

Gluten Free Menu

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

Welcome! Please inform your server of any allergies.

Soups & Starters

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

Olives - Herb marinated black and green olives \$4.50

Soup du Jour - please ask your server for today's freshly made selection \$9

Savory Cheesecake - black peppercorn-Iberico cream cheese spread
served with gluten free bread and tomato marmalade \$15

Classic Escargot - sautéed with parsley and garlic butter au gratin;
served with gluten free bread \$14.50

Re-imagined Shrimp cocktail - tender mini bay shrimp tossed in
rose aioli served on greens with mango salsa \$17

Mussels

One pound of fresh PEI mussels (while quantities last) choose from:

Cardinal - Lobster bisque, green onions, shallots, cognac \$18

Fresca - Olive oil, white wine, onions, dill, arugula, pinenuts \$18

Served with gluten free bread for dipping..... add a side of house-cut fries \$7.50
(Our deep fryer is not designated gluten free)

Salads

Bistro Bouquet Salad - artisan lettuce garnished with tomato, cucumber, carrots,
bell peppers, radishes and a side of citrus herb vinaigrette \$11 / \$18

Kicked-up Kale - Kale tossed in our house spicy Caesar
dressing with bacon bits and Parmesan \$12/ \$20

Berry Pecan Salad - green and red leaf lettuce, pecans, berries; topped with a
wedge of imported cheese of the day and a citrus herb vinaigrette \$14 / \$22

Add marinated chicken to any salad for \$12

Add a pan seared salmon fillet \$15 / add 5 garlic shrimp to any salad for \$14

Our servers will be happy to tell you about our dinner specials. Most are Gluten Free or can be adjusted to be GF. All specials include soup of the day or Bistro Salad

Entrees

Mediterranean Quinoa bowl \$25

Ancient grain quinoa served chilled with black beans, cucumber, peppers, carrots, tomatoes and herbs; tossed with vinaigrette and topped with mango salsa and toasted seeds

Bistro Style "Paella" \$33

Basmati rice sauteed with chicken breast, shrimp, mussels, green peas, onions, mushrooms, peppers, garlic, tomatoes, herbs and saffron

Seafood Thermidor \$34

Tiger shrimp nestled on a fillet of Pacific snapper topped with sea scallops in thermidor sauce (onions, mushrooms, lobster paste, white wine, cream, Dijon) topped with melted Swiss cheese. Served with basmati rice and fresh vegetables

Seafood Pasta \$34

Gluten free pasta sautéed with tiger shrimp, sea scallops, salmon, onions, mushrooms, peppers and a white wine cream sauce; topped with Parmesan cheese (vegetarian version without seafood \$25)

Chili Lime Chicken \$29

Pan seared lime-chili marinated boneless chicken breast served with roasted potatoes provincial, sauteed vegetables and mango salsa

Rucola Salmon \$33

Broiled fresh Atlantic Salmon fillet with topped with Rucola pesto (lemon, dill, arugula, pinenuts) Served with basmati rice and fresh vegetables

Ontario Pork \$30

Orange marinated butterflied pork tenderloin grilled to medium well served with creamy mashed potatoes, fresh vegetables and blueberry port wine sauce

New York Striploin 8 oz-\$40 / 10 oz-\$45

Canadian AAA beef grilled to your specifications served with roasted potatoes Provencal, sauteed vegetables and mushroom-green peppercorn beurre maître d'hôtel

Add 5 garlic shrimp to any main course for \$14
Add sautéed mushrooms or onions for \$8

Prices do not include HST