

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 25.99

tuscan rigatoni

gluten free rigatoni, spinach, prosciutto, red onion, mushroom, tuscan sausage, sundried tomato pesto oil 23.99

seafood medley

gluten free penne, mussels, clams, calamari, bay scallops, tiger prawns, basil tomato sauce 27.99

bacon scallop penne

gluten free penne, double smoked bacon wrapped scallops, roasted red pepper, bacon, garlic parmesan cream sauce 28.99

penne rustico

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

tuscan pizza

sundried tomato pesto, spinach, mozzarella, prosciutto, red onion, mushroom, tuscan sausage 18.99

angry greek

black olive tapenade, mozzarella, feta, chunks of chicken souvlaki, bruschetta mix, baby arugula, tzatziki drizzle 18.99

40 creek bbq chicken pizza

caramelized onion, double smoked bacon, grilled chicken, 40 creek bbq sauce 18.99

quattro (no sauce)

garlic infused olive oil, mozzarella cheese, roasted mushrooms, artichokes, arugula, prosciutto, kalamata olives, shaved parmesan 18.99

margherita

buffalo mozzarella, cherry tomato, fresh basil, balsamic drizzle 16.99

mediterranean vegetarian

oven-roasted tomatoes, grilled zucchini/eggplant, sweet red onion, portobello mushroom, roasted red pepper, goat cheese 16.99

classic

pepperoni, mushroom 16.99

- please inform your server of any food allergies and we will do our best to accommodate them

- applicable taxes are extra



MY PLACE BAR & GRILL

EAT
&
DRINK
SOCIALIZE

www.myplacebarandgrill.ca



GLUTEN FREE MENU

small plates

sriracha shrimp

fried tiger shrimp, lime sriracha sauce, avocado cream drizzle 15.99

4 cheese spinach & artichoke dip

mozzarella, aged cheddar, parmesan, romano cheeses, fresh spinach and artichokes, served with corn tortilla chips 13.99

asian chicken tacos

ground chicken, soy sauce, ginger, water chestnuts, red cabbage, sriracha sour cream, scallions, corn tortilla 14.29

mediterranean shrimp

pan seared tiger prawns, cherry tomatoes, spinach, spiced tomato basil sauce, melted mozza and feta 16.99

bacon wrapped scallops

grilled double smoked bacon wrapped scallops, double smoked bacon, sweet corn, spinach hash, smokey chipotle bbq sauce 17.99

greek fries

tzatziki, feta, bruschetta mix, gyro meat 8.99

my place mussels

fresh tomato, pancetta, herbs, white wine 14.99

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 16.99

salads

prosciutto and fig salad

greens, fresh figs, spicy pecans, crispy prosciutto, red onion, goat cheese, balsamic vinaigrette 18.49

california avocado salad

grilled chicken breast, arugula, cherry tomatoes, sweet peppers, red onion, double smoked bacon, blue cheese, avocado chunks, toasted walnuts, ranch drizzle 18.49

asian beef salad

asian marinated steak, mixed greens, creamy goat cheese, spiced pecans, sundried tomato, asian sesame dressing 18.99

sesame crusted tuna salad

medium rare sesame crusted ahi tuna, sweet teriyaki sauce, mixed greens, snap peas, carrots, sweet peppers, asian sesame dressing 18.99

greek salad

crisp romaine, tomato, cucumber, red onion, kalamata olives, sweet peppers, feta cheese, greek vinaigrette: starter 7.59 large 11.99

caesar salad

romaine lettuce, pancetta, caesar dressing, shaved parmesan: starter 7.59 large 11.99

mixed greens

tomato, red onion, cucumber, sweet peppers, white balsamic vinaigrette: starter 7.59 large 10.99



mains

all mains are served with seasonal vegetables and your choice of rice pilaf, garlic mash, baked potato or fresh cut 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 24.99

mediterranean chicken •

freshly grilled chicken breast, goat cheese on a bed of sautéed kale, chickpeas, cherry tomatoes, red onion, basil pesto, balsamic drizzle 24.99

mushroom asiago chicken

pan seared chicken breast, roasted red pepper, cremini mushroom asiago cream sauce 21.99

moroccan chicken •

moroccan spiced chicken, coconut milk, vegetables, steamed basmati rice, yogurt 20.99

citrus salmon

eight ounce, pan seared salmon, citrus butter herb reduction 23.99

pan seared pickerel

skin on pan seared filet, double smoked bacon corn hash, rice pilaf, seasonal vegetables 24.99

ahi tuna •

grilled medium rare, teriyaki basmati rice, asian veg, sriracha soy aoli 25.99

chef inspired steaks

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

blue cheese sirloin

medium rare, eight ounce baseball cut, portobello and bacon blue cheese cream sauce 28.99

surf & turf

medium rare, eight ounce baseball cut, pan seared tiger prawns, double smoked bacon corn hash 32.99

shrimp creole sirloin

pan seared blackened sirloin, spicy shrimp creole sauce 31.99

40 creek bbq sirloin steak

medium rare, eight ounce baseball cut, double smoked bacon bbq cream sauce 29.99

bourbon mushroom steak

medium rare, eight ounce baseball cut, peppercorn mushroom demi glaze 28.99

simply steaks

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

certified AAA top sirloin

eight ounce baseball cut, full-flavoured steak 23.99

striploin steak

ten ounce prime cut top loin, full-flavoured steak 27.99

rib eye steak

fourteen ounce prime cut with the most marbling 29.99

+ steak accessories

- + sautéed onions 3.99
- + roasted mushrooms 3.99
- + bourbon pepper corn sauce 5.49
- + pan seared garlic tiger prawns 6.49
- + double smoked bacon bbq cream sauce 7.99
- + pan seared tiger prawns with double smoked bacon corn hash 9.99
- + spicy shrimp creole sauce 8.99
- + portobello blue cheese cream sauce 5.49

substitute:

- + loaded baked 3.89
- + parmesan garlic fresh cut fries with truffle aoli 3.29
- + sundried tomato goat cheese mash 3.99
- + basil pesto asiago mash 3.99
- + loaded mash cheddar cheese, bacon, scallion, sour cream 3.99

substitute:

- + loaded baked 3.89
- + parmesan garlic fresh cut fries with truffle aoli 3.29
- + Sundried tomato goat cheese mash 3.99
- + basil pesto asiago mash 3.99
- + loaded mash cheddar cheese, bacon, scallion, sour cream 3.99

hand helds

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

prime rib sandwich

slow-roasted prime rib, horseradish dijon mayo, gluten free tortilla, beef jus 18.99

chicken souvlaki

gluten free tortilla, marinated grilled chicken breast, tomato, red onion, feta cheese, tzatziki, crispy romaine 16.99

gyro souvlaki

gluten free wrap, shaved lamb and beef, tomato, red onion, feta cheese, tzatziki, crispy romaine 16.99

mediterranean chicken wrap

grilled chicken, basil pesto, kale, feta, red onion, chickpeas, gluten free wrap 16.99

veggie wrap

roasted portobello mushroom, zucchini, eggplant, onions, roasted red pepper, mixed greens, sundried tomato goat cheese, gluten free tortilla 15.99

grilled chicken & goat cheese wrap

goat cheese, fig jam, roasted red pepper, caramelized onion, grilled chicken, baby arugula, avocado, gluten free tortilla 17.99

n.y. steak sandwich

grilled striploin steak, caramelized onions, peppers, mushrooms, mozzarella, cheddar, 40 creek bbq sauce, gluten free tortilla 18.99

substitute:

- + sweet fries 2.79
- + parmesan garlic fresh cut fries with truffle aoli 3.29
- + soup 1.59
- + turn your fries into a poutine 3.29

DIPS FOR FRIES 1.59

- blue cheese mayo
- chipotle mayo
- horseradish dijon mayo
- basil pesto mayo
- sriracha sour cream
- sriracha ketchup
- truffle aoli (2.19)

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 20.99

40 creek burger

double smoked bacon jam, aged white cheddar, caramelized onion, 40 creek bbq sauce 19.99

loaded burger

bacon, aged white cheddar, caramelized onion, roasted mushrooms 19.99

the italian stallion

prosciutto, roasted red peppers, asiago cheese, red onion, arugula, basil pesto mayo 20.99

chipotle burger

double smoked bacon, caramelized onion, aged white cheddar, sliced jalapeño, smokey chipotle mayo 19.99

veggie burger

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

hamburger 15.99

cheeseburger 16.99

bacon cheeseburger 17.99

substitute:

- + sweet fries 2.79
- + parmesan garlic fresh cut fries with truffle aoli 3.29
- + soup 1.59
- + turn your fries into a poutine 3.29

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

