

## noodles

### pollo pesto

gluten free penne, grilled chicken breast, roasted red peppers, basil pesto cream sauce 21.99

### chicken alfredo

gluten free penne, grilled chicken, garlic parmesan cream sauce 20.99

### shrimp alfredo

gluten free penne, pan seared tiger prawns, garlic parmesan cream sauce 24.99

### shrimp and lobster mac & cheese

penne, chunks of lobster, tiger prawns, cheddar, mozzarella, scallions 28.99

### seafood medley

gluten free penne, mussels, clams, calamari, bay scallops, tiger prawns, basil tomato sauce 26.99

### bacon scallop penne

gluten free penne, double smoked bacon wrapped scallops, roasted red pepper, bacon, garlic parmesan cream sauce 27.99

### penne rustico

gluten free penne, grilled chicken, sundried tomatoes, roasted red peppers, portobello mushrooms, feta cheese, tomato basil sauce 20.99

### cajun chicken penne

gluten free penne, grilled chicken, bell peppers, caramelized onion, aged cheddar, cajun spiced cream sauce 20.99

## pizza

all pizzas are gluten free with gluten free dough... neapolitan style thin crust pizza cooked in our specialty gas fired pizza oven using only the freshest ingredients... all pizzas come with our signature pizza sauce and mozzarella unless stated otherwise

### california avocado pizza

garlic infused olive oil, mozzarella, pico de gallo, double smoked bacon, blue cheese, avocado chunks, ranch drizzle 15.99

### angry greek

black olive tapenade, mozzarella, feta, chunks of chicken souvlaki, bruschetta mix, baby arugula, tzatziki drizzle 17.99

### 40 creek bbq chicken pizza

caramelized onion, double smoked bacon, grilled chicken, 40 creek bbq sauce 16.99

### quattro (no sauce)

garlic infused olive oil, mozzarella cheese, roasted mushrooms, artichokes, arugula, prosciutto, kalamata olives, shaved parmesan 16.99

### margherita

buffalo mozzarella, cherry tomato, fresh basil, balsamic drizzle 15.99

### mediterranean vegetarian

oven-roasted tomatoes, grilled zucchini/eggplant, sweet red onion, portobello mushroom, roasted red pepper, goat cheese 14.99

### classic

pepperoni, mushroom 14.99



GLUTEN  
FREE  
MENU

EAT  
DRINK  
SOCIALIZE



please inform your server of any food allergies and we will do our best to accommodate them  
applicable taxes are extra

[www.myplacebarandgrill.ca](http://www.myplacebarandgrill.ca)



## small plates

### mediterranean shrimp

pan seared tiger prawns, cherry tomatoes, spinach, spiced tomato basil sauce, melted mozza and feta 15.99

### lobster guacamole

guacamole, warm buttered lobster chunks, pico de gallo, tortilla chips 14.99

### oven baked brie

creamy brie, jalapeño jam, toasted walnuts, corn tortillas 13.99

### lobster stuffed mushrooms

roasted crimini mushrooms, buttered lobster chunks, cheddar cheese, cilantro sour cream 15.99

### asian chicken lettuce wraps

ground chicken, scallion, soy sauce, ginger, sriracha, water chestnuts, romaine hearts 12.99

### bacon wrapped scallops

grilled double smoked bacon wrapped scallops... double smoked bacon, sweet corn, spinach hash, smokey chipotle bbq sauce 16.99

### greek fries

tzatziki, feta, bruschetta mix, gyro meat 8.99

### my place mussels

fresh tomato, pancetta, herbs, white wine 13.99

### dipping platter

humus, eggplant dip, avocado dip, tzatziki, sundried tomato goat cheese, black olive tapenade, extra virgin olive oil, roasted garlic, mediterranean olives, corn tortillas 15.99

## salads

### caprese salad

arugula, sliced tomato, fresh bocconcini, basil pesto, balsamic drizzle 13.99

### california avocado salad

grilled chicken, arugula, cherry tomatoes, sweet peppers, red onion, double smoked bacon, blue cheese, avocado chunks, toasted walnuts, ranch drizzle 16.99

### sesame crusted tuna salad

medium rare sesame crusted ahi tuna, sweet teriyaki sauce, mixed greens, snap peas, carrots, sweet peppers, asian sesame dressing 17.99

### greek salad

crisp romaine, tomato, cucumber, red onion, kalamata olives, sweet peppers, feta cheese, greek vinaigrette 10.99 starter 6.99

### caesar salad

romaine lettuce, pancetta, caesar dressing, shaved parmesan 9.99 starter 6.99

### mixed greens

tomato, red onion, cucumber, sweet peppers, white balsamic vinaigrette 9.99 starter 6.99



## mains

all mains are served with seasonal vegetables and your choice of rice pilaf, garlic mash, baked potato or skinny fries • red dot indicates no seasonal vegetables

### california avocado chicken

pan seared chicken breast, goats cheese, guacamole, pico de gallo, prosciutto crisp, served with rice and seasonal vegetables 21.99

### caprese chicken

pan seared chicken breast, melted bocconcini, cherry tomatoes, basil pesto, reduced balsamic 23.99

### moroccan chicken •

moroccan spiced chicken, coconut milk, vegetables, steamed basmati rice, yogurt 18.99

### citrus salmon

eight ounce, pan seared salmon, citrus butter herb reduction 21.99

### pan seared pickerel

skin on pan seared filet, double smoked bacon corn hash, rice pilaf, seasonal vegetables 22.99

### ahi tuna •

grilled medium rare, teriyaki basmati rice, asian veg, sriracha soy aoli 23.99

#### substitute:

- + loaded baked 3.49
- + parmesan garlic skinny fries with truffle aoli 2.99
- + sundried tomato goat cheese mash 3.99
- + basil pesto asiago mash 3.99
- + loaded mash cheddar cheese, bacon, scallion, sour creme 3.99

## chef inspired steaks

served with seasonal vegetables with your choice of rice pilaf, garlic mash, baked potato or skinny fries

### blue cheese sirloin steak

medium rare, eight ounce baseball cut, portobello blue cheese cream sauce 26.99

### surf & turf

medium rare, eight ounce baseball cut, pan seared tiger prawns, double smoked bacon corn hash 27.99

### mushroom asiago steak

medium rare, eight ounce baseball cut, roasted red pepper, crimini mushroom asiago cream sauce 27.99

### 40 creek bbq sirloin steak

medium rare, eight ounce baseball cut, double smoked bacon bbq cream sauce 27.99

### bourbon mushroom steak

medium rare, eight ounce baseball cut, crimini mushroom demi glaze 26.99

## simply steaks

served with seasonal vegetables with your choice of rice pilaf, garlic mash, baked potato or skinny fries

### certified AAA top sirloin

eight ounce baseball cut, full-flavoured steak 21.99

### striploin steak

ten ounce prime cut top loin, full-flavoured steak 25.99

### rib eye steak

fourteen ounce prime cut with the most marbling 27.99

#### + steak accessories

- + sauteed onions 3.49
- + roasted mushrooms 3.49
- + bourbon pepper corn sauce 4.99
- + double smoked bacon wrapped scallops 10.99
- + pan seared garlic tiger prawns 5.99
- + double smoked bacon bbq cream sauce 7.99
- + pan seared tiger prawns with double smoked bacon corn hash 8.99
- + mushroom and roasted red pepper asiago cream sauce 6.99
- + portobello blue cheese cream sauce 4.99

#### degrees of doneness

- blue**  
very red cold center
- rare**  
red cool center
- medium rare**  
red warm center
- medium**  
pink hot center
- medium well**  
hint of pink
- well done**  
no trace of pink

## hand helds

all hand helds come with your choice of skinny fries, caesar or mixed greens salad with our white balsamic vinaigrette

### chicken souvlaki

gluten free tortilla, marinated, grilled chicken breast, tomato, red onion, feta cheese, tzatziki, crispy romaine 15.99

### gyro souvlaki

gluten free wrap, shaved lamb and beef, tomato, red onion, feta cheese, tzatziki, crispy romaine 15.99

### veggie wrap

roasted portobello mushroom, zucchini, eggplant, onions, roasted red pepper, mixed greens, sundried tomato goat cheese, gluten free tortilla 14.99

### atlantic salmon wrap

arugula, cilantro aoli, sundried tomato goat cheese, cucumber, red onion, tomato, gluten free tortilla wrap 16.99

### grilled chicken & goat cheese wrap

goat cheese, fig jam, roasted red pepper, caramelized onion, grilled chicken, baby arugula, avocado, gluten free tortilla 15.99

### n.y. steak sandwich

grilled striploin steak, caramelized onions, peppers, mushrooms, mozzarella, cheddar, 40 creek bbq sauce, gluten free tortilla 17.99

#### substitute:

- + sweet fries 2.49
- + parmesan garlic skinny fries with truffle aoli 2.99
- + soup 1.49
- + turn your fries into a poutine 2.99



#### dips for fries 1.49

- blue cheese mayo • sriracha mayo
- chipotle mayo • roasted garlic dijon aoli • curry mayo
- cajun mayo • sriracha soy sour cream
- truffle aoli (1.99)

## burgers

all burgers are made with no fillers and 100% pure ontario beef charbroiled and served on a gluten free bun with lettuce, tomato, red onion and pickle, unless stated otherwise... served with your choice of skinny fries, caesar or mixed greens with our white balsamic vinaigrette

### chef's dirty burger

double smoked bacon, caramelized onion, roasted mushrooms, swiss cheese, soft poached egg, truffle mayo 19.99

### 40 creek burger

bacon jam, aged white cheddar, caramelized onion, 40 creek bbq sauce 18.99

### loaded burger

bacon, aged white cheddar, caramelized onion, roasted mushrooms 18.99

### the beefy greek

lettuce, black olive tapenade, tzatziki, feta cheese, bruschetta 18.99

### chipotle burger

double smoked bacon, caramelized onion, aged white cheddar, sliced jalapeño, smokey chipotle mayo 18.99

### veggie burger

soy based veggie burger, lettuce, tomato, dijon mayo, caramelized onion, mushroom 17.99

#### substitute:

- + sweet fries 2.49
- + parmesan garlic skinny fries with truffle aoli 2.99
- + soup 1.49
- + turn your fries into a poutine 2.99

