

URBAN PRAIRIE CUISINE

BISTRO

APPY'S & SNACKS

Chicken Wings \$9.75

One full pound hot & fresh Wings, choose from Sweet & Spicy,
Honey Garlic, Lemon Pepper & Thai

Sautéed Fresh Mussel's \$10.25

Served in Yellow Thai Curry Saffron Sauce

Manitoba Pickerel Bruschetta \$4.75 small \$7.25 large

Classic Nacho's w/ homemade salsa \$10.50

Baked with loads of Cheese, Tomatoes, Green Onions & Jalapeño

Add: Diced Chicken or Seasoned Beef \$3.50

Trio of Mini Burgers \$9.25

Served three fun styles: Lettuce, Tomato, Pickle & Cheddar,
Blue Cheese & BBQ and Chili Burger

Lemon Shrimp skewers

Double 5 shrimp Skewer's w/ lemon olive oil and Grilled served a top Basmati rice salad w/ olives, peppers,
Lemon Pesto and Pine nuts \$10.25

Classic Escargot Mushroom Duxcelle

Mushroom Caps filled w/ Mushroom duxcelle finished w/ Garlic butter Escargots Finished and baked w/
Garlic Panko bread crumbs Side of Butter Grilled Baguettes \$9.25

Bowl O mussels

Saffron Yellow Thai Cream Mussels w/ julienne of garden veg
Served w/ side of Butter Grilled Baguettes \$10.25

Plate of Sweet and Spicy Sweet potato fries

A special Mix Tossed and served enough to Share \$5.75

Lemon Garlic Butter Mahi-Mahi Cheeks

A simple sauté of garlic, lemon zest and Butter w/ Heaven and served w/ side of Butter Grilled Baguettes
\$7.50

SALADS

Caesar Salad \$4 .75 small \$6 .75 large

Greek Salad \$4 .75 small \$6 .75 large

Add Red Thai curry chicken Skewer

5 Grilled Lemon Shrimp skewer

4 oz Tequila Lime Salmon Skewer \$3.75

Strawberry & Mandarin Salad \$4 .75 small \$6 .75 large

COOKING W CRAIG Papaya and Avocado Salad

Sliced Papaya and Ripe avocado served atop Baby greens Tossed w/ lime cumin papaya dressing

Must try from cooking class \$5.25 \$7.75 Large

Baby Greens & Beef tenderloin Salad

Four slices of Beef, lemon drizzle, Parmesan, red wine glaze finished w/ Julienne of Garden veggies with

Truffle Baby Green \$5 .25 small \$10 .75 large

4 oz Wine Poached BC Salmon Filet

Served w/ orange fig vinaigrette, toasted pine nuts, Bacon Lardons, and Olive marinated Baby Red Potatoes

Tossed w/ baby crisp greens \$14.50

Taco Salad served w/Sliced Crisp Taco Slices

Finished w/ Green onion, diced tomato, Sliced Jalapeño's, sliced avocado tossed w/ home made Salsa

Vinaigrette topped w/ julienne of Taco slices \$7.75

Add Taco Beef \$3.50

PASTA

Classic Meat Lasagna topped w/ Savory meat sauce and parmesan cheese

Baguette style Garlic Toast...\$8.00

Veggie Lasagna w/ rose Tomato Sauce

Baguette style Garlic Toast...\$7.50

SANDWICHES ENTRÉE & BURGERS

Soup of the Day \$2 .50 cup \$2 .95 bowl

New York Steak Sandwich \$14 .95
Served on Garlic Bread and topped with Mushroom Gravy

6 oz Bison Burger \$9 .50
Topped with Mushrooms and Cheddar Cheese

6oz All Beef Burger \$7 .95
With Lettuce, Tomato, Pickles & Onions

Crispy Chicken Caesar Wrap \$8 .50
Wrapped with House Made Dressing, Lettuce & Tomatoes

Asian Style Chicken Stir Fry Wrap \$8 .50

All choices come with a choice of Fries, Sweet Potato Fries, Caesar Salad,
Tossed Salad or Mini Greek salad

Two Rashers Bacon	\$1 .45	Add Sautéed Mushrooms	\$2 .00
Add Bothwell Cheddar Cheese	\$1 .25	Add Sliced Avocado	\$2 .25

Home Made Meatloaf \$9.50
Served w/ wild mushroom Sauce and Potato & veg of the day

Classic Butter Chicken \$8.50
Traditional East Indian Dish served side of Basmati rice and Veg of the Day

Caramelized Chicken Thighs \$8.50
Baked Chicken Thigh's w/ soy brown Sugar & fish sauce
Side of veg and Potato

Poached BC Salmon 6 oz \$10.95
Served w/ orange Fig Cream Sauce veg and potato of the day

Garlic Baked Mahi-Mahi Cheeks \$11.50
Baked Garlic Butter Baked Cheeks served w/Truffled Cream Sauce and Escargot's
Served w/ veg and potato of the day