noodles

pad thai

rice noodles, grilled chicken, coconut peanut sauce, toasted cashews, fresh lime 21.99 + substitute tiger shrimp for chicken add 5.99

pollo pesto

gluten free penne, grilled chicken breast, roasted red peppers, basil pesto cream sauce 22.99

mushroom florentine gluten free penne, porcini mushrooms, cremini mushrooms, portobello mushrooms, roasted tomatoes, spinach, roasted garlic, olive oil 22.99

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

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

norwegian smoked salmon pizza

honey caper cream cheese, mozzarella, red onion, smoked salmon, arugula, fried capers, lemon, dill 19.99

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



fy



MP MY PLACE BAR & GRILL **GLUTEN FREE MENU**

small plates

4 cheese spinach & artichoke dip

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

pork belly lettuce tacos

5 spiced rubbed pork belly, asian slaw, chilies, lime, romaine hearts 15.99

tuna poke

citrus marinated tuna, avocado, roasted red peppers, wasabi aioli, tortilla chips 16.99

bacon wrapped scallops

grilled double smoked bacon wrapped scallops, 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

add:

grilled chicken breast

+ grilled chicken souvlaki

pan seared tuna 10.99

pan seared shrimp

skewers 6.49

sirloin steak 7.49

5.99

6.49

tuscan salad

baby kale, heirloom tomatoes, red onion, fresh mozzarella, basil, roasted garlic, red wine vinaigrette 17.99

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 19.99

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, fried capers, citrus butter herb reduction 23.99

mediterranean red snapper

pan seared red snapper, roasted tomatoes, capers, kalamata olives, grilled red pepper, lemon, fresh basil 27.99

ahi tuna 🔹

blackened tuna, white balsamic, grainy mustard cream sauce, dirty rice 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

lobster crusted sirloin medium rare eight ounce baseball cut sirloin topped with

atlantic lobster, tarragon hollandaise 31.99

shrimp creole sirloin

. sauce 31.99

cut, double smoked bacon bbq cream sauce 29.99

medium rare, eight ounce baseball

cut, peppercorn mushroom demi

simply steaks

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

striploin steak

fourteen ounce prime cut with the most marbling 29.99

+ steak

- accessories
- sautéed onions 3.99
- roasted mushrooms 3.99
- sauce 5.49
- prawns 6.49
- bbq cream sauce 7.99
- 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

cheddar cheese,

bacon, scallion, sour

mash 3.99

loaded mash

cream 3.99

substitute:

+ loaded baked 3.89

parmesan garlic

truffle aoli 3.29

loaded mash

cream 3.99

cheddar cheese,

bacon, scallion, sour

DEGREES OF

very red cold center

DONENESS

red cool center

MEDIUM RARE

red warm center

pink hot center

MEDIUM WELL hint of pink

WELL DONE

no trace of pink

MEDIUM

BLUE

RARE

fresh cut fries with

hand helds

all hand helds come with your choice of

fresh cut fries, caesar or mixed greens salad with

our white balsamic vinaigrette

gluten free wrap, shaved lamb and beef, tomato, red

onion, feta cheese, tzatziki, crispy romaine 16.99

grilled chicken, basil pesto, kale, feta, red onion,

roasted portobello mushroom, zucchini, eggplant,

goat cheese, fig jam, roasted red pepper, caramelized onion, grilled chicken, baby arugula,

genoa salami, spicy sopressata, prosciutto, sundried tomato goat cheese, roasted red peppers, arugula,

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

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

ground turkey, ground bacon, feta cheese, black

double smoked bacon, caramelized onion, aged

white cheddar, sliced jalapeño, smokey chipotle

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

olive tapenade, tzatziki, arugula 19.99

substitute:

sweet fries 2.79

parmesan garlic

truffle aoli 3.29

+ turn your fries into

a poutine 3.29

+ soup 1.59

fresh cut fries with

chef's dirty burger

double smoked bacon.

caramelized onion, roasted

mushrooms, swiss cheese,

soft poached egg, truffle

40 creek burger

caramelized onion,

loaded burger

chipotle burger

veggie burger

hamburger 15.99

cheeseburger 16.99

bacon cheeseburger 17.99

mayo 19.99

double smoked bacon

jam, aged white cheddar,

40 creek bbg sauce 19.99

turkey and feta burger

mayo 20.99

fresh mozzarella, fig jam, gluten free tortilla 18.99

grilled chicken & goat cheese wrap

onions, roasted red pepper, mixed greens, sundried tomato goat cheese, gluten free tortilla 15.99

mediterranean chicken wrap

chickpeas, gluten free wrap 16.99

avocado, gluten free tortilla 17.99

substitute:

parmesan garlic
fresh cut fries with

truffle aoli 3.29

+ turn your fries into

a poutine 3.29

- soup 1.59

+ sweet fries 2.79

prime rib sandwich

slow-roasted prime rib,

horseradish dijon mayo,

gluten free tortilla,

chicken souvlaki

feta cheese, tzatziki,

crispy romaine 16.99

gyro souvlaki

veggie wrap

italian hero

marinated grilled chicken

breast, tomato, red onion.

gluten free tortilla,

beef jus 18.99

pan seared blackened sirloin, spicy shrimp creole

40 creek bbq sirloin steak

medium rare, eight ounce baseball

bourbon mushroom steak

sundried tomato goat cheese mash 3.9 basil pesto asiago mash 3.99

glaze 28.99

certified AAA top sirloin

eight ounce baseball cut, full-flavoured steak 23.99

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

- bourbon pepper corn

 - pan seared garlic tiger
 - double smoked bacon
 - pan seared tiger prawns