

The Buell Street Bistro

Gluten Free Menu

Please inform your server of any allergies. Thank you & Bon Appétit!

Soups & Salads

Soup du Jour - please ask your server for today's freshly made selection \$8

Bistro Bouquet Salad - artisan lettuce garnished with tomato, cucumber, carrots, bell peppers & radishes with a side of citrus herb vinaigrette \$8.50 / \$16

Caesar Salad - homemade dressing, bacon bits, Asiago \$9 / \$17

Mediterranean Beet Salad - Spicy pickled golden beets with tomato, peppers, cucumber, red onions, marinated feta, and citrus herb vinaigrette \$11 / \$18

Add marinated chicken breast to any salad for \$9

Add a pan seared salmon fillet \$14 or 5 garlic tiger shrimp for \$12

Starters

Warm Gluten Free bun - Brushed with herb-garlic butter \$4

Olives - herb marinated Black and green olives \$4

Baked Brie - 5 ounces of brie cheese brushed with maple syrup and rolled in ground walnuts; topped with savoury peach chutney; served with GF Bread \$14.75

Classic Escargot - sautéed with parsley and garlic butter; topped with Swiss Cheese au gratin; Served with GF Bread \$13.50

Extra sauce / dressing / aioli / \$2 — Extra Cheese \$3

Entrees

Quinoa Power Bowl \$22

Seasoned ancient grain quinoa served chilled with chick peas, cucumber, avocado, scallions, peppers, tomatoes; sprinkled with fresh herbs and our power seed blend.

Add chicken breast \$9 / Add 5 garlic shrimp for \$12

Seafood Fettuccini \$31

Gluten Free pasta sautéed with tiger shrimp, sea scallops, salmon, zucchini, onions, mushrooms, peppers and a white wine cream sauce topped with Asiago cheese

Vegetarian version available without seafood for \$20

Indo Stir Fry \$29

A stir fry of basmati rice, chicken breast, black tiger shrimp, seasonal vegetables coconut cream and our signature house-made curry blend; topped with sesame seeds.

Ask for it mild, medium or hot!

Seafood Thermidor \$30

Scallops and shrimp nestled on a fillet of Pacific snapper surrounded by thermidor sauce (red onions, mushrooms, white wine, cream and a touch of Dijon) topped with melted Swiss cheese. Served with basmati rice and fresh vegetables

Pesto Salmon \$29

Broiled fresh Atlantic Salmon fillet topped with almond-basil pesto served with basmati rice and fresh sauteed vegetables

Ontario Pork \$27

Orange marinated butterflied pork tenderloin grilled to medium well served with creamy garlic mashed potatoes, fresh vegetables and tangy peach chutney

Stuffed Chicken \$28

Oven cooked supreme of chicken with prosciutto and white cheddar stuffing served with roasted potatoes, fresh vegetables and green apple coconut milk sauce

New York Striploin Steak 8 oz \$34 / 10 oz. -\$38

Center cut AAA beef grilled to your specifications served with roasted potatoes Provencal, fresh vegetables and peppercorn sauce

Add 5 garlic shrimp for \$12 / Add sautéed mushrooms or onions for \$7

Prices do not include HST