

Metro Bar and Grill - Dinner Menu

*Proud Recipients of the 1999 Member's Choice
"Best Dining Experience Canada"*

Appetizers, Soups & Salads

The Soup We've Made Today
A Hot and Hearty Selection, Everyday
\$4.95 Cdn \$3.55 US*

Market Greens Salad
Tossed Field Greens with Tomato, Cucumber,
And Zesty Onion Sprouts
\$5.95 Cdn \$4.25 US*

Escargot
Oven Baked with Garlic and Herb Butter
\$8.95 Cdn \$6.40 US*

Gulf Shrimp Cocktail
Chilled Jumbo Shrimp with a Spicy Tomato
Horseradish Dip
\$9.95 Cdn \$7.10 US*

Roasted 3 Onion Soup
Served with Thyme and Rosemary and Glazed
With Gouda Cheese on a Whole Grain Crouton
\$5.45 Cdn \$3.90 US*

Caesar Salad
With Real Bacon Bits, Freshly Grated Asiago
Cheese and Roasted Garlic Croutons
\$8.95 Cdn \$6.40 US*
Add Grilled Chicken Breast or Grilled Jumbo Shrimp
\$12.95 Cdn \$9.15 US*

Muscargot
Mushroom Caps filled with Crabmeat, Mussels,
Garlic Butter, and Smothered with Cheese
\$9.95 Cdn \$7.10 US*

Our House Specialties Appetizers

Chef's Creation
Our Chef's Daily Creation is Always a Favorite
Be Sure to Ask Your Server
Priced Nightly

Smoked Salmon Plate For Two
Served with Flatbread, Capers, Onions
and a Yoghurt Caviar Dip
\$17.95 Cdn \$12.85 US*

Entrees

Our Signature Grilled Fillet of Salmon
Creamy Dill Sauce with a Grilled Vegetable Wrap,
And Saffron Rice
\$19.95 Cdn \$14.25 US

Jump -- Fried Oriental Vegetables
Crisp and Fresh Asian Style Vegetables with
Shanghai Noodles and Sesame, Ginger Sauce
\$16.95 Cdn \$12.10 US*
Add a Thai Spiced Grilled Chicken Breast
\$18.95 Cdn \$19.25 US*

Maritime Seafood Soup
Scallops, Clams, Mussels, Fish and Lobster Tail
In a Fish Broth with Julienned Vegetables
\$26.95 Cdn \$19.25 US*

Grilled Gulf Jumbo Shrimp, Scallops Brochette
On a Rice Timbale with Tomato Relish with
Fresh Basil Coulis
\$25.95 Cdn \$18.54 US*

Grilled Breast of Chicken
With an Apricot, Almond & Chestnut Stuffing
Grilled to Tender Moist Perfection
On a Bed of Creamy Mashed Potatoes
\$19.95 Cdn \$14.25 US*

Mixed Metro Grill Platter
Grilled Tandoori Breast of Chicken,
New Zealand Lamb Chop
Shrimp and Scallops Brochette
Garlic Mashed Potatoes and Mixed Vegetables
\$27.95 Cdn \$19.95 US*

"The Best Steaks In Town"

Sterling Silver Beef is beef with superior Taste, offering consumers the opportunity to Indulge in a Signature Product Guaranteed to be Consistently Tender, Juicy, and Flavourful

8 oz. Tenderloin of Beef
Encrusted in Black Peppercorns Pan Seared and
Broiled to Perfection, served with a Yukon Gold
Mashed
\$29.95 Cdn \$21.40 US*

10 oz. Rib-Eye
With a Forest Mushroom Jus
Served with your choice of Potato
\$26.95 Cdn \$19.25 US*

Surf and Turf
6 oz. Beef Tenderloin and 5 oz. Cuban Lobster Tail
\$32.95 Cdn \$23.55 US*
Sterling Silver Prime Rib of Beef
Served with Yorkshire Pudding
8 oz. \$25.95 Cdn \$18.55 US*
12 oz. \$28.95 Cdn \$20.65 US*
16 oz. \$31.95 Cdn \$22.80 US*

10 oz. Striploin Steak
Served with Your Choice of Potato, Fresh Vegetables,
Pan-fried Mushrooms and Café de Paris Butter
\$27.95 Cdn \$19.95 US*

Taxes and Gratuities not Included * U.S. Prices are Approximate