

PLEASE INFORM YOUR SERVER OF ANY ALLERGIES  
Chompin at The Bit uses ingredients that may contain all major allergens.  
Possibility of cross-contamination

# Chompin at The Bit Bar and Grille

## Menu

### APPETIZERS

**Soup of the Day** pony 7 horse 10

**Garlic Bread** 9 Garlic butter, herbs, toasted ciabatta **Add** three cheese blend 4.5

**Bruschetta** 16 tomato, onion, garlic, mixed herbs, mixed cheese, garlic bread

**Spicy Deep Fried Cauliflower Bites** **V** 12 tossed in NY butter sauce

**Deep Fried Mozzarella Sticks** **V** 12 salsa for dipping

**Artichoke & Spinach dip** **V, GFO** 15 artichoke, spinach, cream cheese, onion, crispy pita chips

**Traditional Poutine** 14 Fries, house gravy, cheese curds

**Firecracker calamari** 14 breaded, deep fried

**Tri-colour Nachos** **V, GF** 20 Tri-color nacho chips, diced roasted red peppers, onion and tomatoes, mixed cheeses, sour cream and house salsa on side

add guacamole 3, taco beef 6, chicken 7, cheese sauce 4

**1 lb Wings** 15 **GFO** Traditional or Breaded or Breaded Boneless

Sauces: BBQ, mild, medium, hot, **S.F#@\*** hot, honey garlic, honey hot, Asian BBQ, buffalo ranch, NY butter

Dustings: Cajun, salt and pepper, lemon pepper, maple bacon, mango habanero, garlic parmesan, dry buffalo

All wing sauces and dustings are **GF** except Asian BBQ, honey garlic and honey hot

Parties of 8 or more will be subject to 18% service charge

### ENTREES

**Seared Sesame Tuna** 23 Pan seared sesame seed crusted tuna loin, house slaw, pickled ginger, wasabi aioli, sweet soy drizzle

**Fish & Chips** 17 Beer battered wild blue cod, house slaw, house tartar sauce, lemon, fries

**Mediterranean Cod** 22 tomato, onion, kalamata olive tapenade, choice of seasonal vegetables with rice or house salad

**Asian BBQ Noodle Bowl** 16 **V** chow mein noodles, seasonal vegetables, herbs, sesame marinade

Add: chicken 7, 8 oz striploin steak 15, salmon 14

**10oz Ribeye steak** **GF** 32 seasonal veg, choice of soup salad, fries, rice or mashed potato **DINE IN ONLY, AVAILABLE AFTER 4:30PM**

**Seared Salmon Fillet** 23 terriaki sauce, choice of seasonal vegetables with rice or house salad

**Fettuccini Alfredo** **V** 18 cream, garlic, mixed herbs, parmesan, fettuccini noodles, garlic bread

**Add: chicken** 7, **seasonal veg** 6, **8oz striploin steak** 15, **salmon** 14

**Chicken Fingers and Fries** 17 All white meat breaded chicken fingers, fries

### Sides

**Dill Dip** 1

**French fries** pony 6 horse 8

**Sweet potato fries** pony 7 horse 9

**Onion rings** pony 7 horse 9

**\*V**-vegetarian, **GF**-gluten free, **O**-option

### BURGERS

Choice of fries, soup or house salad. **Upgrade** to choice of **Caesar salad 4, onion rings 3, sweet potato fries 3, side traditional poutine 6**

**Palomino Burger** **GFO** 15 lettuce, tomato, onion, pickle, bun

Add: **bacon** 3, **cheese** 2, **sautéed mushrooms** 2, **sautéed onions** 2, **egg sunny side up** 2

**Clydesdale Burger** **GFO** 19 cheddar, caramelized onions, onion rings, fried egg, lettuce, tomato, onion, pickle, bun

**Canadian Sport Horse Burger** **GFO** 19 bacon, Peameal bacon, Canadian cheddar, lettuce, tomato, onion, pickle, bun

**Standardbred Burger** **GFO** 19 goats cheese, roasted red peppers, lettuce, tomato, onion, pickle, bun

**The Grazing Burger** **V, VGO** 18 House made blended mix of black beans, chick peas, roasted red peppers, corn, beyond meat, oats, mixed herbs, lettuce, tomato, onion, pickle, bun

**Thoroughbred burger** **GFO** 19 Hot sauce, cheddar cheese, jalapenos, lettuce, tomato, onion, pickle, bun

**Big Crunch Chicken Burger** 16 tossed in your favorite wing sauce, lettuce, tomato, onion, ranch dressing

**Gluten Free Bun 1.5**

**\*All beef patties are made with 100% local beef from Martin's Family Farm in Elmira**

### SALADS

**House Salad** **V** 9 Mixed greens, mixed vegetables house made balsamic or choice of vinaigrettes

**Caesar Salad** **V** 13 Romaine lettuce, house made Caesar dressing, croutons, parmesan and bacon bits

Add: **chicken** 7, **8oz striploin steak** 15, **salmon** 14

**Seared Sesame Tuna** 23 Pan seared sesame seed crusted tuna loin, house slaw, pickled ginger, wasabi aioli, sweet soy drizzle

**Crispy Asian Chicken Noodle Salad** 18 Crispy chicken tossed in Asian dressing, chow mein noodles, romaine, cucumber, onion, carrot, chow mein noodles, citrus vinaigrette, sesame, cilantro

### SANDWICHES&WRAPS

Choice of fries, soup or house salad. **Upgrade** to choice of **Caesar salad 4, onion rings 3, sweet potato fries 3, side traditional poutine 6**

**Sandwich of The Day** 14 until 4:30pm

**Tempura Shrimp Tacos** 22 Three tacos, mango habanero aioli, pineapple salsa, house lettuce, cilantro

**Blackened Wild Blue Cod Tacos** 21 Three tacos, guacamole, pineapple salsa, house slaw **GFO-corn tortillas**

**Beef Dip** 21 shaved beef, swiss cheese, sautéed mushrooms, caramelized onions, horseradish aioli on a fresh bun with beef gravy for dipping

**Buffalo Chicken Caesar Wrap** 18 Breaded or grilled chicken breast, spicy NY butter sauce, Caesar salad, large grilled tortilla **Vegetarian Option- deep fried cauliflower**

**Greek Chicken Wrap** 18 grilled chicken, feta, onion, lettuce, tomato cucumber, Kalamata olives, Greek vinaigrette, tzatziki **Vegetarian Option- deep fried cauliflower**

**Avocado Chicken Club** 20 bacon, seasoned chicken breast, lettuce, cheddar cheese, guacamole