



B & M

LUNCH AND DINNER



B & M

SOUPS

- DAILY SOUP
- ONION SOUP AU GRATIN

APPETISERS

- ESCARGOTS GRATINÉ
- GARLIC BREAD GRATINÉ
- SHRIMP COCKTAIL
- PIKILIA
- 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



B & M

CHARCOAL GRILLED

SERVED WITH VEGETABLES, CHOICE OF POTATOES, RICE OR SALAD

GREEK STYLE CHICKEN		
CHICKEN FILET		
with mushrooms		
RIB STEAK (AAA)	10 OZ	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		

B & M

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.....

B & M

PASTAS

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

BAKED PASTAS

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

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 TUNA OR SALMON SALAD 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

B & M

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.....

CHILI CHEESE DOG - Nathan’s hot dog, homemade chili, cheddar cheese

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

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		

B & M

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		

CHICKEN WINGS

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		
REPLACE YOUR FRIES WITH A POUTINE.....		

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	

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

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		