



**B & M**

**LUNCH AND DINNER**



# B & M

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## SOUPS

DAILY SOUP .....  
ONION SOUP AU GRATIN .....

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## APPETISERS

ESCARGOTS ..... GRATINÉ  
GARLIC BREAD ..... GRATINÉ  
SHRIMP COCKTAIL .....  
PIKILIA .....  
SPANAKOPITA .....  
FRIED CALAMARI .....  
FRIED ZUCCHINI & EGGPLANT CHIPS .....

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## 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



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## 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  
ADD \$ FOR GREEK SALAD | ADD \$ FOR GREEK HORIATIKI SALAD

CHICKEN BROCHETTE .....	
SHRIMP BROCHETTE .....	
SALMON BROCHETTE .....	
LAMB BROCHETTE .....	

## SOUVLAKI

SERVED WITH GREEK SALAD, FRENCH FRIES & RICE

LAMB SOUVLAKI PLATE .....	1 STICK .... 2 STICKS
CHICKEN SOUVLAKI PLATE .....	1 STICK .... 2 STICKS
PORK SOUVLAKI PLATE .....	1 STICK .... 2 STICKS
ADD PITA .....	
LAMB PITA SANDWICH .....	
CHICKEN PITA SANDWICH .....	
PORK PITA SANDWICH .....	

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## SEAFOOD

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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 .....

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## CHICKEN DISHES

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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

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## VEAL DISHES

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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

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## VEGETARIAN DISHES

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SERVED WITH VEGETABLES OR YOUR CHOICE OF PASTA AND SAUCE

- EGGPLANT PARMESAN .....
- breaded eggplant with tomato sauce and mozzarella au gratin

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## SMOKED MEAT

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

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## PASTAS

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CHOICE OF PASTA: SPAGHETTI, FETTUCCHINI, LINGUINI OR PENNE

IN TOMATO, ROSÉ, MEAT SAUCE, GARLIC OR PESTO SAUCE .....

CARBONARA WITH BACON IN CREAM SAUCE .....

ARABIATA WITH TOMATO SAUCE AND HOT PEPPERS .....

ALFREDO SAUCE .....

WITH SHRIMPS AND SCALLOPS .....

PRIMAVERA .....

with fresh vegetables

ALL DRESSED .....

with avocado, pesto, black olives and sundried tomatoes

CHOICE OF RAVIOLI (CHEESE) OR TORTELLINI (MEAT)

IN MEAT SAUCE OR TOMATO SAUCE .....

IN ALFREDO OR ROSÉ .....

**GRATINÉ EXTRA** .....

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## BAKED PASTAS

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CHOICE OF: BAKED LASAGNA, SPAGHETTI OR PENNE

WITH MOZZARELLA CHEESE IN TOMATO SAUCE .....

WITH MOZZARELLA CHEESE IN MEAT SAUCE .....

IN PRIMAVERA TOMATO SAUCE .....

with fresh vegetables

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## SANDWICHES

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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-CROUTE”** SANDWICH ONLY

SLICED CHICKEN ..... TUNA OR SALMON .....

B.L.T. ....

**CLASSIC GRILLED CHEESE** .....

served on sourdough bread

**SPINACH AND MOZZARELLA GRILLED CHEESE** .....

served on sourdough bread

**CHEEDAR, BACON AND TOMATOES GRILLED CHEESE** .....

served on sourdough bread

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## BURGERS / HOT DOGS

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

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

**COMPLIMENTARY:** MAYONNAISE, CHIPOTLE MAYONNAISE, DIJON MUSTARD, RELISH, HOT PEPPERS, ONIONS, PICKLES

- ANGUS BEEF BURGER .....
- GRILLED CHICKEN BURGER .....
- VEGGIE PATTY BURGER .....
- NATHAN'S HOT DOG - All beef foot-long.....

### ADD CHEESE

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

### TOPPINGS

- BACON (2) .....
- FRIED EGG .....
- AVOCADO .....
- CARAMELIZED ONIONS .....
- SAUTÉED MUSHROOMS .....
- HOMEMADE CHILI .....
- COLESLAW .....

## COMBOS

CHOICE OF BEEF BURGER, CHICKEN BURGER, VEGGIE BURGER OR HOT DOG

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.) .....

## FRIES / POUTINES

### FRIES

- REGULAR .....
- SWEET POTATO FRIES .....

### ONION RINGS

- ONION RINGS (14) .....

### SAUCE

- GRAVY .....

### POUTINES

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

CHOICE OF CHEESE CURDS OR MOZZARELLA

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## PIZZAS

10"

12"

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

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## SUB MARINES

GARNISHED WITH LETTUCE, TOMATOES AND HOUSE DRESSING

<b>COMBINATION</b> .....	<b>10"</b>	<b>14"</b>
steak, pepperoni, onions, mushrooms and cheese		
<b>VEGETARIAN</b> .....		
onions, peppers, mushrooms and cheese		
<b>STEAK, PEPPERONI AND CHEESE</b> .....		
<b>STEAK AND CHEESE</b> .....		
<b>GRILLED CHICKEN</b> .....		
onions, mushrooms and cheese		

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## CHICKEN WINGS

<b>HOMEMADE CHICKEN FINGERS</b> .....	<b>4 PIECES</b>	<b>7 PIECES</b>
Served with BBQ sauce, fries and coleslaw or salad		
<b>CHICKEN WINGS PLATE</b> .....	<b>10 PIECES</b>	<b>20 PIECES</b>
Served with BBQ sauce, fries and coleslaw or salad		
<b>CHICKEN WINGS ONLY</b> .....	<b>10 PIECES</b>	<b>20 PIECES</b>
Served with BBQ sauce only		
<b>REPLACE YOUR FRIES WITH A POUTINE</b> .....		

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## CHILDREN'S MENU

UNDER THE AGE OF 12

<b>HAMBURGER</b> with French fries .....	
<b>PORK STICK</b> with French fries .....	
<b>CHICKEN STICK</b> with French fries .....	
<b>SPAGHETTI OR PENNE OR RAVIOLI (CHEESE)</b> with tomato or meat sauce .....	
<b>GRILLED CHEESE</b> with French fries or steamed veggies .....	
<b>CHICKEN FINGERS (3)</b> with French fries .....	



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## 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

CREAMSICLE

CARIBBEAN COLADA

BANANA PEANUT BUTTER

## BEERS

DRAFT ..... 12 oz. .... 20 oz.  
BOTTLE ..... DOMESTIC ..... IMPORTED

## SERVICE BAR

FRESHLY SQUEEZED ORANGE JUICE ..... SMALL ..... LARGE  
FRESHLY SQUEEZED GRAPEFRUIT JUICE ..... SMALL ..... LARGE  
ORANGE JUICE .....  
APPLE JUICE .....  
CRANBERRY JUICE .....  
MILK ..... SMALL ..... LARGE  
CHOCOLATE MILK ..... SMALL ..... LARGE  
STEWART'S .....  
TURN YOUR STEWART'S INTO A FLOAT (CREAM SODA, BLACK CHERRY, ROOT BEER) +\$  
SNAPPLE .....  
SAN PELLEGRINO (SODAS) .....  
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 .....  
SOYA MILK EXTRA .....