



B & M

LUNCH AND DINNER



B & M

SOUPS

DAILY SOUP
ONION SOUP AU GRATIN

APPETISERS

ESCARGOTS / GRATINÉ
GARLIC BREAD / GRATINÉ
SHRIMP COCKTAIL
PIKILIA FOR 1 / FOR 2
SPANAKOPITA
FRIED CALAMARI
FRIED ZUCCHINI & EGGPLANT CHIPS

SALADS

CHEF'S SALAD SMALL / LARGE
CAESAR SALAD SMALL / LARGE
GREEK SALAD SMALL / LARGE
GREEK HORIATIKI SMALL / LARGE
Tomatoes, red onions, black olives, cucumbers, green and red peppers, feta cheese and oregano
VEGETABLE AND AVOCADO SALAD
GRILLED CHICKEN FILET SALAD Mixed or Caesar
B&M SALAD
Lettuce, tomatoes, black olives, anchovies, red onions, tuna salad and artichoke hearts
CAESAR CLEOPATRA SALAD
With fresh shrimps and avocado
SMOKED SALMON SALAD
HOUSE SPINACH SALAD
With goat cheese, 2 hard boiled eggs, bacon cut into strips, red onions, croutons, tomatoes and cucumbers
BLACKENED SALMON SALAD
With romaine lettuce



SHARING PLATE (EXCEPT FOR CHILDREN UNDER 12)

B & M

CHARCOAL GRILLED

SERVED WITH VEGETABLES, CHOICE OF POTATOES, RICE OR SALAD

GREEK STYLE CHICKEN	
CHICKEN FILET	
With mushrooms	
RIB STEAK (AAA)	16 oz
With mushrooms	
BABY BACK RIBS	HALF / FULL
GRILLED LAMB CHOPS (4)	
LONDON STEAK	
With mushrooms	

SERVED WITH VEGETABLES & POTATOES

CALF LIVER	
With fried onions or mushrooms	
HAMBURGER STEAK	
With fried onions or mushrooms	
HOT CHICKEN SANDWICH	
HOT HAMBURGER	

BROCHETTES

SERVED WITH SALAD, FRENCH FRIES & RICE
REPLACE WITH GREEK SALAD OR GREEK HORIATIKI SALAD

CHICKEN BROCHETTE	
SHRIMP BROCHETTE	
SALMON BROCHETTE	
LAMB BROCHETTE	
VEGETARIAN BROCHETTE	

SOUVLAKI

SERVED WITH GREEK SALAD, FRENCH FRIES AND RICE

LAMB SOUVLAKI PLATE	
LAMB SOUVLAKI PITA	1 PITA / 2 PITAS
LAM SOUVLAKI STICK	1 STICK / 2 STICKS
CHICKEN SOUVLAKI PLATE	
CHICKEN SOUVLAKI PITA	1 PITA / 2 PITAS
CHICKEN SOUVLAKI STICK	1 STICK / 2 STICKS S
PORK SOUVLAKI PLATE	
PORK SOUVLAKI PITA	1 PITA / 2 PITAS
PORK SOUVLAKI STICK	1 STICK / 2 STICKS

SOUVLAKI SANDWICHES

LAMB PITA SANDWICH	
CHICKEN PITA SANDWICH	
PORK PITA SANDWICH	
VEGETARIAN PITA SANDWICH	

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SEAFOOD

SERVED WITH VEGETABLES, CHOICE OF POTATOES, RICE OR SALAD

- SHRIMPS BREADED OR PROVENÇALE
- ATLANTIC SALMON FILET
- BLACKENED SALMON WITH SPINACH
- FILET OF DORÉ MEUNIÈRE OR AMANDINE
- FILET OF SOLE MEUNIÈRE OR AMANDINE

CHICKEN DISHES

SERVED WITH VEGETABLES OR YOUR CHOICE OF PASTA AND SAUCE

- CHICKEN FILET MILANAISE
- CHICKEN PARMESAN
- CHICKEN LIMONE
- With white wine and lemon sauce
- CHICKEN MARSALA
- With mushrooms in a Marsala sauce

VEAL DISHES

SERVED WITH VEGETABLES OR YOUR CHOICE OF PASTA AND SAUCE

- SCALOPPINI MILANAISE
- SCALOPPINI PARMESAN
- Breaded veal with tomato sauce and mozzarella au gratin
- PICCATA AL LIMONE
- In white wine and lemon sauce
- SCALOPPINI MARSALA
- With mushrooms

VEGETARIAN DISHES

SERVED WITH VEGETABLES OR YOUR CHOICE OF PASTA AND SAUCE

- EGGPLANT PARMESAN
- Breaded eggplant with tomato sauce and mozzarella au gratin

SMOKED MEAT

- SMOKED MEAT SANDWICH
- SMOKED MEAT PLATE with French fries and coleslaw
- SMOKED MEAT SANDWICH PLATE with French fries and coleslaw

SHARING PLATE (EXCEPT FOR CHILDREN UNDER 12)

B & M

PIZZAS

10"

12"

- 1. MARGHERITA**
Tomato sauce and cheese
- 2. FORNARINA**
Tomato sauce, mushrooms and cheese
- 3. SORRENTO**
Tomato sauce, Italian sausage and cheese
- 4. PEPPERONATA**
Tomato sauce, pepperoni and cheese
- 5. DELICATESSEN**
Tomato sauce, smoked meat, green peppers, mushrooms and cheese
- 6. ALL DRESSED**
Tomato sauce, pepperoni, green peppers, mushrooms and cheese
- 7. "B & M" SPECIAL**
All dressed with ham, bacon, onions
- 8. VEGETARIANA**
Tomato sauce, mushrooms, green peppers, onions, olives, tomatoes, asparagus, artichokes and cheese
- 9. VEGETARIANA 2**
Tomato sauce, mushrooms, zucchini, eggplant, onions, green peppers, black olives and cheese
- 10. FRUTTI DI MARE**
Tomato sauce, shrimp, scallops, clams, onions, tomatoes and cheese
- 11. CHEF SPECIAL**
Tomato sauce, minced meat or steak or chicken filet, onions, mushrooms, green peppers and cheese
- 12. HAWAIIAN**
Tomato sauce, ham, pineapple and cheese
- 13. NAPOLITANA**
Tomato sauce, anchovies, olives and cheese
- 14. VOLCANO**
Tomato sauce, italian sausage, onions, black olives and cheese
- 15. MATRICANA**
Tomato sauce, mushrooms, capicoli, green peppers and cheese
- 16. QUATTRO STAGIONI**
Tomato sauce, capicoli, clams, anchovies, artichoke hearts and cheese
- 17. LUCRIZANA**
Tomato sauce, mushrooms, black olives, artichokes and cheese
- 18. GREEK**
Feta cheese, tomatoes, black olives, red onions, oregano and olive oil
- 19. SANTA MARIA (SPICY)**
Tomato sauce, red & green peppers, sun-dried tomatoes, sliced chicken and cheese
- 20. ARABIATA**
Tomato sauce, capicoli, black olives, hot peppers and cheese
- 21. PRIMAVERA**
Tomato sauce, mushrooms, onions, sun-dried tomatoes and mozzarella cheese
- 22. MINERVA**
Feta cheese, pesto, olives, red onions, sundried tomatoes et mozzarella cheese
- 23. TEEN SPIRIT**
Pesto, garlic, spinach, fresh tomatoes, black olives, feta and mozzarella cheese
- 24. DELUXE**
Smoked salmon, capers, red onions and tomatoes
- 25. SUPREME**
Pepperoni, ham, italian sausage, bacon and hamburger meat
- 26. MEXICAN**
Minced meat, hot Peppers, black olives and onions
- ANY EXTRA**
- PIZZAGHETTI**

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PASTAS

CHOICE OF PASTA: SPAGHETTI, FETTUCCINI, LINGUINI OR PENNE

ADD GRATINÉ

IN TOMATO, MEAT SAUCE, GARLIC OR PESTO SAUCE

CARBONARA WITH BACON IN CREAM SAUCE

ARABIATA WITH TOMATO SAUCE AND HOT PEPPERS

SAUCE ALFREDO OR ROSÉ

WITH SHRIMPS AND SCALLOPS

PRIMAVERA with fresh vegetables

WITH CHICK EN FILET

ALL DRESSED with avocado, pesto, black olives and sundried tomatoes

CHOICE OF: RAVIOLI (CHEESE) OR TORTELLINI (MEAT)

ADD GRATINÉ

IN MEAT SAUCE OR TOMATO SAUCE

IN ALFREDO OR ROSÉ

BAKED PASTAS

CHOICE OF: BAKED LASAGNA, SPAGHETTI OR PENNE

WITH MOZZARELLA CHEESE IN TOMATO SAUCE

Served with pepperoni and cheese

WITH MOZZARELLA CHEESE IN MEAT SAUCE

Served with pepperoni and cheese

SANDWICHES

SERVED WITH YOUR CHOICE OF SALAD OR FRIES

ROASTED VEGETABLE SANDWICH

Eggplant, zucchini, red peppers and goat cheese served on ciabatta

STEAK SANDWICH

With tomatoes, caramelized onions, lettuce and goat cheese served on ciabatta

GRILLED CHICKEN SANDWICH

With avocado, Swiss cheese, lettuce and tomatoes, served on ciabatta

TUNA SALAD SANDWICH

With tomatoes, red onion and lettuce, served on ciabatta

CLUB SANDWICHES SERVED WITH FRENCH FRIES AND COLESLAW

CHICKEN CLUB

BROILED CHICKEN FILET CLUB

“CASSE-CROÛTE” SANDWICH ONLY

SLICED CHICKEN TUNA

B.L.T.

Served on sourdough bread

CLASSIC GRILLED CHEESE

Served on sourdough bread

SPINACH AND MOZZARELLA GRILLED CHEESE

Served on sourdough bread

CHEDDAR, BACON AND TOMATOES GRILLED CHEESE

Served on sourdough bread

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BURGERS

ALL BURGERS ARE HOMEMADE DAILY. ALWAYS FRESH, NEVER FROZEN.
ALL OUR BURGERS ARE SERVED ON A FRESH BUN WITH LETTUCE AND TOMATOES & TOPPED WITH A PICKLE
CONDIMENTS: MAYONNAISE, CHIPOTLE MAYONNAISE, DIJON MUSTARD, RELISH, ONIONS, PICKLES

- ANGUS BEEF BURGER
- GRILLED CHICKEN BURGER
- VEGGIE PATTY BURGER

ADD CHEESE

- CHEDDAR
- SWISS
- MOZZARELLA
- BRIE
- GOAT
- FETA
- CREAM CHEESE

TOPPINGS

- BACON (2)
- FRIED EGG
- AVOCADO
- SAUTÉED MUSHROOMS
- COLESLAW

COMBOS

CHOICE OF: BEEF BURGER, CHICKEN BURGER OR VEGGIE BURGER
REPLACE YOUR FRENCH FRIES FOR A REGULAR POUTINE OR SWEET POTATO FRIES OR A SMALL SALAD (HOUSE OR CAESAR)

- #1 WITH FRENCH FRIES + SOFT DRINK OR SNAPPLE OR SAN PELLEGRINO OR STEWART'S
- #2 WITH FRENCH FRIES + MILKSHAKE OR FLOAT
- #3 WITH FRENCH FRIES + BEER (20 oz)

SUB MARINES

GARNISHED WITH LETTUCE, TOMATOES AND HOUSE DRESSING

10" 14"

- COMBINATION**
Steak, pepperoni, onions, mushrooms and cheese
- VEGETARIAN**
Onions, peppers, mushrooms and cheese
- STEAK, PEPPERONI AND CHEESE**
- STEAK AND CHEESE**
- GRILLED CHICKEN**
Onions, mushrooms and cheese

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FRIES

ADD GRAVY SAUCE

- REGULAR FRIES
- SWEET POTATO FRIES
- ONION RINGS (14)

POUTINES

CHOICE OF CHEESE CURDS OR MOZZARELLA

- REGULAR
- ITALIAN
- CHICKEN
- SMOKED MEAT
- HAMBURGER
- HOT DOG
- PEPPERONI
- BACON OR HAM

CHICKEN WINGS

REPLACE YOUR FRIES WITH A POUTINE OR SWEET POTATO FRIES

- HOMEMADE CHICKEN FINGERS** 4 PIECES / 7 PIECES
Served with BBQ sauce, fries and coleslaw or salad
- CHICKEN WINGS PLATE** 10 PIECES / 20 PIECES
Served with BBQ sauce, fries and coleslaw or salad
- CHICKEN WINGS ONLY** 10 PIECES / 20 PIECES
Served with BBQ sauce only

CHILDREN'S MENU

UNDER THE AGE OF 12

- HAMBURGER** with French fries
- PORK STICK** with French fries
- CHICKEN STICK** with French fries
- SPAGHETTI OR PENNE OR RAVIOLI (CHEESE)** with tomato or meat sauce
- GRILLED CHEESE** with French fries or steamed veggies
- CHICKEN FINGERS (3)** with French fries



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B & M

MILKSHAKES

SPIKE YOUR MILKSHAKE (BAILEYS® ORIGINAL)
ESPRESSO SHOT

CLASSIC VANILLA

ULTIMATE CHOCOLATE

STRAWBERRY

CHUNKY MONKEY - Chocolate, banana and coffee

ELVIS - Banana and peanut butter

SMOOTHIES

SPIKE YOUR SMOOTHIE
(DARK RUM, VODKA)

BERRY

MANGO BERRY

BANANA PEANUT BUTTER

BEERS

DRAFT 12 OZ / 20 OZ
BOTTLE DOMESTIC / IMPORTED

SERVICE BAR

FRESHLY SQUEEZED ORANGE JUICE SMALL / LARGE
ORANGE JUICE
APPLE JUICE
MILK SMALL / LARGE
CHOCOLATE MILK SMALL / LARGE
STEWART'S
Turn your Stewart's into a float
SNAPPLE
SAN PELLEGRINO (SPARKLING WATER) SMALL / LARGE
SOFT DRINKS
BOTTLED WATER

COFFEE BAR

HOUSE BLEND (TEA OR COFFEE)
ESPRESSO SINGLE / DOUBLE
MACCHIATO
CAPPUCCINO
CAFÉ LATTE SMALL / LARGE
ORGANIC TISANE
HOT CHOCOLATE