

/DINNER

SOUPS & SALADS

- CHEF'S MARKET SOUP** /9
DAILY / HAND CRAFTED / LOCAL/ SEASONAL
- FRENCH ONION SOUP** /11
CARMELIZED ONIONS /SWISS CHEESE /CROSTINI/AU JUS
- CHEF'S MARKET GREENS** /10
APPLE/FENNEL/CELERY/MAPLE GOAT CHEESE
/POMEGRANATE/CIDER DRESSING
- CAESAR** /12
SMOKED BACON / BUTTER CROUTONS / BUTTER MILK/
PARMESAN (G)
- CHICAGO SALAD** /12
SLICED TOMATO /SHAVED RED ONION/ BLUE CHEESE/
ARUGULA/RED WINE OREGANO DRESSING

RAW & TARTAR

- TUNA TARTAR** /16
GINGER / CILANTRO / SHALLOTS / CELERY/CUCUMBER
- MEAT MARKET GRAZING BOARD** /18
PINGUE'S SPECIALTY MEATS /PROSCIUTTO / CAPOCOLLO
/NDUJA / CHEF CHEESE SELECTION/ HOUSE PICKLED VEG
- FRESH MARKET OYSTERS** 3/6/DOZEN /MP
HONEY HORSERADISH /TABASCO/LEMON

APPETIZERS

- WAGYU SLIDERS** /17
AGED CHEDDAR / DIJON AIOLI / SHAVED ONIONS
/HOUSE PICKLE / BRIOCHE BUN
- MEAT MARKET STYLE SHRIMP
COCKTAIL** /15
CITRUS ZEST/ COCKTAIL SAUCE /LEMON CRÈME
- GOAT CHEESE FRITTERS** /16
PEAR AND TARRAGON DRESSING/CHOPPED WALNUTS/
HONEY ROASTED PEARS /BEET CHIPS (G)
- CRAB CAKE** /16
PICO DI GALLO /TOMATO COCONUT CURRY/
CARROT CILANTRO SLAW (G)
- BACON WRAPPED SCALLOPS** /17
CHARRED ONION SAUCE/ ARUGULA/ BLISTERED CHERRY
TOMATOES
- PEI MUSSELS** /16
CHOICE OF
WHITE WINE/ GARLIC/ LEMON CREAM SAUCE
OR
BASIL/ MARKET MARINARA

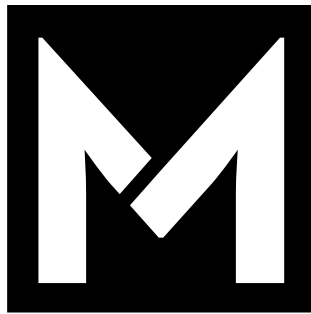
FISH / POULTRY

- CHICKEN SUPREME** /29
FRENCH BEANS /LEMON & THYME MARINATED/ CHILI LIME
GLAZE/ FINGERLING POTATOES
- SALMON** /29
DIJON AND MAPLE GLAZE /FRENCH BEANS /FINGERLING
POTATOES
- CHILEAN SEA BASS** /45
BROWN BUTTER SAUCE /GREEN BEANS / WILD RICE
- MEAT MARKET SEAFOOD PASTA** /31
SHRIMP / SCALLOPS / BABY CLAMS/ROSE /BLISTERED CHERRY
TOMATOES (G)



EXECUTIVE CHEF WESLEY LUND

(G) DENOTES ITEMS WITH GLUTEN ASK YOUR SERVER FOR OPTIONS
VEGETARIAN OPTIONS AVAILABLE UPON REQUEST
A DISCRETIONARY GRATUITY OF 15% WILL BE ADDED TO TABLES OF 10 OR MORE.
WWW.MEATAMRKETNIAGARA.CA



SIGNATURE STEAKS

HOW DO YOU LIKE YOUR STEAK PREPARED?

BLUE: SEARED OUTSIDE, COMPLETELY RED THROUGHOUT

PITTSBURGH: CHARRED ON THE OUTSIDE AND BLUE RARE ON THE INSIDE

CHICAGO: COOKED TO THE DESIRED TEMPERATURE AND CHARRED ON THE OUTSIDE

RARE: SEARED OUTSIDE STILL RED 75% THROUGH THE CENTER

MEDIUM RARE: SEARED OUTSIDE, WITH 50% RED CENTER

MEDIUM: SEARED OUTSIDE, 35% PINK SHOWING INSIDE

MEDIUM WELL: A SLIGHT HINT OF PINK

WELL DONE: 100% BROWN

SERVED WITH A CHOICE OF THE FOLLOWING:

BAKED POTATO, GARLIC MASHED POTATOES, ROSEMARY PARMESAN FRIES, FINGERLINGS POTATOES, WILD RICE


CANADIAN CUTS

		SIZE	MINIMUM	
FILET MIGNON	AAA RESERVE	8 OZ	28 DAYS	37
RIB EYE	AAA RESERVE	14 OZ	21 DAYS	39
COWBOY	AAA RESERVE	18 OZ	21 DAYS	41

USA CUTS

NEW YORK	USDA PRIME	10 OZ	31 DAYS	37
STRIPLOIN	CERTIFIED ANGUS	10 OZ	25 DAYS	35
RIB EYE	USDA PRIME	14 OZ	28 DAYS	42

WAGYU

CALI CUT		8 OZ	28 DAYS	56
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ENHANCEMENTS

LOBSTER TAIL / 16

GRILLED SHRIMP / 10

BACON WRAPPED SCALLOPS / 10

ACCESSORIES / 8

CRAB MAC & CHEESE

DUCK POUTINE

SAUTEE OF WILD MUSHROOMS

BOWL OF SEASONAL VEGETABLES / FRIED GARLIC

GRILLED BRUSSEL SPROUT / BACON / KALE / DIJON

CARAMELIZED ONIONS

BROCCOLI & CHEDDAR

FLAVOURINGS / 5

OLD SCHOOL BÉARNAISE

NEW SCHOOL BEEF REDUX

XO COGNAC PEPPERCORN CREAM

SOUTH AMERICAN CHIMICHURRI

WILD MUSHROOM & TRUFFLE

CHARDONNAY BACON CREAM

CHARRED ONION BBQ