

The Buell St. Bistrot

27 buell Street, Brockville, 613-345-2623
Market Garden and Mediterranean Cuisine
using fresh local produce whenever possible.



Gluten free menu

Salads



Our homemade house dressing is a red wine cranberry vinaigrette;
We also offer blue cheese, raspberry vinaigrette & ranch (all gluten free)

Bistro Bouquet - romaine garnished with fresh vegetables - \$5.50 / \$10

Caesar Salad - homemade dressing, bacon bits, Parmesan (ask for no croutons)

Chunky Greek Salad - tomatoes, sweet peppers, cucumbers, red onion, feta, olives

Baby Spinach Salad - spinach, bacon, egg, red onion, mushrooms, sunflower seeds

\$6.50 / \$11

Add marinated chicken breast to any salad for an additional \$5
Add a fresh salmon fillet (plain or Cajun) to any salad for an additional \$8



Homemade Soup

Please ask your server if today's soup of the day is gluten free - \$5

Starters

Pecan Baked Brie - 5 ounces of creamy Brie cheese brushed with maple syrup & rolled in ground pecans; topped with mango chutney & served with rice crackers - \$9

Mediterranean Platter - red pepper humus, tzatziki and curried Mango chutney garnished with an assortment of vegetables and rice crackers - \$10

(Starters continued on next page)

Smoked Salmon - tender Norwegian salmon with capers, red onions and a citrus cream served on a bed of greens - \$10



Red Thai Prawns - Three jumbo prawns jump fried with ginger, fresh garlic, red Thai curry and white wine - \$10

Mussels

One pound of fresh P.E.I. mussels;
appetizer or main course portion...

Mariniere - white wine , shallots, fine herb -\$9.50 / \$15

Bistro - shallots, wine, cream, parsley, Dijon - \$9.50 / \$15

Mediterranean - sundried tomatoes, shallots, peppers,
Fresh roasted garlic, white wine, cream \$9.50 / \$15.50



Seniors portions are available **upon request** for main courses at a 10% discount
(Seniors discounts are not available on the daily specials or festival menu items)

Pasta & Stir-frys (lunch and dinner)

Indian Garden Stir-fry - Rice sautéed with vegetables, chick peas, garlic, ginger, coconut milk and curry; sprinkled with sesame seeds - \$14

Indonesian Stir-fry - chicken and jumbo prawns sautéed with seasonal vegetables & curried rice; topped with sesame seeds. Ask for it mild, medium or Hot! - \$19

Pastas can be created using Brown rice noodles with 4 hours notice

Magnifico - rice noodles sautéed with spinach, sundried tomato, onions, zucchini, mushrooms, garlic, Parmesan and tomato cream sauce - \$15
with marinated chicken breast strips - add \$5

Seafood Fettuccini - jumbo prawns, sea scallops, salmon, zucchini, mushrooms, peppers & onions sautéed with rice noodles in a white wine cream sauce topped with Parmesan - \$19

Dinner Entrees (not available at lunch)

Served with fresh sautéed vegetables and choice of baked potato, cheddar topped mashed potato, rice pilaf, roasted potatoes Provencal or French fries

Chicken Breast - marinated boneless prime chicken with spiced mango sauce - \$16

Cedar Plank Salmon - Atlantic salmon fillet cooked on an aromatic cedar plank
Served with a white wine butter sauce. Choose from the following :

Canadian - with maple syrup glaze and pecan crust -\$19

Asian - with exotic spices, sesame seeds, coriander & lemon - \$19

Fillet Mignon - 7 ounces of classic bacon wrapped beef tenderloin;
Sprinkled with blue cheese crumbles and walnuts - \$25

Tandoori Pork - braised pork tenderloin marinated in fragrant
Tandoori Masala seasonings served with tzatziki sauce - \$19

A gluten free red wine sauce is available for the following meat entrees with four hours notice.

Certified Black Angus Striploin Steak - center cut
"triple A" beef grilled to your specifications;
8 oz. - \$21 10 oz. - \$24 12 oz. - \$27 14 oz. - \$30



Muscovy Duck Breast - seasoned with lemon pepper
and roasted to a perfect rose. - \$24



Lamb Top Sirloin - 9 oz. of Australian lamb lightly
marinated in lemon, garlic, herbs and olive oil.- \$23

Surf and Turf - 4 sautéed jumbo prawns and a grilled 8 ounce
New York steak served with garlic butter - \$30.50

Available Lunch Only

Monday to Friday 11AM to 4PM

Bistro Cheeseburger A 6 ounce grilled top sirloin patty topped with melted cheddar, lettuce, tomatoes, onions, mustard and relish served on a brown rice bun with choice of salad or fries - \$11 (w/bacon-\$12.50)



Steak Frites - Grilled 7 oz. Black Angus "triple A" sirloin steak grilled to your specifications; served with home cut French fries and red wine sauce - \$17

Catch of the day - See our specials board for today's selection. Please check with your server to make sure that today's sauce selection is gluten free.

Our homemade herbed tomato sauce is always available and is gluten free

Gluten Free Desserts

Decadent Chocolate torte

Crème Brulee

Tartuffo

Crème de Menthe Parfait



Please note that gratuity of 15% may be added to parties of 10 or more.

View our Specials board for our fantastic Lunch features and wonderful two course dinner specials.

Thank you for choosing the Buell Street Bistro.

Visit us on line at: buellstreetbistro.com

Prices do not include HST