

B & M

LUNCH AND DINNER



B & M

SOUPS

DAILY SOUP
ONION SOUP AU GRATIN

APPETISERS

ESCARGOTS / GRATINÉ
GARLIC BREAD 2 PIECES / GRATINÉ 4 PIECES / GRATINÉ
SHRIMP COCKTAIL (5)
PIKILIA FOR 1 / FOR 2
SPANAKOPITA
FRIED CALAMARI
FRIED ZUCCHINI

SALADS

ADD CHICKEN FILLET
ADD HALF AVOCADO or FULL AVOCADO

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

VEGETARIAN DISHES

VEGETARIAN BROCHETTE served with fries, rice and salad
EGGPLANT PARMESAN
Breaded eggplant with tomato sauce and mozzarella au gratin served with your choice of pasta or salad or potatoes
VEGETARIAN CLUB vegetarian patty, avocado, tomato, lettuce and coleslaw
GRILLED VEGETARIAN SANDWICH served on ciabatta with salad or potatoes
VEGGIE BURGER

CHOICE OF PASTA: SPAGHETTI, FETTUCCINI, LINGUINI OR PENNE
ADD GRATINÉE

PRIMAVERA TOMATO SAUCE
SPINACH AND GARLIC

SHARING PLATE (EXCEPT FOR CHILDREN UNDER 12)

B & M

CHARCOAL GRILLED

SERVED WITH VEGETABLES, POTATOES OR RICE AND SALAD

CHICKEN FILET with mushrooms.....	
RIB STEAK (AAA) with mushrooms.....	16 oz
GRILLED LAMB CHOPS (4)	
LONDON STEAK with mushrooms.....	

SERVED WITH POTATOES OR SALAD

GREEK STYLE CHICKEN	
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SERVED WITH VEGETABLES AND 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 AND 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 PITAS / 2 PITAS
LAM SOUVLAKI STICK	1 STICKS / 2 STICKS
CHICKEN SOUVLAKI PLATE	
CHICKEN SOUVLAKI PITA	1 PITAS / 2 PITA
CHICKEN SOUVLAKI STICK	1 STICKS / 2 STICKS
PORK SOUVLAKI PLATE	
PORK SOUVLAKI PITA	1 PITAS / 2 PITAS
PORK SOUVLAKI STICK	1 STICKS / 2 STICKS

SOUVLAKI SANDWICHES

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

SHARING PLATE (EXCEPT FOR CHILDREN UNDER 12)

B & M

SEAFOOD

SERVED WITH SALAD AND YOUR CHOICE OF POTATOES OR RICE

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

SERVED WITH YOUR CHOICE OF COLESLAW AND FRENCH FRIES OR SALAD

- FISH & CHIPS

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

RIBS

SERVED WITH POTATOES AND COLESLAW

- BABY BACK RIBS HALF / FULL
- RIBS AND CHICKEN COMBO ½ portion baby back ribs and chicken fillet

SMOKED MEAT

ADD SWISS CHEESE

- 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 <i>(SPICY)</i>	
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	
EXTRA CHICKEN FILET	
PIZZAGHETTI	

B & M

PASTAS

CHOICE OF PASTA: SPAGHETTI, FETTUCCINI, LINGUINI OR PENNE
ADD GRATINÉ

TOMATO, MEAT SAUCE, GARLIC OR PESTO SAUCE
CARBONARA WITH BACON IN CREAM SAUCE
ARABIATA WITH TOMATO SAUCE AND HOT PEPPERS
SAUCE ALFREDO OR ROSÉ
PASTA SHRIMPS (3) large and baby shrimps.....
PASTA SCALLOPS
PASTA SEAFOOD large shrimps (3), scallops and clams
PASTA PRIMAVERA with fresh vegetables
PASTA CHICKEN FILET
PASTA ALL DRESSED with avocado, pesto, black olives and sundried tomatoes

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

MEAT SAUCE OR TOMATO SAUCE
ALFREDO OR ROSÉ
GARLIC BREAD 2 PIECES / GRATINÉ 4 PIECES / GRATINÉ

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 FRENCH FRIES OR SALAD
ADD A POUTINE

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
ADD A POUTINE

CHICKEN CLUB	DELI CLUB
BROILED CHICKEN FILET CLUB	FRIDAY CLUB
TUNA CLUB	B & M CLUB

“CASSE-CROÛTE”

SANDWICH ONLY

SLICED CHICKEN	TUNA
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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

SHARING PLATE (EXCEPT FOR CHILDREN UNDER 12)

B & M

BURGERS

ALL BURGERS ARE HOMEMADE DAILY. ALWAYS FRESH, NEVER FROZEN.

ALL OUR BURGERS ARE SERVED ON A FRESH BUN WITH LETTUCE AND TOMATOES

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		
CHILANGO		
Steak, mushrooms, onions, tomato and hot peppers		
ITALIAN SAUSAGE		
Sausage, red peppers and onions		
ANY EXTRA		

SHARING PLATE (EXCEPT FOR CHILDREN UNDER 12)

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FRIES

ADD GRAVY SAUCE

REGULAR FRIES
SWEET POTATO FRIES
ONION RINGS (14)

POUTINES

CHOICE OF CHEESE CURDS OR MOZZARELLA
ADD SMOKED MEAT OR HAMBURGER MEAT OR HOT DOG OR PEPPERONI OR BACON OR HAM

REGULAR
ITALIAN
CHICKEN

CHICKEN WINGS

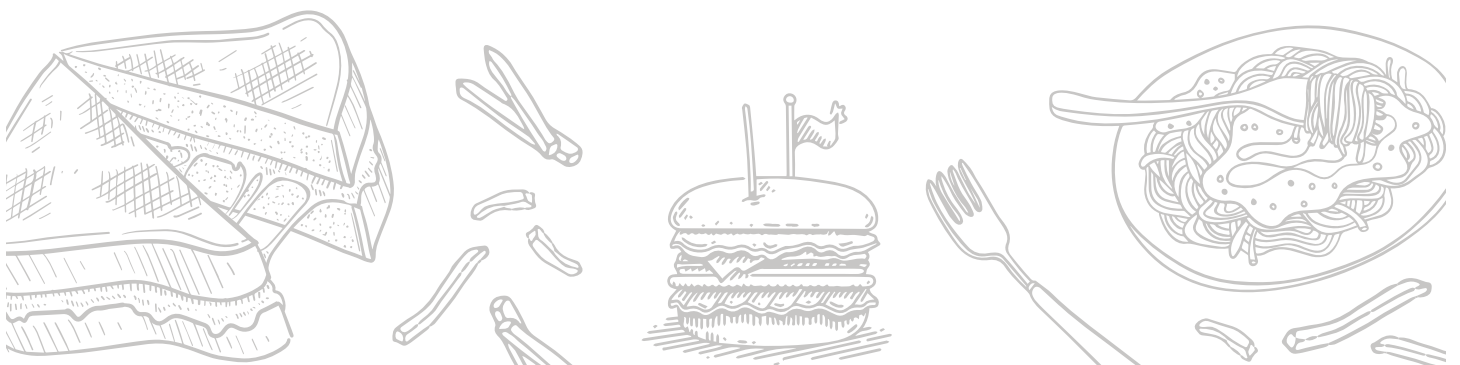
REPLACE YOUR FRIES WITH A POUTINE OR SWEET POTATO FRIES

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
Replace with rosé or Alfredo sauce
GRILLED CHEESE with French fries or steamed veggies
CHICKEN FINGERS (3) with French fries



SHARING PLATE (EXCEPT FOR CHILDREN UNDER 12)

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 20 oz / 20 oz
BOTTLE IMPORTED / IMPORTED

SERVICE BAR

FRESHLY SQUEEZED ORANGE JUICE SMALL / LARGE
ORANGE JUICE SMALL / LARGE
APPLE JUICE SMALL / LARGE
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

ASSORTED DESSERTS

CAKES (SLICE)

PIES (SLICE)