

## GREENS & HOUSE MADE SOUPS

<b>Bacon Kale Caesar</b> .....	SM 9 • L 14
romaine, baby kale, house made bacon fat Caesar dressing, garlic croutons, fried capers, shredded parmesan	
<b>Roasted Beet Quinoa Spinach</b> .....	SM 9 • L 14
roasted beets, quinoa, spinach, carrot, pepitos, edamame, avocado and feta cheese with apple cider vinaigrette	
<b>Grilled Vegetable</b> .....	14
warm grilled seasonal vegetables topped with Macedonian feta and drizzled with balsamic glaze and garlic olive oil	
<b>Crispy Cobb Salad</b> .....	19
pulled chicken, avocado, tomatoes, crumbled blue cheese, romaine with poppy seed dressing and topped with a crispy tempura bacon wrapped egg	
<b>Creamy Tomato Parmesan</b> .....	SM 6 • L 8
velvety house made creation with crouton spear	

## GRAZING

<b>Crispy Chicken &amp; Waffles</b> .....	14
hand tossed buttermilk chicken fried crispy on house made waffles with creamy maple mustard	
<b>Pulled Chicken Poutine</b> .....	14
house frites topped with pulled chicken, crispy chicken skin, cheese curds, scallions and black pepper Tobasco country gravy	
<b>Crispy Fried Buffalo Cauliflower</b> .....	14
lightly coated cauliflower fried crispy and tossed with red hot buffalo sauce. Served with house made chunky blue cheese dressing	
<b>Calamari &amp; Prawns</b> .....	15
crispy tempura prawns and calamari drizzled with bang-bang sauce	
<b>Spicy Italian Flatbread</b> .....	17
house made Italian sausage, cappocoli, red onion, fire roasted tomatoes, chopped basil & garlic with provolone, mozza & asiago	
<b>Roasted Vegetable Flatbread</b> .....	15
house made flatbread with roasted tomatoes, seasonal veggies, mixed cheese, goat cheese & balsamic reduction	
<b>Pork Belly</b> .....	15
roasted Moroccan rubbed belly with honey yogurt, dried fruit medley & balsamic reduction	
<b>Flash Fried Brussels</b> .....	12
deep fried brussel sprouts tossed in lemon juice, chili flakes & parmesan cheese	
<b>Wings</b> .....	15
crispy chicken wings coated in our maple brown sugar Sriracha glaze	
<b>Crispy Chicken Tacos</b> .....	12
valentina crema, mango salsa, spicy pulled chicken, crispy chicken skin & cilantro with choice of corn or flour tortilla	
<b>Prawn Tacos</b> .....	13
fire crusted prawns, fresh avocado & creamy chimi-churri slaw. With choice of flour or corn tortilla	



### ADD TO ANY SALAD OR MEAL

<b>Sautéed Mushrooms</b> .....	5
<b>Pulled Chicken</b> .....	7
<b>Prawns</b> .....	9
<b>Strip Loin (6oz)</b> .....	15
<b>Haddock</b> .....	9
<b>Halloumi</b> .....	7
<b>Garlic Toast</b> .....	2 (HALF) 4 (FULL)
<b>Cheese Toast</b> .....	3 (HALF) 6 (FULL)

## BIG PLATES

<b>Short Ribs</b> .....	33
braised beef short ribs with house made jus, herb mushroom risotto and honey roasted carrots	
<b>Mittz Meatloaf</b> .....	21
house blended meatloaf with house made jus and smoked tomato ketchup with blue cheese smashed potatoes and roasted corn	
<b>Hot Chicken &amp; Pork Belly</b> .....	28
hot Nashville chicken thighs, espresso BBQ pork belly served with picnic potatoes & wilted greens	
<b>Sable fish</b> .....	33
herb citrus panko crusted, lobster cream sauce with sweet potato gnocchi and braised kale	
<b>Steak &amp; Garlic Fries</b> .....	33
AAA Angus Reserve 8oz striploin topped with Café de Paris butter & sautéed asparagus	
<b>Rib Eye</b> .....	6oz 31 12oz 41
AAA Angus Reserve cooked to perfection and topped with blue cheese butter. Served with flash fried brussel sprouts and three cheese bacon roasters	
<b>BBQ Beef Brisket</b> .....	27
slow smoked BBQ beef brisket with smoked cheddar mac n' cheese and flash fried brussels	

## PASTA & BOWLS

<b>Prawn Coconut Curry</b> .....	25
sautéed prawns topped with house made green curry sauce on a bed of coconut jasmine rice and braised kale	
<b>Risotto</b> .....	19
pulled chicken, roasted corn, arugula pepito pesto, roasted garlic balsamic glaze and parmesan cheese	
<b>Italian Sausage Rigatoni</b> .....	24
fresh Fratelli's pasta tossed in our own spicy cream sauce with house made Italian sausage, mushrooms and red onion	

<b>Spaghetti</b> .....	26
fresh Fratelli's spaghetti with prawns, PEI mussels, roasted garlic, fresh herbs, roasted tomatoes and parmesan cheese; choice of olive oil & garlic butter or lobster cream sauce	
<b>Thai Chicken Buddha Bowl</b> .....	21
spicy pulled chicken, mixed grains, Thai peanut sauce, red pepper, carrot, kale, bean sprouts, purple cabbage, mint & lime	
<b>Tuna Poke Bowl</b> .....	25
ahi tuna, avocado, jasmine rice, cucumber, cilantro, wasabi, soy sauce, fresh ginger, sesame seeds, green onion, edamame, and carrot, topped with bang-bang sauce	

## BURGERS & SANDWICHES

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)

<b>Grilled Cheese</b> .....	15
three cheese blend, house smoked Mittz bacon, roasted tomato and basil on house made grilled sourdough	
<b>Mittz Burger</b> .....	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 beer mustard, smoky tomato ketchup and herb aioli on a grilled brioche or whole wheat bun > add house smoked Mittz bacon 2 > add sliced mushrooms 2	
<b>Nashville Hot Chicken Sliders</b> .....	17
spicy chicken thighs hand breaded and topped with shredded iceberg lettuce, pickles & mayo on a brioche bun	
<b>Haddock Burger</b> .....	17
fire spiced or lemon pepper with arugula, tomato, tartar aioli on grilled brioche whole wheat bun	
<b>Pulled Chicken Salad Sandwich</b> .....	16
with crispy chicken skin, crisp apple, havarti, onion jam, herb aioli and iceberg lettuce on toasted sourdough or whole wheat bun	
<b>Chef's Club</b> .....	19
crispy Mittz bacon, buttermilk fried chicken, vine ripened tomato, arugula and honey mustard aioli on a grilled brioche bun	
<b>New York Peppercorn Steak Sandwich</b> .....	24
Angus Reserve AAA striploin grilled and topped with house made creamy peppercorn sauce. Served on garlic toast	
<b>Classic Double Cheeseburger</b> .....	17
two house mad 3.5oz short rib, brisket & ground chuck blend seared patties topped with shredded iceberg lettuce, pickle, onion, mustard, ketchup & medium cheddar on a fresh bun <b>Make it a Lil' Cheese burger for 13</b>	
<b>The Mittzetarian Burger</b> .....	18
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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