



METCALFE FARE

BAR & GRILL

BREAKFAST

Available Monday to Thursday 9am to 12 pm
& Friday to Sunday 8am - 2pm

All Breakfast are served with choice of: Home fries or tomato slices,
choice of toast and coffee or tea.

Bagel & Cream Cheese \$4.50

Basic Breakfast \$8.75

Two eggs any style,
choice of: bacon, ham or sausage

Fare Breakfast \$16.99

Three eggs any style, includes bacon,
ham and sausage

Eggs Benedict \$14.99

Two poached eggs on a toasted
English muffin, with a rich hollandaise
sauce. Choice of ham, smoked meat,
tomato or mushroom.

Cheese Omelet \$12.99

Add onions, green pepper, tomato,
bacon, sausage, or ham for \$0.99

Breakfast Poutine \$11.99

Homefries and hollandaise sauce
topped with a poached egg

The Alexandria \$14.99

Savory potato, tossed with sausage,
peppers, onions, and scrambled
eggs, topped with cheese & oven baked

Classic French Toast \$10.99

Fresh bread dipped in egg batter
topped with fresh fruit

Berry Crisp

French Toast \$15.99

Panko coated French toast with berries,
raspberry coulis, crème anglais, and
whipped cream

Nutella Banana Crisp

French Toast \$15.99

Panko coated French toast with Nutella,
banana and crème anglais, and
whipped cream



**PROUD OWNER
OF THE
METCALFE JETS
Jr. Hockey Team**

BREAKFAST SANDWICH

Western Sandwich \$6.00

Scrambled egg, diced ham, onion, and sweet peppers

Metcalfe Muffin \$6.00

Fried egg with cheddar cheese and bacon on an English muffin

BLT \$6.00

Bacon, lettuce & tomato sandwich with mayo

EXTRAS

1 egg **\$1.50** • Bacon (3 pcs) **\$3.00** • Ham (2 pcs) **\$3.00**
Sausage (3 pcs) **\$3.00** • Toast or Eng. Muffin **\$2.00**
Bagel **\$2.00** • Fruit Plate **\$5.00** • Home Fries **\$3.00**

APPETIZERS

Soup of the Day \$6.25

Our Chef's creations made daily

Homemade Fries \$7.99

Fresh cut fries

Sweet Potato Fries \$9.99

Served with chipotle mayo

Onion Rings \$9.99

Served with house dressing

Deep Fried Pickles \$11.99

Served with house dressing

Deep Fried Zucchini \$12.99

Served with garlic dip and a lemon wedge

Mozzarella Sticks \$12.99

Mozzarella lightly battered in a crisp shell served with marinara sauce

Chicken Wings (Breaded or baked)

1 lb. \$13.99 2 lb. \$23

Your choice of sauce: BBQ, Medium, Hot, Suicide, Honey Garlic, Cajun Dusted, Lemon Pepper, Salt & Pepper, Mango Habanero, Siracha Lime, Sweet Thai Chili

Served with one sour cream

Additional dip \$0.99

Fare Nachos \$13.99

Corn chips, cheese, tomatoes and green onions, served with side sour cream and salsa

Add chicken or beef \$5

Add guacamole \$3

Loaded Potato Skins \$12.99

Potato shell with cheddar mixed cheese, bacon and green onion served with sour cream

Calamari \$13.99

Lightly battered and deep fried with banana peppers served with chipotle mayo

Garlic Bread With Cheese \$10.99

Add bacon \$3.00

Sliders \$12.99

Three pulled pork or beef patty mini burgers

Bruschetta \$13.99

Mussels \$14.99

Served in a white wine cream or classic tomato sauce with garlic bread

Tzatziki and Hummus Dip \$13.99

Served with warm garlic pita wedges

Egg Rolls \$1.75 each

Served with plum or soy sauce

APPETIZER COMBINATION PLATTERS

Not served between 11am-2pm and 6pm-8pm.

No substitutions.

3 App Combo \$14.99

Chicken Wings, Deep Fried Zucchini, and Deep Fried Pickles

5 App Combo \$19.99

Chicken Wings, Deep Fried Zucchini, Deep Fried Pickles, Mozzarella Sticks, and Egg Rolls

Served with 3 dips / Each additional dip \$.99

SALADS

House Salad \$11.99

Spring mix with tomato, red onion and cucumber served with choice of dressing

Caesar Salad \$11.99

Romaine lettuce tossed with Caesar dressing, bacon, croutons and parmesan cheese

Cobb salad \$14.99

Spring mix, bacon, chicken, boiled egg, avocado, cheese, and dressing

Greek salad \$14.99

Romaine lettuce, cucumber, feta cheese, black olives, tomato, and red onion

Beet Salad \$14.99

Spring mix, slices of beets, red onions, candied walnuts and mandarin slices with a house made citrus dressing

POUTINE & MAC N' CHEESE

Regular Poutine \$10.99

Add-ons \$0.99

Bacon, onion, tomato, sausage, pepperoni, jalapeño, ham, smoked meat, chicken and beef

Mac n' Cheese \$10.99

Add-ons \$0.99

Bacon, onion, tomato, sausage, pepperoni, jalapeño, ham, smoked meat, chicken and beef

ADD TO CHOICE SALAD

chicken breast \$5 • grilled steak \$5 • salmon fillet \$7

MAIN FARE

All mains served with vegetables & choice of side:
Mashed potatoes, baked potato, fresh cut fries, sweet potato fries, seasonal vegetables, steamed rice, or Caesar salad. Additional side \$1.99

8 oz Top Sirloin \$21.99

Cooked to your liking

Meatloaf \$16.99

Slow roasted beef wrapped in bacon, served with a mushroom gravy

Liver and Onions \$16.99

Served with bacon and onions with a rich homemade gravy

Fingers & Fries \$16.99

Signature chicken fingers, lightly breaded, fried to a golden crisp, served with fries

Ginger Tofu Stir Fry \$16.99

Carrots, snow peas, peppers and tofu stir fried in a ginger honey soy sauce, served on a bed of rice

Chicken Picatta \$17.99

Chicken medallions cooked in a white wine, lemon and butter sauce. served with rice and vegetables

BURGERS

All burgers made in-house. Come dressed with onion, lettuce and tomato and served with fries.
Additional patty \$6, bacon \$3 Cheddar cheese \$2. Vegetarian patties can be substituted for any burger
Substitute for Caesar salad, garden salad, onion rings, rice, mashed potatoes or sweet potato fries \$1.99

All Beef \$13.99

add Bacon & Cheese \$15.99

*Seasoned with our spice blend.
Add extra beef patty \$6*

The 4 B Burger \$16.99

Bacon, Bourbon BBQ sauce, and cheddar cheese

Morning Glory Burger \$16.99

Our bacon cheeseburger topped with a fried egg

The Mexico Burger \$16.99

Served with guacamole, salsa, jalapeños, and cheddar cheese

Raging Bull Burger \$24.99

2 Beef patties, cheddar, Swiss, jalapeño peppers, onion rings, bacon, pickle in a jalapeño garlic aioli

Grilled Chicken Burger \$16.99

Served with melted brie, cranberry mayo

Buffalo Chicken Burger \$16.99

Breaded chicken breast tossed in hot sauce with blue cheese

Veggie Burger \$15.99

You won't believe it's not a hamburger patty and house made garlic sauce and cheddar cheese

SANDWICHES & WRAPS

All served with fries. Substitute for Caesar salad, garden salad, onion rings, rice, mashed potatoes or sweet potato fries \$1.99

Fare chicken sandwich \$16.99

Grilled chicken breast, Cajun spice, lettuce, tomato, cheddar cheese and chipotle mayo

Club Sandwich \$15.99

Traditional club with marinated chicken, lettuce, tomato and bacon on choice of bread

Steak Sandwich \$16.99

5oz steak cooked to preference on garlic bread with sautéed mushrooms and onions

Smoked Meat Sandwich \$15.99

On marble rye, served with coleslaw add Swiss cheese \$1.50

Donair Wrap \$14.99

Gyro meat, lettuce, tomato and our house made garlic dip

Reuben Sandwich \$16.99

Smoked meat, topped with sauerkraut, Swiss cheese, and a creamy Thousand Island dressing on marble rye and served with coleslaw

Meatball Sandwich \$15.99

House made meatballs, mozzarella cheese, tomato sauce on a toasted baguette

Pulled Pork Sandwich \$15.99

BBQ pulled pork topped with house made coleslaw on a ciabatta bun

Buffalo Chicken Wrap \$15.99

Spicy chicken, lettuce, tomato, and cheese with a house sauce

Chicken Caesar Wrap \$14.99

Crisp romaine lettuce, bacon, Parmesan, and grilled chicken with a creamy Caesar dressing (want it spicy, just ask)

Veggie Sandwich \$15.99

Grilled portobello mushroom, red pepper, and zucchini with brie and pesto mayo

Greek Chicken Wrap \$15.99

Lettuce, tomato, chicken, feta cheese, black olives and tzatziki sauce

PIZZA

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Plain	\$9.00	\$13.00	\$20.00
<i>Sauce cheese only</i>			
1 Ingredient	\$10.25	\$14.00	\$21.00
2 Ingredients	\$11.25	\$16.00	\$22.25
Combination	\$12.25	\$17.00	\$24.00
<i>Pepperoni, mushroom & green pepper</i>			
Meat Lovers	\$13.50	\$18.00	\$25.00
<i>Pepperoni, sausage, ham & bacon</i>			
Canadian	\$13.50	\$18.00	\$25.00
<i>Pepperoni, mushroom & bacon</i>			
Veggie	\$13.50	\$18.00	\$25.00
<i>Mushroom, olive, green pepper & onion</i>			
Hawaiian	\$12.25	\$17.00	\$24.00
<i>Ham & Pineapple</i>			
BBQ Chicken Pizza	\$13.50	\$18.00	\$25.00
<i>BBQ pulled chicken, red onion & BBQ sauce</i>			
Sausage & Pepper	\$13.50	\$18.00	\$25.00
<i>Italian sausage & hot cherry pepper</i>			
The Quinns	\$13.50	\$18.00	\$25.00
<i>Pepperoni, green olive & hot cherry peppers</i>			
Chefs Special	\$14.00	\$19.00	\$26.50
<i>Smoked meat, mushroom, green pepper, onion and hot pepper</i>			
Extra Toppings	\$1.75	\$2.50	\$4.00
<i>Toppings: extra cheese, onion, green peppers, mushrooms, olives, tomatoes, pineapples, ham, pepperoni, Italian sausages, bacon, cherry peppers, jalapeños, and green onions</i>			

SOUTH OF THE BORDER

Quesadilla \$12.99

Mixed cheese, green onions, tomatoes and jalepenos in a flour tortilla. Served with sour cream and salsa.
Add chicken or beef \$5, Guacamole \$3

Fajitas

1 Person \$18.99 2 Person \$38.99 4 Person \$56.99

Chicken, beef or shrimp served with sautéed onions, lettuce, peppers, cheese, sour cream, pico de gallo, and warm tortillas.
Add guacamole \$3

Fare Tacos \$13.99

Soft taco shells with grilled steak, pico de gallo, avocado, cheese, lettuce and sour cream served with a house salad and choice of medium. Hot, siracha or habanero sauce

PASTAS

All pasta dishes are served with garlic bread

Fettuccine Alfredo \$15.99

Fettuccine served in a creamy house made sauce and topped with parmesan cheese
Add Chicken \$5, & Shrimp \$5 add Salmon \$7

Manicotti Florentine \$16.99

house made manicotti stuffed with spinach and ricotta, baked with cheese and a rose sauce

Baked Spaghetti \$16.99

Spaghetti tossed in a rich meat sauce topped with mozzarella & cheddar cheese & oven baked.

Spaghetti & Meatballs \$17.99

Spaghetti tossed in a tomato basil sauce with our signature meatballs

Chicken Parmesan \$16.99

Breaded chicken baked with a tomato basil sauce and mozzarella served with spaghetti

UNDER THE SEA

Fish tacos \$15.99

Fresh battered cod , pico de gallo , lettuce with our house made lime garlic aioli sauce, served with choice of side and coleslaw

Shrimp tacos \$15.99

Battered Bam Bam Shrimp, pico de gallo, lettuce with our house made mango habanero aioli. Served with choice of side and coleslaw

Fish and Chips

1 Piece \$14.99 2 Piece \$18.99

Fresh battered cod fried golden brown and served with our house made coleslaw and tartar sauce

Grilled Salmon \$18.99

Choose from lemon pepper or Cajun, served with rice and vegetables