

Metro Bar and Grill

Lunch Menu

Appetizers

The Soup We've Made Today

A Hot and Hearty Selection, Everyday
\$4.95 Cdn \$3.55 US*

Roasted 3 Onion Soup

Scented with Thyme and Rosemary and Glazed with
Gouda Cheese on a Whole Grain Crouton
\$5.25 Cdn \$3.70 US*

Market Greens Salad

Tossed Field Greens with Tomato, Cucumber,
Shredded Cheese, and Zesty Onion Sprouts
\$5.95 Cdn \$4.20 US*

Bruschetta Bread

Grilled Garlic Focaccia Bread topped with
Chopped Ripe Tomatoes, Leaf Basil,
Sweet Onions and Grated Asiago
\$6.95 Cdn \$4.90 US*

Caesar Salad

With Real Bacon Bits, Freshly Grated Asiago
Cheese and Roasted Garlic Croutons
\$8.95 Cdn \$6.30 US*

Add Grilled Chicken Breast or Grilled
Jumbo Shrimp
\$12.95 Cdn \$9.10 US*

Tropical Delight

A Fresh Fruit Plate featuring Golden Pineapple,
Orange, Berries in Season, Kiwi,
And a Selection of Three Melons

Available with Cottage Cheese or Sorbet
\$9.95 Cdn \$6.95 US*

Focaccia Club Sandwich

Sliced Grilled Chicken Breast, Hickory Smoked Bacon, Leaf
Lettuce, and Tomato with Mayonnaise on Focaccia Bread
Also Available in the Traditional "Triple Decker" Style
\$9.95 Cdn \$6.95 US*

Smokehouse Chicken Sandwich

Grilled Breast of Chicken topped with Smoked Mozzarella
Cheese, Diced Roam Tomatoes and Romaine Lettuce
\$10.95 Cdn \$7.70 US*

Philadelphia Steak Sandwich

Thinly Sliced Beef Strip Steak, Griddle Scared and topped
with
Jack Cheese and Green and Red Pepper
\$10.95 Cdn \$7.70 US*

Grilled Burger

Six-Ounce Burger, Grilled to Order and topped with
Your choice of Canadian Cheddar, Grilled Onions,
Bacon and Sautéed Mushrooms
\$8.95 Cdn \$6.30 US*
One Topping Included * Additional Toppings .75 cents

*All Sandwiches are Served with Market Greens or
French Fries*

Jump -- Fried Oriental Vegetables

Crisp and Fresh Asian Style Vegetables with
Shanghai Noodles in a Sesame, Ginger Sauce
\$11.95 Cdn \$8.40 US*
Add a Thai Spiced Grilled Chicken Breast
\$13.95 Cdn \$9.80 US*

Fish and Chips

Crisp Fried Battered Halibut with French Fries
Vegetable Spaghetti Salad, Tartar Sauce & Lemon
\$10.95 Cdn \$7.70 US*

Entrees

Grilled Filet of Salmon

On Italian Panini Bread with Pineapple Salsa
and Vegetable Spaghetti Salad
\$13.95 Cdn \$9.75 US*

The Mediterranean Sandwich

Grilled Eggplant, Goat Cheese and Red Pepper on
Panini Bread with Garden Greens
\$8.95 Cdn \$6.30 US*

Sautéed Veal Liver

Thinly Sliced with Fresh Herbs & Garlic
Served with Grilled Polenta and Grilled Vegetables
\$12.95 Cdn \$9.10 US*

French Dip

Thinly Sliced Prime Beef
Served Au Jus on a French Baguette
\$11.95 Cdn \$8.40 US*

Grilled Steak Sandwich

Grilled with Carmelized Onions, Mushrooms,
Tomatoes and served with French Fries
\$12.96 Cdn \$9.10 US*

Ravioli a la Panna

Cheese Filled, Served with Fresh Oregano,
Basil Cream Sauce and Seasonal Salad
\$12.95 Cdn \$9.10 US*

Agnolotti Primavera

Filled with Butternut Squash and Served with
Light Tomato Cream and Stir-fried Vegetables
\$14.95 Cdn \$10.50 US*

Our Specialties

Taxes and Gratuities are not included

* Approximate U.S. Prices