

# BISTRO MENU

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MAYFAIR WEST

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## BREAKFAST

MONDAY–SUNDAY UNTIL 1 PM

### MAYFAIR BREAKFAST

\$13.00

768 CAL

3 eggs, with your choice of bacon (3 pcs), ham (3pcs), or sausage (3 pcs), home fries, side salad, or sliced tomato (2 pcs) and your choice of toast.

### MEAT LOVERS BREAKFAST

\$20.00

818-845 CAL

2 eggs, bacon (2 pcs), sausage (2 pcs), and ham (2 pcs), home fries or side salad and your choice of toast.

### KETO PLATE

\$23.00

531 CAL

2 eggs, spinach, salsa, bacon strips, avocado, feta, seasonal fruit, walnuts.

### STEAK AND EGGS BREAKFAST

\$27.50

1028-1055 CAL

Grilled steak (8 oz) paired with 2 eggs, home fries or side salad, served with sourdough bread and a slice of orange.

### BREAKFAST WRAP

\$20.00

663- 690 CAL

Hearty burrito with scrambled eggs, bacon, jalapeño, onions, bell peppers & cheese. Served with home fries or side salad.

### MEDITERRANEAN OMELETTE

\$23.00

660-687 CAL

Open-faced 3 egg omelette with peppers, onions, tomatoes, and feta, served with naan, olives, and your choice of home fries or side salad.

### BUILD IT YOUR WAY

#### BUILD YOUR OWN OMELETTE

\$18.00

649-676 CAL

3 egg omelette served with home fries or side salad and toast. Includes your choice of 3 toppings:

Cheese 113 CAL

Mushroom 5 CAL

Ham 35 CAL

Bell Peppers 11 CAL

Bacon 55 CAL

Onions 11 CAL

Jalapeño 4 CAL

Spinach 7 CAL

Tomatoes 5 CAL

Turkey Sausage 44 CAL

ADD EXTRA TOPPINGS (AFTER 3)

\$2.50 ea

ADD SMOKED SALMON | 99 CAL

\$6.00

*Fuel your breakfast with a fresh smoothie or specialty coffee. Please see our separate menus.*

### LIGHT & SWEET

#### TOASTED BAGEL

Butter | 236 CAL

\$3.70

Cream Cheese | 260 CAL

\$5.99

Jam or Peanut Butter | 271-447 CAL

\$3.99

ADD SMOKED SALMON | 99 CAL

\$6.00

ADD CAPERS | 1 CAL

\$1.00

#### FRIED EGG BAGEL SANDWICH

\$12.00

412 CAL

Fried egg, bacon, cheddar, mayo, lettuce and tomato on toasted everything bagel.

#### LIGHT BREAKFAST

\$12.50

251 CAL

2 eggs, seasonal fruit salad or side salad and your choice of toast.

*Mayfair Clubs Bistro cannot guarantee the complete absence of cross-contamination, particularly for severe allergies. Please inform your server of any allergies or dietary restrictions.*

MAYFAIR WEST

GF Gluten-Free | VG Vegetarian | V Vegan

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## BREAKFAST

MONDAY–SUNDAY UNTIL 1 PM

### LIGHT & SWEET

#### WESTERN SANDWICH

\$14.00

553 CAL

Scrambled eggs mixed with peppers, onions and ham, layered with cheddar cheese on sourdough bread.

#### AVOCADO TOAST VG

\$16.00

572-744 CAL

1 slice of sourdough/rye bread, topped with avocado, red onions, tomatoes, feta with balsamic reduction. Served with home fries or side salad.

#### FRUIT BOWL VG | V | GF

\$11.00

98 CAL

A selection of fresh seasonal fruit.

#### OATMEAL VG | V

\$11.00

530-652 CAL

A bowl of oatmeal topped with fresh berries, and a sprinkle of cinnamon sugar. Served with maple syrup. Made with your choice of water or 2% milk.

ADD PROTEIN POWDER | 140 CAL

\$2.50

ADD ALMOND SLIVERS | 160 CAL

\$1.00

#### PANCAKES

\$13.00

340 CAL

3 fluffy buttermilk pancakes served with maple syrup and butter.

Blueberry

\$1.00

32 CAL

Chocolate

\$1.00

300 CAL

Banana

\$1.00

50 CAL

Protein Powder

\$2.50

140 CAL

Strawberry

\$1.00

18 CAL

#### FRUIT GRANOLA PARFAIT VG

\$13.00

549 CAL

Greek yogurt topped with strawberries, blueberries, Harvest Crunch, almonds. Served with honey on the side.

ADD PROTEIN POWDER | 140 CAL

\$2.50

#### FRENCH TOAST

\$14.00

512 CAL

French toast (3 pcs) topped with powdered sugar. Served with maple syrup and garnished with fresh berries.

### BREAKFAST SUBSTITUTIONS

Rye Bread

\$1.00

146 CAL

Bagel

\$1.00

200 CAL

Side Fruit Bowl

\$3.00

60 CAL

Sourdough

\$1.00

164 CAL

Gluten-Free Bread

\$1.50

80 CAL

Egg Whites

\$1.50

17 CAL

## STARTERS & SHAREABLES

#### SOUP OF THE DAY

\$10.00

140-280 CAL

Soup (10 oz) made fresh in-house each day, served with 2 pieces of warm garlic bread.

#### LIMA BEAN STEW VG

\$14.00

617 CAL

Our signature recipe is served with naan.

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## STARTERS & SHAREABLES

### FRENCH FRY BASKET **VG**

705-795 CAL

Golden fries served hot and crispy in a basket.

**\$12.00**

### HUMMUS & PITA **V**

675 CAL

Homemade Mediterranean hummus served with naan & veggie sticks.

**\$15.00**

### POUTINE **VG**

942 CAL

A hearty dish of golden fries, layered with cheese curds and topped with a generous pour of rich vegetable gravy.

**\$13.00**

### CHICKEN FINGERS

1461 CAL

5 chicken fingers served with fries or side salad and plum sauce.

**\$18.00**

ADD 4OZ CRISPY CHICKEN 240 CAL

**\$6.00**

ADD 4OZ MINCED BEEF 208 CAL

**\$6.00**

### SWEET POTATO FRIES **VG**

605 CAL

Savory & crisp fries straight from a sweet potato. Served with a side of chipotle aioli.

**\$14.00**

### CHICKEN WINGS **\$21.00**

1764 CAL

1 pound of traditional wings tossed in your choice of sauce. Served with fries and veggie sticks & ranch.

Smokey BBQ

Hot Honey

Buffalo (Medium)

Lemon Pepper

Honey Garlic

Salt n' Pepper

### CLASSIC TACOS - YOUR CHOICE OF 1 (3 PCS) **\$18.00**

#### CHICKEN

642 CAL

Chicken, lettuce, tomato, red onion, cheese, flour tortilla.

#### BEEF

633 CAL

Ground beef, lettuce, tomato, red onion, cheese, flour tortilla.

#### SHRIMP

828 CAL

Shrimp, lettuce, tomato, red onion, cheese, flour tortilla.

#### MUSHROOMS **VG**

495 CAL

Mushroom, lettuce, tomato, red onions, cheese, flour tortilla.

### BISTRO NACHOS **\$23.00**

954 CAL

Tri-colour tortilla chips topped with melted cheese blend, tomatoes, red onions, bell peppers, jalapeños and lettuce. Served with sour cream & salsa. Extra sour cream, ranch, salsa 20-120 CAL **\$2.00**.

#### ADDITIONAL TOPPINGS

Chicken (4 oz)

189 CAL **\$6.00**

Beef (4 oz)

332 CAL **\$6.00**

Guacamole (4 oz)

348 CAL **\$5.00**

Extra Cheese

223 CAL **\$2.50**

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## SALADS & BOWLS

### SALADS

#### PROTEIN ADD-ONS

|                                          |                                         |
|------------------------------------------|-----------------------------------------|
| CHICKEN (6 oz)<br>217 CAL <b>\$10.00</b> | SALMON (6 oz)<br>327 CAL <b>\$12.00</b> |
| SHRIMP (6 PCS)<br>220 CAL <b>\$12.00</b> | STEAK (8 oz)<br>680 CAL <b>\$16.00</b>  |

#### HOUSE SALAD **V** **S \$13.50 L \$16.00**

SMALL 75 CAL | LARGE 298 CAL

Crisp romaine lettuce served with tomatoes, bell peppers, cucumbers, and onions. Served with our balsamic dressing.

#### CAESAR SALAD **S \$14.50 L \$17.00**

SMALL 253 CAL | LARGE 502 CAL

Crisp romaine lettuce, croutons and Parmesan tossed in our Caesar dressing.

**ADD BACON** 103 CAL **\$2.50**

#### GREEK SALAD **VG** **S \$14.50 L \$17.00**

SMALL 198 CAL | LARGE 392 CAL

Crisp romaine lettuce, Kalamata olives, cucumbers, tomatoes, pepper, onions, and feta cheese. Served with Greek dressing.

#### HOUSE PROTEIN SALAD **GF** **\$24.00**

298 CAL

Romaine and baby spinach topped with grilled chicken breast (6 oz), hard-boiled egg, bacon, tomato, onion, and feta cheese. Served with our Greek dressing.

#### ARUGULA SALAD **GF** **\$20.00**

363 CAL

Arugula, topped with orange segments, cranberries and almond slivers. Served with balsamic vinaigrette.

### POWER BOWL **\$14.00**

#### CHOICE OF BASE

Shredded Lettuce 15 CAL • White Rice 206 CAL  
Brown Rice 216 CAL • Quinoa 222 CAL

#### CHOICE OF ADD-ONS

INCLUDES YOUR CHOICE OF 3 TOPPINGS  
ADD EXTRA TOPPINGS (AFTER 3) \$2.50 EACH

|                      |                                    |
|----------------------|------------------------------------|
| Feta Cheese 150 CAL  | Bacon Bits 56 CAL                  |
| Mixed Cheese 220 CAL | ½ an Avocado 144 CAL <b>\$4.00</b> |
| Parmesan 225 CAL     | Hummus (2 oz) 93 CAL <b>\$3.50</b> |
| Cucumbers 8 CAL      | Almond Slivers 160 CAL             |
| Diced Tomato 10 CAL  | Separate Seed Mixture 260 CAL      |
| Bell Peppers 21 CAL  | Dry Roasted Sunflower Seeds        |
| Red Onions 22 CAL    | Pumpkin Seeds                      |
| Strawberries 18 CAL  | Dried Cranberries                  |
| Blueberries 32 CAL   |                                    |
| Romaine 55 CAL       |                                    |

#### CHOICE OF PROTEIN

|                                  |                |
|----------------------------------|----------------|
| Eggs (Any Style) (2 pcs) 143 CAL | <b>\$5.00</b>  |
| Tofu (4 oz) 86 CAL               | <b>\$5.00</b>  |
| Grilled Chicken (6 oz) 217 CAL   | <b>\$10.00</b> |
| Salmon (6 oz) 327 CAL            | <b>\$12.00</b> |
| Steak (8 oz) 680 CAL             | <b>\$16.00</b> |
| Scoop of Tuna (5 oz) 215 CAL     | <b>\$9.00</b>  |
| Shrimp (6 pcs) 220 CAL           | <b>\$12.00</b> |

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## CRAFTED HANDHELDS

ALL SERVED WITH FRIES OR SIDE SALAD. SUBSTITUTE FRUIT \$3.50.

### WRAPS

#### CHICKEN CAESAR WRAP \$19.00

795-1035 CAL

Crispy chicken, romaine lettuce, Parmesan cheese, and creamy Caesar dressing. Wrapped in a whole wheat tortilla.

#### BUFFALO CHICKEN WRAP \$19.00

729-1032 CAL

Crispy chicken tossed in buffalo sauce with lettuce, tomato, mixed cheese and ranch dressing. Wrapped in a sun-dried tortilla.

#### SOUTHWEST CHICKEN WRAP \$19.00

876-1170 CAL

Grilled chicken breast with sautéed bell peppers, onions, lettuce and cheese. Wrapped in a sun-dried tortilla with chipotle aioli.

#### VEGETABLE AVOCADO WRAP **VG** \$18.00

407-737 CAL

Garden vegetables, sliced avocado, feta, and lettuce. Wrapped in a whole wheat tortilla with jalapeño lime aioli.

ADD CHICKEN (4 OZ) 189 CAL \$6.00

### BURGERS & SANDWICHES

#### BISTRO BURGER \$18.00

1062 CAL

Classic beef patty (6 oz) served on a brioche bun. Topped with lettuce, onion, tomato, and pickles.

#### ADDITIONAL TOPPINGS

Sautéed Mushrooms 43 CAL \$2.50

Bacon 103 CAL \$2.50

Cheese 113 CAL \$2.50

Swiss Cheese 106 CAL \$2.50

#### SUBSTITUTIONS

SWEET POTATO FRIES 313 CAL \$3.00

CAESAR SALAD 125 CAL \$4.00

#### BLACK BEAN BURGER **VG** \$20.00

1025 CAL

Grilled veggie patty with sautéed mushrooms, avocado, lettuce, onions and tomato and pickle. Topped with jalapeño lime aioli.

#### CLASSIC BLT \$16.00

429-872 CAL

Bacon, lettuce, tomato, and mayo. Served on your choice of toast.

#### MAYFAIR CHICKEN CLUB \$20.00

725-1155 CAL

Grilled chicken breast, crispy bacon, lettuce, tomato, and mayo. Served on your choice of toast.

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## ENTRÉES

### CHICKEN SOUVLAKI DINNER

\$23.00

905 CAL

Grilled marinated chicken skewers (2 pcs) served with brown rice, Greek salad and tzatziki sauce.

### JERK CHICKEN

\$23.00

665-674 CAL

Marinated boneless chicken thighs (8 oz) grilled to perfection and served with brown rice and house salad.

### GRILLED SALMON

\$31.99

642-832 CAL

Grilled Atlantic salmon (6 oz), seasoned with lemon herb, rice or mashed potatoes and served with your choice of seasonal vegetables or house salad. Served with garlic bread.

### STEAK DINNER

\$34.99

1014-1411 CAL

Strip loin steak (8 oz) served with rice or mashed potatoes, and seasonal vegetables. Served with garlic bread.

### CHEF SPECIAL

#### GRILLED CHICKEN BREAST

\$23.00

640-710 CAL

Marinated chicken breast (6 oz), served on brown rice and your choice of grilled seasonal vegetables or house salad.

#### VEGETABLE STIR FRY BOWL

\$15.00

535-964 CAL

Sautéed garden-fresh vegetables in a Teriyaki sauce served with brown rice or noodles.

CHOICE OF BROWN RICE OR NOODLES

### BUILD YOUR OWN PASTA \$15.20

SERVED WITH GARLIC BREAD (2 PCS) 138 CAL.

EXTRA PARMESAN 225 CAL \$2.50. SUBSTITUTE FRUIT(4 OZ) 60 CAL \$3.50.

#### PASTA

Linguine 288 CAL

Penne 288 CAL

Gluten Free Pasta  
200 CAL

\$1.50

#### SAUCE

EXTRA SAUCE \$2.00

Butter 203 CAL

Olive Oil 250 CAL

Marinara 290 CAL

Alfredo 559 CAL

Rosé 485 CAL

\$1.00

\$2.00

\$2.00

#### PROTEIN

Grilled Chicken (6 oz)

217 CAL

\$10.00

Salmon (6 oz) 327 CAL

\$12.00

Shrimp (6 pcs) 220 CAL

\$12.00

Steak (8 oz) 680 CAL

\$16.00

#### TOPPINGS

INCLUDES 1 CHOICE OF TOPPING - ADDITIONAL CHARGE FOR EXTRA \$2.50 EACH.

Sautéed Mushrooms 10 CAL

Tomatoes 10 CAL

Red Onions 22 CAL

Capers 1 CAL

Broccoli 20 CAL

Sautéed Spinach 14 CAL

Bell Peppers 22 CAL

Jalapeños 8 CAL

West Bistro uses grain fed, antibiotic and growth hormone free meats. Prices do not include applicable taxes and are subject to change without notice. A gratuity of 18% will be added to groups of 6 or more. Please note that calories counts are based on the menu build provided. Any substitutions or modification will adjust the calorie content.