



shareables

4 cheese spinach & artichoke dip

mozzarella, aged cheddar, parmesan, romano cheeses, fresh spinach and artichokes, served with corn tortilla chips 16.99

buffalo cauliflower

oven baked cauliflower, buffalo sauce, blue cheese, scallions, carrots 16.99

mediterranean shrimp **MP FAVOURITE**

pan seared tiger prawns, bruschetta, spinach, tomato basil sauce, feta cheese, pistachios, gluten free garlic bread 20.99

lobster and crab stuffed mushrooms

large stuffed mushrooms, crab and lobster meat, double smoked bacon, cream cheese, garlic butter, spicy cilantro aioli 19.99

greek fries

tzatziki, feta, bruschetta mix, gyro meat, scallions 11.99

my place mussels

fresh mussels, tomato, pancetta, fresh herbs, white wine 18.99

dipping platter

hummus, basil pesto, avocado dip, tzatziki, sundried tomato goat cheese, fig jam, extra virgin olive oil, roasted garlic, mediterranean olives, corn tortillas 20.99

nachos **MP FAVOURITE**

crispy tortilla chips, cheddar, mozza, monterey jack, pico de gallo, sliced jalapeno, spring onion, sour cream, guacamole 22.99

(add chicken + 6.99, add steak + 8.99, add ground beef + 6.99, add extra cheese + 4.99)

chicken wings **MP FAVOURITE**

(try them 11 different ways!)

mild, medium, hot, blazing hot, bbq, smokey chipotle bbq, cajun, honey garlic, salt and pepper, sriracha or parmesan garlic (10) 16.99 (20) 29.99

salads

california avocado salad

grilled chicken breast, arugula, cherry tomatoes, sweet peppers, red onion, double smoked bacon, blue cheese, avocado chunks, toasted walnuts, ranch drizzle 23.99

asian beef salad **MP FAVOURITE**

asian marinated steak, mixed greens, creamy goat cheese, spiced pecans, sundried tomato, asian sesame dressing 25.99

sesame crusted tuna salad

medium rare sesame crusted ahi tuna, sweet teriyaki sauce, mixed greens, snap peas, carrots, cashews, sweet peppers, asian sesame dressing 27.99

greek salad

crisp romaine, tomato, cucumber, red onion, greek olives, sweet peppers, feta cheese, greek vinaigrette: starter 9.99 large 16.99

caesar salad

romaine lettuce, smoked bacon, caesar dressing, shaved parmesan: starter 9.99 large 16.99

mixed greens

tomato, red onion, cucumber, sweet peppers, red radish, white balsamic vinaigrette: starter 9.49 large 15.99

add:

- + grilled chicken breast 6.49
- + pan seared garlic tiger prawns 8.99
- + grilled chicken souvlaki skewers 7.99
- + sirloin steak 8.99
- + 8 oz pan seared salmon 13.99
- + pan seared tuna 13.99

mains



all mains are served with seasonal vegetables and your choice of rice pilaf, garlic mash, baked potato or fresh cut fries (except chicken parmesan)

maple bacon chicken

pan seared chicken breast, melted brie cheese, toasted walnuts, caramelized onions, maple bacon cream sauce 29.99

chicken parmesan

pan seared chicken breast, mozzarella cheese, tomato basil sauce, gluten free penne 26.99

california avocado chicken

pan seared chicken breast, goats cheese, guacamole, pico de gallo, prosciutto crisp, served with rice and seasonal vegetables 29.99

mushroom asiago chicken **MP FAVOURITE**

pan seared chicken breast, roasted red pepper, cremini mushroom asiago cream sauce 27.99

citrus salmon

eight ounce, pan seared salmon, citrus butter herb reduction 31.99

chef inspired steaks

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

fourteen ounce AAA **MP FAVOURITE** ribeye steak 42.99

eight ounce bacon wrapped black angus beef tenderloin 41.99

blue cheese and bacon crusted sirloin

medium rare eight ounce baseball cut, blue cheese bacon crust 36.99

40 creek bbq sirloin steak

medium rare, eight ounce baseball cut, double smoked bacon bbq cream sauce, caramelized onion 37.99

bourbon mushroom steak

medium rare, eight ounce baseball cut, peppercorn mushroom demi glaze 36.99

certified AAA top sirloin

eight ounce baseball cut, full-flavoured steak 31.99

substitute:

- + sweet fries 3.99
- + loaded baked 4.49
- + parmesan garlic fresh cut fries with truffle aoli 3.99
- + sundried tomato goat cheese mash 4.79
- + basil pesto asiago mash 4.79
- + loaded mash cheddar cheese, bacon, scallion, sour cream 4.79

steak accessories

- + sautéed onions 4.99
- + roasted mushrooms 4.99
- + bourbon peppercorn sauce 7.99
- + pan seared garlic tiger prawns 9.99
- + double smoked bacon bbq cream sauce 8.49
- + crab, cheese and bacon stuffed portobello mushroom 11.99
- + portobello blue cheese cream sauce 8.49
- + blue cheese and bacon crust 5.99

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

REGULAR HOURS:

TUES-THURS 11:30 AM-10 PM • FRI-SAT 11:30 AM-11 PM
• SUN 8:30 AM-9 PM • CLOSED MONDAYS

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

hand helds

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

prime rib sandwich **MP FAVOURITE**

slow-roasted prime rib, horseradish dijon mayo, gluten free tortilla, beef jus 24.99

reuben sandwich

shaved corned beef, swiss cheese, sauerkraut, russian dressing, gluten free tortilla 23.99

chicken souvlaki

gluten free tortilla, marinated grilled chicken breast, tomato, red onion, feta cheese, tzatziki, crispy romaine 20.99

veggie wrap

roasted portobello mushroom, zucchini, eggplant, red onions, roasted red pepper, mixed greens, sundried tomato goat cheese, gluten free tortilla 20.99

grilled chicken & goat cheese wrap

goat cheese, fig jam, roasted red pepper, caramelized onion, grilled chicken, baby arugula, avocado, gluten free tortilla 22.99

southern fried buffalo chicken sandwich

grilled chicken breast, cilantro lime slaw, hot sauce, guacamole, fresh cut salsa, blue cheese crumble, toasted gluten free bun 24.99

chicken parm sandwich

grilled chicken, tomato basil sauce, fire roasted red peppers, mozzarella cheese, toasted garlic gluten free bun 22.99

substitute:

- + caesar salad 1.99
- + greek salad 2.99
- + sweet fries 3.99
- + parmesan garlic fresh cut fries with truffle aoli 3.99
- + turn your fries into a poutine 3.99
- + greek fries 3.99

dips for fries 2.19

- spicy cilantro aioli • horseradish dijon mayo
- basil pesto mayo • chipotle mayo • sriracha sour cream
- tzatziki • regular mayo • chipotle bbq sauce
- 40 creek bbq sauce • truffle aoli (2.89)

burgers

our burgers are made in house with 100% canadian ground chuck charbroiled and served on a gluten free bun with lettuce tomato, red onion, and pickle unless stated otherwise....served with your choice of fresh cut fries or mixed greens with our white balsamic vinaigrette

chef's dirty burger

double smoked bacon, caramelized onion, roasted mushrooms, swiss cheese, soft fried egg, truffle mayo 24.99

40 creek burger **MP FAVOURITE**

double smoked bacon, aged white cheddar, caramelized onion, 40 creek bbq sauce 23.99

loaded burger

bacon, aged white cheddar, caramelized onion, roasted mushrooms 23.99

chipotle burger

double smoked bacon, caramelized onion, aged white cheddar, sliced jalapeño, smokey chipotle mayo 23.99

veggie cheeseburger (beyond meat burger)

plant based burger with aged white cheddar 21.99

hamburger 19.99

cheeseburger 20.99

bacon cheeseburger 21.99

substitute:

- + caesar salad 1.99
- + greek salad 2.99
- + sweet fries 3.99
- + parmesan garlic fresh cut fries with truffle aoli 3.99
- + turn your fries into a poutine 3.99
- + greek fries 3.99

noodles & rice bowls

moroccan chicken

moroccan spiced chicken, coconut milk, vegetables, steamed basmati rice, scallions, yogurt 25.99

asian beef bowl

grilled steak, broccoli, mushrooms, bok choy, snow peas, red onion, sticky rice, cashews, sesame ginger soy sauce 26.99

+ substitute chicken no charge

+ substitute shrimp add 5.99

pad thai **MP FAVOURITE**

rice noodles, grilled chicken, coconut peanut sauce, asian vegetables, toasted cashews, fresh lime 26.99

+ substitute tiger shrimp for chicken add 5.99

pollo pesto

gluten free penne, grilled chicken breast, roasted red peppers, mushrooms, basil pesto cream sauce 27.99

chicken alfredo

gluten free penne, grilled chicken, garlic parmesan cream sauce 25.99

shrimp and lobster mac & cheese

gluten free penne, four cheese cream sauce, double smoked bacon, lobster chunks, black tiger shrimp 33.99

shrimp alfredo

gluten free penne, pan seared tiger prawns, garlic parmesan cream sauce 30.99

penne rustico

gluten free penne, grilled chicken, sundried tomatoes, roasted red peppers, portobello mushrooms, feta cheese, tomato basil sauce 25.99

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

basil pesto chicken pizza

grilled chicken, basil pesto, artichokes, broccoli, mozzarella, feta, roasted garlic, tomato, red onion 28.99

choose from our **regular gluten free** or **cauliflower crust**

40 creek bbq chicken pizza

caramelized onion, double smoked bacon, grilled chicken, 40 creek bbq sauce 28.99

mediterranean vegetarian pizza

oven-roasted tomatoes, grilled zucchini/eggplant, sweet red onion, portobello mushroom, roasted red pepper, goat cheese 26.99

classic pizza

pepperoni, mushroom 27.99



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