

# Gluten Free Menu

The Buell Street Bistro 27 Buell, Brockville, Ontario. 613-345-2623

Welcome! Please inform your server of any allergies.

**Soup du Jour** - please ask your server for today's freshly made selection \$6.50

## Salads

**Bistro Bouquet** - artisan lettuce garnished with fresh vegetables \$7/ \$12.50

**Caesar Salad** - homemade dressing, bacon bits, Asiago \$8 / \$14.50

**Traditional Greek Salad** - tomatoes, cucumber, peppers, feta, black olives and red onion tossed in a light balsamic vinaigrette sprinkled with oregano \$8.50 / \$15

**Kool Kale Salad** - fresh kale, cucumbers, tomato, peppers, dried cranberries and walnuts tossed in Caesar dressing; topped with Asiago \$8 / \$14.50

Add marinated chicken breast to any salad for an additional \$6.50

Add a sesame crusted salmon fillet or garlic tiger shrimp for \$10

Add sliced smoked salmon and capers for \$6.50

**Baked Brie** - 5 ounces of brie cheese brushed with maple syrup and rolled in ground walnuts; topped with apple strawberry marmalade and served with GF bread \$13

**Classic Escargot** - sautéed with parsley and garlic butter au gratin \$12

## Mussels

Fresh from P.E.I.- small (1 lb.) \$12.50 or large (2 lbs.) \$20

**Mariniere** - white wine, shallots, fine herbs

**Garlic Lovers** - Roasted garlic, onions, shallots, white wine, cream

**Chef's Choice** - Tomatoes, onions, garlic, olive oil, cream, horseradish, pepper

**Side of home cut fries \$5      Gluten Free Bread \$4**

**Our deep fryer is not designated gluten free**

Our deep fryer is not designated Gluten Free

## Sandwiches- Lunch only

Made with gluten free buns. Please choose from the following sides:  
soup of the day or bistro salad or fresh cut fries  
upgrade to any soup or salad menu choice for only \$2 extra

**Norwegian** - Tender smoked salmon, lettuce, cucumber and red onion with avocado lime-wasabi aioli \$14.50

**Chick n'brie** - Marinated chicken breast served open faced topped with brie cheese and strawberry apple marmalade \$14.50

**Club Panini** - Marinated chicken breast, lettuce, tomatoes, onion and bacon with avocado lime-wasabi aioli \$14.50

**British Panini** - Shaved striploin, sautéed onions and Swiss cheese \$15

**Grilled Cheese Melt** - Smoked cheddar, creamy brie, artichoke hearts and tomato served open faced with avocado lime-wasabi aioli \$14.50

**Steak Frites** - Grilled 7 oz. AA striploin steak grilled to your specifications; served with home cut French fries \$18.50

## Entrees (Lunch & Dinner)

**Indo Stir Fry** \$20.50

A stir fry of rice, chicken breast, black tiger shrimp, seasonal vegetables and our signature house-made curry blend; topped with sesame seeds.

Ask for it mild, medium or hot!

**Seafood Thermidor** \$24

Scallops and shrimp nestled on a fillet of Pacific snapper surrounded by Thermidor sauce (red onions, mushrooms, white wine, cream and a touch of Dijon) topped with melted Swiss cheese. Served with rice pilaf and fresh vegetables

**Vegetarians Dream** \$16.50

Rice pilaf stir fried with fresh vegetables, chick peas, garlic, ginger, coconut milk, artisanal roasted curry and sesame seeds

## Entrees (Lunch & Dinner)

### **Magnifico \$17**

Gluten free pasta, leeks, artichoke hearts, sundried tomato, onions, mushrooms, garlic, Asiago and tomato cream sauce

**with chicken breast add \$6.50**

### **Seafood Fettuccini \$23.50**

Gluten free pasta sautéed with tiger shrimp, sea scallops, salmon, leeks, onions, mushrooms, peppers and white wine cream sauce topped with Asiago cheese

**Vegetarian version available without seafood for \$16.50**

### **Sesame Atlantic Salmon \$23**

Salmon encrusted with seasoned white and black sesame seeds served with rice pilaf, fresh vegetables and lemoncello cream sauce

## Dinner Entrees (not available at Lunch)

### **Ontario Pork Tenderloin \$22.50**

Juicy pork pan seared to medium-well served with creamy garlic mashed potatoes, fresh vegetables and apple-strawberry marmalade

### **Herb Chicken \$21**

Grilled butterflied chicken breast served with roasted potatoes Provencal, fresh vegetables and Saskatoon berry coulis

**New York Striploin Steak** - Center cut AA beef grilled to your specifications served with roasted potatoes Provencal, fresh vegetables

8 oz. - \$25    10 oz. - \$28    12 oz. - \$31    14 oz. - \$34

add garlic tiger shrimp to any steak and feast on surf and turf for \$10

### **Fillet Mignon \$33**

7 ounces of classic bacon wrapped AA beef tenderloin served with roasted potatoes Provencal, fresh vegetables

### **New Zealand rack of lamb \$34**

Roasted to perfection and served with creamy garlic mashed potatoes and fresh vegetables

## Gluten Free Desserts

Save room for one of our delicious desserts.  
We always have a few that are gluten free.

Crème Brule  
Decadent Chocolate Torte  
Fresh fruit  
Tartuffos

---

### Bard's Gold Gluten Free Beer \$7.25 355 mL

100% malted sorghum beer providing traditional beer flavour that everyone can enjoy. Medium clear amber gold colour with a moderate head; aromas of roasted malt and toasted grains with sweet fruit notes; off-dry and light bodied with balanced hops and flavours of apple, caramel and sweet grain.



---

### Little Extras

garlic aioli / Caesar dressing / extra sauce / side of parmesan - \$2

Side of sautéed mushrooms or onions - \$4.50

Plate sharing charge for main courses and pastas - \$7

Like us on [facebook](#) to get up to the minute info on our monthly festivals, live music, special events, holiday hours and coupons

**Thank you for Choosing the Buell Street Bistro**