

Gluten Free Menu

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

Welcome! Please inform your server of any allergies.

Gluten Free Bread with extra virgin olive oil and Balsamic vinegar \$4

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

Salads

**Our homemade house dressing is a blueberry red wine vinaigrette;
We also offer " tahini lemon," blue cheese, 1000 Islands and ranch**

Summer Salad - Baby spinach, tomatoes, cucumbers, peppers, berries, mandarin orange, pepitas, sunflower seeds, carrots & blueberry red wine vinaigrette \$8 / \$14

Caesar Salad - homemade dressing, bacon bits, Asiago \$9 / \$16

Bistro Beet Salad - Red beets with quinoa, shaved carrot, greens, Chevre and walnuts tossed in Blueberry vinaigrette \$9 / \$16

Epica Salad - Edamame, peppers, cucumbers, tomatoes, bacon, sunflower seeds, pepitas, smoked cheddar, onion, hard boiled egg & tahini lemon dressing. \$10 / \$17

Add marinated chicken breast to any salad for an additional \$8
Add a sesame crusted salmon fillet or garlic tiger shrimp for \$12

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

Mussels of the day - Fresh from P.E.I.- small (1 lb.) \$14 or large (2 lbs.) \$22
Served with GF bread for dipping..... add a side of pommes frites \$5

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Sandwiches- Lunch only

Made with gluten free buns. Please choose from the following sides:
soup of the day or summer salad or fresh cut fries
upgrade to any soup or salad menu choice for \$2.50 extra

Walnut Burger - House made roasted nut and vegetables patty served with lettuce, tomato and onion with a side of garlic aioli \$15.50

Bombay Chicken - Curried chicken salad with cranberries, coconut, almond, celery and apples with tzatziki for dipping \$15.50

Club Panini - Marinated chicken breast, lettuce, tomatoes, onion and bacon with garlic aioli \$15.50

British Panini - Shaved striploin, sautéed onions and Swiss cheese \$16

Grilled Cheese Melt - Smoked cheddar, creamy brie, sautéed baby spinach, tomato and caramelized onion served with garlic aioli \$15.50

Steak Frites - Grilled 7 oz. AA striploin steak grilled to your specifications; served with home cut French fries and fresh herb Chimichurri \$22

Entrees (Lunch & Dinner)

Pasta Puttanesca \$17

Spaghetti noodles tossed with garlic, chilli, sundried tomato, olives, capers, white wine and tomato sauce; topped with asiago and parsley gremolata
with chicken breast add \$8

Seafood Fettuccini \$27

Fettuccini 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 \$18

Entrees (Lunch & Dinner)

Teriyaki Quinoa Vegetable bowl \$20

Heritage Quinoa stir fried with fresh vegetables, edamame, garlic, ginger, spinach, sesame seeds and house made Teriyaki sauce (GF)

Indo Stir Fry \$25

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 \$27

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 golden rice and fresh vegetables

Pesto Salmon \$24

Fresh Atlantic Salmon fillet encrusted with basil, almond, citrus pesto served with golden rice and fresh sautéed vegetables

Dinner Entrees (not available at Lunch)

Ontario Pork \$23

Herb marinated butterflied pork tenderloin grilled to medium-well served with creamy garlic mashed potatoes, fresh vegetables and a maple balsamic glaze

Stuffed Chicken \$24

Oven cooked supreme of chicken with roasted red pepper and parmesan stuffing served with roasted potatoes Provencal, fresh vegetables and Chimichurri

New York Striploin Steak

Center cut AA beef grilled to your taste served with roasted potatoes Provencal, fresh vegetables and Chimichurri

8 oz. - \$26 10 oz. - \$29 12 oz. - \$32 14 oz. - \$35

Fillet Mignon \$37

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

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

Little Extras

Chimichurri - A must try; made with fresh parsley, cilantro, garlic, chilli flakes, red wine vinegar, olive oil- a colourful and flavourful addition! \$2

garlic aioli / Caesar dressing / extra sauce / parmesan / tzatziki - \$2
Side of sautéed mushrooms or onions - \$6

New hours

Open Tuesday to Saturday for
lunch 11:00-3:00 / mid day menu 3:00-4:30 / dinner 4:30 –10:00
Open Sunday night at 4:30-9:30 for dinner
Closed Mondays

We are doing our best to follow all government regulations and requirements in regard to Physical distancing, cleaning and sanitization and personal hygiene

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