- **Prawn Tacos** $13
  - fire crusted prawns, fresh avocado & creamy chimichurri slaw. With choice of flour or corn tortilla

**mitzwireless**

WITH PASSWORD
GREENS & HOUSE MADE SOUPS

Bacon Kale Caesar  SM 8 • L 13
romaine, baby kale, house made bacon
fat Caesar dressing, garlic croutons, fried
capers, shredded parmesan

Kitchen Salad  SM 8 • L 13
romaine, arugula, kale, spinach, black
currants, tomato, carrots, red onion,
judienned apple, toasted pepitos drizzled
with balsamic maple vinaigrette

Roasted Beet
Quinoa Spinach  SM 9 • L 14
roasted beets, quinoa, spinach, carrot,
pepitos, edamame, avocado and feta
cheese with apple cider vinaigrette

Grilled Vegetable  14
warm grilled seasonal vegetables topped
with Macedonian feta and drizzled with
balsamic glaze and garlic olive oil

Mitz Choppeled Salad  14
diced tomatoes, arugula, kale, spinach,
roasted corn, pearl cous cous, toasted
pepitos, fire dried garbanzo beans, with
buttermilk pesto dressing

Crissy Cobb Salad  19
pulled chicken, avocado, tomatoes,
creamed blue cheese, romaine with
poppy seed dressing and topped with a
creamy tempura bacon wrapped egg

LUNCH PLATES

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

Grilled Cheese  15
three cheese blend, house smoked Mitz bacon, roasted tomato and basil on
house made grilled sourdough

Mitz Burger  19
our signature house blend grilled patty, topped with your choice of blue cheese
or smoked cheddar, caramelized onion, arugula, pickeled 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

Haddock Burger  17
fire spiced or lemon pepper with arugula, tomato, tartar aioli on grilled brioche
or whole wheat bun

Prawn & Avocado Po’ Boy  17
plump, juicy prawns, ripe tomato, iceberg lettuce, avocado and crisp bacon
with creamy cocktail sauce on brioche roll

Pulled Chicken Salad Sandwich  15
with crispy chicken skin, crisp apple, havarti, onion jam, herb aioli and iceberg
lettuce on toasted sourdough or whole wheat bun

Chef’s Club  18
crispy Mitz bacon, buttermilk fried chicken, vine ripened tomato, arugula
and honey mustard aioli on a grilled brioche bun

New York Peppercorn Steak Sandwich  23
Angus Reserve AAA striploin grilled and topped with house made creamy
peppercorn sauce. Served on garlic toast.

Meatloaf & Havarti Melt  16
pan seared house made meatloaf topped with smoky tomato ketchup, sauteed
mushrooms, onions and creamy havarti cheese, served open-faced on house
made grilled sourdough

Brisket Beef Dip  18
braised beef brisket piled high with caramelized onions on French loaf. Served
with our house made au jus for dipping

The Mitzetarian Burger  17
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

Prawn Coconut Curry  24
sautéed prawns topped with house made Thai green curry sauce on a bed of
coconut jasmine rice and braised kale

Risotto  19
pulled chicken, roasted corn, arugula pepito pesto, roasted garlic balsamic glaze
and Parmesan cheese

Spaghetti  25
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

Italian Sausage Rigatoni  23
fresh Fratelli’s pasta tossed in our own spicy cream sauce with house made
Italian sausage, mushrooms and red onion

Thai Chicken Buddha Bowl  19
spicy pulled chicken, mixed grains, Thai peanut sauce, red pepper, carrot, kale,
bean sprouts, purple cabbage, mint & lime

Tuna Poke Bowl  23
ahi tuna, avocado, jasmine rice, cucumber, cilantro, wasabi, soy sauce, fresh
ginger, sesame seeds, green onion, edamame, carrot and topped with
garlic, ginger and green onion

D&D’s Brussels & Eggs  17
parmesan flash fried brussels with lemon & chili flakes topped with sunny side
eggs

ADD TO ANY SALAD OR MEAL

Sautéed Mushrooms  • Pulled Chicken
PRawns • Strip loin (6oz)

Haddock

Garlic Toast  (half) (full)
Cheese Toast  (half) (full)

SIDES (ADD TO ANY MEAL)

Blue Cheese Smashed Potatoes
Braised Kale
Parsman Flash Fried Brussel Sprouts
House Cut Frites

Add house smoked Mitz bacon 2  Add sliced mushrooms 2

GRAZING

Crissy Chicken & Waffles  14
hand tossed buttermilk chicken fried
on house made waffles with
creamy maple mustard

Pulled Chicken Poutine  13
house fries topped with pulled chicken,
creamy chicken skin, cheese curds, scallions
and black pepper fubasco country gravy

Crissy Fried Buffalo
Cauliflower  14
lightly coated cauliflower fried crispy and
tossed with red hot buffalo sauce.
Served with house made chunky blue
cheese dressing

Calamari & Prawns  15
crispy tempura prawns and calamari
drizzled with bang-bang sauce

Bacon Wrapped Dates  10
sweet dates wrapped in crisp smoked
bacon drizzled with balsamic reduction

Tempura Bocconcin
Stuffed Meatballs  15
Bocconcinie 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 Flatbread  17
tender beef short rib, caramelized
onions, fresh spinach, fire roasted
tomatoes, smoke cheddar and apple
butte barbeque sauce

Roasted Vegetable Flatbread  14
house made flatbread with roasted tomatoes,
seasonal veggies and mixed cheese

Pork Belly  15
roasted Moroccan rubbed belly with honey
yogurt, dried fruit medley & balsamic reduction

Short Rib Potstickers  15
house made potstickers with yuzu ponzu
sauce, green onion and toasted sesame

Chips & Dip  13
house made crispy chips served with
bacon & chive three cheese dip

Polenta Fries  9
house made fries tossed with roasted garlic oil,
sea salt and pepper, with asiago aioli

Ravioli  13
butternut squash, mascarpone with
hazlenut brown butter and crispy sage

Moules & Frites  16
PEI mussels poached with smoked bacon &
chipotle peppers in your choice of cream or
Chardonnay with house frites

Sweet Potato Gnocchi  14
with apricot brown butter, braised kale
and house made Chorizo sausage

Seared Tuna  16
sesame seared Ahi, ribbons of marinated root
vegetables, drizzled with ginger Macadamia butter

Wings  15
crispy chicken wings coated in our maple
brown sugar Sriracha glaze

Crissy Chicken Tacos  12
valentina crema, mango salsa, spicy pulled
chicken, crispy chicken skin & cilantro
with choice of corn or flour tortilla

Prawn Tacos  13
fire crusted prawns, fresh avocado & creamy
chimichurri slaw. With choice of flour or
corn tortilla