



# THE ALLEN RESTAURANT

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## PREVIEW

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### **Fresh Mussels and Frites**

Savoury mussels served in a jambalaya broth, tossed with chorizo bits and red bell peppers.

### **Crispy Curried Calamari**

Crispy calamari lightly dusted with curry seasoning, fresh cucumber, and crunchy red onion, topped with crispy carrots.  
Served with Tandoori Yoghurt Dip.

### **Starter Cheddar Soup**

A sumptuous cup of creamy soup with Bothwell cheddar cheese, smoky bacon and pureed potatoes.

### **Starter House Caesar**

Fresh romaine lettuce, house Caesar dressing, bacon bits, crunchy croutons, and Grana Padano.

### **Starter House Salad**

Fresh arugula, pumpkin seeds, cucumber, fresh tomato, and puffed wild rice. Served with your choice of dressing.

### **Wild Mushroom and Parmesan Arancini**

Crispy balls of creamy risotto flavoured with wild mushrooms, white wine and a generous helping of Parmesan cheese. Served with spinach aioli.

### **Drawn Wontons**

Chopped sautéed prawns served in crispy wonton cups, topped with beansprout and avocado salad, and tossed in our Korean chili and sesame vinaigrette.

### **Smoked Tomato and Bocconcini Dip**

House smoked tomatoes with fresh basil, spinach, and Parmesan cheese. Topped with fresh bocconcini and baked into a creamy creation you won't forget.  
Served with pita bread and crostini for dipping.

### **Manitoba Chicken Skewers**

Charbroiled chicken skewers with wild rice crust and Saskatoon chutney to dip.

### **Steak Bites**

Tender marinated steak bites topped with crunchy celery slaw.  
Served with mushroom pepper aioli for dipping.





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## SOUP & SALAD

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### **French Onion Soup**

Caramelized onions in rich broth smothered with Bothwell Swiss cheese.

Served au gratin with a side of grilled flatbread.

### **Bothwell Cheddar Soup Au Gratin**

A sumptuous creamy soup of Bothwell cheddar, smoky bacon and pureed potatoes.

Served au gratin with a side of grilled flatbread.

### **The MET Mixed Salad**

A menagerie of lettuces, cucumbers, oven roasted beets, chick peas, heirloom tomatoes, pumpkin seeds, chopped boiled egg, house croutons, and crumbled goat cheese in our house balsamic vinaigrette.

### **Harvest Butternut Squash and Goat Cheese Salad**

Roasted butternut squash, crumbled goat cheese, quinoa, and fresh arugula tossed in our sage and citrus vinaigrette.

Topped with blueberries, pumpkin seeds, and puffed wild rice.

### **Chicken Caesar Salad**

Fresh romaine lettuce, tossed with house Caesar dressing, bacon shards, croutons, and fresh Grand Padano. Topped with two broiled chicken skewers or sliced crispy chicken.

### **Crunch Salad**

Cucumber, avocado, snap peas, bean sprouts, fresh romaine lettuce, celery, red bell peppers, and crunchy won ton chips tossed in our Korean chili vinaigrette.

### **Salad add-ons:**

Broiled Chicken Skewers

Sautéed Prawns

Charbroiled Salmon

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## MET FLATBREADS

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Ultra-thin flatbread with gourmet toppings and signature sauces.

Choose from:

### **Chorizo and Marinated Portobello Mushroom**

With house tomato sauce and Bothwell mozzarella.

### **Spicy Eggplant, Kalamata Olive, and Roasted Red Pepper**

With house tomato sauce and Bothwell mozzarella.

### **Chicken Alfredo**

Diced, grilled chicken with creamy house alfredo sauce and Bothwell mozzarella.





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## MAIN ATTRACTION

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### **Wagon Wheel Clubhouse**

A tribute to the Winnipeg legend.

Slow roasted leg and breast of turkey, smoky bacon strips, sliced pickles, fresh tomatoes, lettuce, and mayo on harvest grain bread. Choice of side.

### **Tender Sliced Steak Sandwich**

Thinly sliced tender beef topped with crispy onions and sautéed mushrooms. Served on a pretzel bun with caramelized onion and beer aioli and topped with a rich peppercorn sauce. Choice of side.

### **Bacon & Gouda Burger**

Our house chorizo and chuck burger patty on a toasted brioche bun with bacon marmalade, Bothwell smoked gouda, crisp lettuce, red onion, and sliced tomato. Choice of side.

Add smoky bacon strips

### **Mushroom Swiss Burger**

Our house chorizo and chuck burger patty on a toasted brioche bun mounded with sautéed mushrooms, Bothwell Swiss cheese, caramelized onion, and beer aioli, topped with crispy onions. Choice of side.

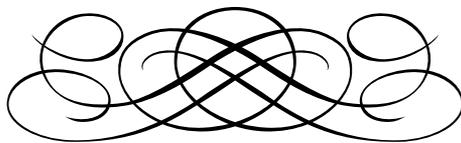
Add smoky bacon strips

### **Montreal Smoked Meat Sandwich**

Shaved house smoked Montreal style brisket, served on a toasted pretzel bun with hot mustard, sliced pickles, and pickled red onion. Choice of side.

### **Manitoba Mushroom and Goat Cheese Wrap**

Finely chopped mushrooms gently cooked with shallots and thyme, fresh arugula, crumbled goat cheese, quinoa, roasted butternut squash, and fresh tomatoes with spinach aioli. Choice of side.



### **Bacon & Blue Mac N Cheese**

Creamy cheddar cheese sauce with just a hint of blue cheese, bacon shards, and green onions. Topped with a sriracha drizzle. Choice of side.

### **Teriyaki Stir Fry Noodle Bowl**

Stir-fried vegetables with chow mein noodles in house teriyaki sauce.

Add to your Stir Fry:

Broiled Chicken Skewers

Sautéed Prawns

Charbroiled Salmon

### **Charbroiled Salmon on Crispy Risotto**

Served on smashed arancini with broiled cherry tomatoes.

### **HOUSE SIDES**

MET fries, side garden salad, or a cup of Bothwell cheddar soup.

Change to a side Caesar

Change to a French onion soup au gratin

