



# THE METCALFE

What do these menu names have in common?  
Who knew?!

## **The Perry breakfast 14**

two farm fresh eggs, as you like, double smoked bacon or sausage, roasted potatoes and choice of toast

## **The Scott start 14**

scrambled egg whites, avocado half and salsa, served with Art is In Bakery Crazy Grain toast

## **The Green eggs and ham 14**

scrambled eggs with spinach and a side order of ham, served with tomato slices and choice of toast

## **The Morissette toast 13**

French toast made with Art Is In Bakery Raisin Bread served with local maple syrup

## **The Rowan waffles 14**

homemade waffles, stuffed with double smoked bacon and St. Albert's Swiss cheese, served with local maple syrup

## **The Mansbridge burger 12**

maple sausage patty, broken yolk fried farm fresh egg, smoked cheddar cheese, lettuce and tomato, served on a Kettleman's bagel with a side of spicy ketchup and roasted potatoes

## **The Manley benny 15**

two scrambled eggs and back bacon inside a freshly made crepe and topped with hollandaise sauce, served with roasted potatoes

## **The Atwood benny 14**

two scrambled eggs, spinach and hollandaise sauce, wrapped in a freshly made crepe, served with roasted potatoes

## **The Aykroyd omelet 16**

two egg omelet with double smoked bacon, Canadian back bacon, sausage and smoked cheddar cheese, served with roasted potatoes and choice of toast

## **The Anka omelet 16**

two egg omelet with Canadian back bacon, caramelized onions and green peppers, served with roasted potatoes and choice of toast

## **The Oh omelet 14**

two egg white omelet with spinach, mushrooms, tomatoes, onions, served with roasted potatoes and choice of toast



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## **Yogurt parfait 9**

Greek yogurt with Grandma Emily's homemade granola and apple tossed in brown sugar and cinnamon

## **Steel-cut oatmeal 8**

original, peanut butter & banana or Nutella & apple served with 1% milk and a side of fresh seasonal fruit

## **Grandma's granola 8**

Grandma Emily's homemade granola served with 1% milk and a side of fresh seasonal fruit

## **Heart healthy smoothie 6.50**

spinach, banana, pineapple and coconut milk  
or  
strawberry, Greek yogurt and flax seed

## **Market fresh fruit plate 7**

a trio of fresh seasonal fruit. Ask about today's selection

## **Toast 4**

fresh from Art Is In Bakery  
Crazy Grain, raisin or sourdough

## **Kettleman's bagel with cream cheese 6**

sesame, all dressed or lemon-cranberry

## **Cereal with milk 6**

## **Juices 4**

orange, grapefruit, apple, tomato

## **Milk 2.5**

1%, coconut, chocolate

## **Hot chocolate 3**

## **Happy Goat Coffee Company**

small 2.55/ medium 2.85/ large 3.10

cappuccino or latte

small 3.55/ medium 4/ large 4.65

loose leaf teas 4

Proud to support our local suppliers from in & around Ottawa  
Bearbrook Farms, Art Is In Bakery, Kettleman's Bagel Co.,  
St-Albert Cheese, Happy Goat Coffee Company

Please let us know of any allergies before ordering.



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## Prelude

### **Loaded potato skins 12**

Choose one of the following:

**Reuben style** Montreal smoked meat, Swiss cheese  
& sauerkraut

**Whisky pulled pork** house made BBQ sauce & chives

**Philly cheese steak** shaved beef, peppers, onions & Monterey jack

### **St. Albert's famous fried cheese curds 10**

like mozzarella sticks but better!

served with house marinara sauce

### **Blue shell crab cakes 12**

jump fried and served on a bed of sautéed  
spinach & mushrooms with wasabi remoulade

### **Beer battered fritters 8**

choose one of the following:

**zucchini** with sundried tomato aioli

**pulled pork** with spicy aioli

**smoked chicken** with shallot aioli

### **Fresh baked jumbo pretzels 8**

a classic staple, served with warm honey Dijon

### **Pigs are the blanket 10**

tender stalks of marinated asparagus in a prosciutto  
blanket with aged parmesan and balsamic glaze

### **Charcuterie board 18**

local salami, sausage and pate, served with  
St. Albert cheeses and baguette

### **Beer pairing flight 22**

can't decide on what to have? Let us chose for you.

four, 4 oz beer flights, paired with a sampling of  
our kitchen's best appetizers

## Lettuce Eat

### **The Metcalfe salad 13**

spring greens with spicy pickled green beans, cucumber, vine ripened  
tomatoes and scallion with poppy seed dressing

### **Harvest spinach 14**

baby spinach greens, goat's cheese, tart apple & candied  
walnuts served with Calvados cider vinaigrette

### **Not so classic Caesar 13**

chopped romaine hearts with whisky-maple bacon, house croutons,  
Parmesan crisp & creamy garlic dressing

**Add grilled chicken breast or trout to any salad for \$6**



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## Bigger, Better Burgers

*All burger options are served on a deluxe bun with lettuce & tomatoes and include your choice of shoe string fries or a side Metcalfe salad*

### **The Hill 14**

all beef patty with caramelized onions, sautéed mushrooms and smoked cheddar cheese

### **The Lowertown 15**

grilled chicken breast with fresh avocado, pico de gallo crisp bacon and smoked cheddar cheese

### **The Little Italy 15**

all beef patty with goat's cheese, pickled eggplant, fire roasted peppers and balsamic glaze

### **The Glebe 13**

marinated Portobello cap, grilled & served with fire roasted peppers, cucumber, spinach & sundried tomato aioli

### **The Rideau 16**

cracked pepper crusted beef patty with whisky maple glazed bacon, black forest ham & shallot aioli

### **The Hintonburg 16**

blackened chicken breast with grilled pineapple, spicy aioli and Monterey jack cheese

## The Main Event

### **Theo's chicken 23**

pan seared chicken breast with maple-mustard glaze served with a seasonal medley of fresh vegetables & roasted new potatoes

### **Seared rainbow trout 26**

topped with lemon gremolata, served with a seasonal medley of fresh vegetables & roasted new potatoes

### **The Rox 29**

10oz sirloin steak grilled to your liking. Topped with herbed whisky butter, served with seasonal medley of fresh vegetables and shoestring fries

### **Edgy veggie succotash 18**

mixed bean & spinach succotash with a medley of vegetables, topped with a marinated Portobello cap and house marinara

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