

METTAWAS STATION

ITALIAN MEDITERRANEAN GRILL

STARTERS

TODAY'S SOUP 5

Chef's choice.

Ask your server for today's selection

RIVIERA ONION SOUP 7

Sweet onions in a rich beef broth, broiled with provolone and swiss cheese

CALAMARI RINGS 14

Lightly dusted and served with red pepper aioli

MEDITERRANEAN BRUSCHETTA 13

A classic featuring feta cheese, roasted red peppers and kalamata olives

HALF SHELL CLAMS 14

Steamed in white wine with pancetta and sprinkled with parmigiana cheese

SICILIAN ARANCINI 13

Sicilian style risotto balls, served with our homemade meat sauce

ESCARGOT 11

Stuffed in mushroom caps and broiled to perfection in garlic butter and white wine

INSALATA CAPRESE 13

Ripe tomatoes, bocconcini cheese, olives and fresh basil drizzled with extra virgin olive oil

THE MED SPREAD 18

Hummus, tabouleh and lebneh with olive tapanade, served with warm Naan bread

ANTIPASTO PLATTER 18

Prosciutto, Genoa salami, tomato and bocconcini cheese, kalamata olives, roasted red pepper and artichokes

SIGNATURE GREENS

SPINACH GORGONZOLA AND APPLE SALAD 16

Baby spinach, blue cheese crumble, sliced apples, candied pecans, and dried cranberries with vanilla balsamic vinaigrette dressing

MEDITERRANEAN SALAD 16

Romaine lettuce, tomatoes, kalamata olives, artichokes, cucumbers, roasted red peppers, red onions, pepperoncini, feta cheese and red wine vinaigrette dressing

PANZANELLA SALAD 14

Crispy greens, tomatoes, pancetta, croutons tossed in a warm vinaigrette dressing

ADD TO YOUR SALAD, PASTA OR PIZZA...

Grilled Chicken Breast 7

Shrimp Skewer 14

Steak Strips 9



METTAWAS STATION

ITALIAN MEDITERRANEAN GRILL

PIZZA PIES

GREEK PIE 18

Spinach, feta cheese, artichokes and roasted red peppers

QUATTRO STAGIONI PIE 17

Four seasons pizza featuring ripe olives, artichokes, capicola and mushrooms

SPORCACCIONE PIE 18

The Dirty pig! A meat lovers dream. Mortadella, Genoa salami, capicola and pancetta

PESTO MARGARITA PIE 18

Sliced tomatoes, pesto, mozzarella and bocconcini cheese

GRILLED VEGETABLE PIE 18

Zucchini, peppers, eggplant, goat cheese, arugula, balsamic reduction

SIMPLE PIE 15

As basic as it gets. Genoa salami and mozzarella

GLUTEN FREE CRUST \$3

SUBSTITUTING PIZZA TOPPINGS MAY INCUR AN ADDITIONAL CHARGE.

PASTAS

**ALL ENTREES SERVED WITH YOUR CHOICE OF GARDEN SALAD OR SOUP OF THE DAY.
RIVIERA ONION SOUP OR SIGNATURE GREENS ADDITIONAL \$4**

SPAGHETTI AND MEATBALLS 18

Sebastian's favourite! Spaghetti with bolognese sauce served with meatballs

FETTUCCINE EGGPLANT

PARMIGIANA 18

Fettuccini noodles with strips of sautéed eggplant, tossed in a creamy Alfredo sauce topped with marinara

PENNE ATHENA 18

Penne noodles combined with artichokes, roasted red peppers, black olives, tomatoes and feta cheese in a white wine sauce

TORTELLINI CARBONARA 20

Cheese filled tortellini in a cream sauce with pancetta and parmigiana

LASAGNA BOLOGNESE 18

Just like Nonna's !!! Layers of pasta noodles, mozzarella and parmigiana cheeses and Bolognese sauce

LINGUINI PESCATORE 22

Jumbo shrimps, scallops, clams and mussels in a light tomato basil sauce

RIGATONI ARRABBIATA 19

Angry pasta! Italian sausage, sautéed peppers and onions tossed in a spicy tomato sauce

LOBSTER RAVIOLI 23

North Atlantic lobster filled black striped pasta in a rich lobster cream sauce

GNOCCHI ARIA 19

Handmade potato dumplings smothered in our own rich bolognese sauce

SUBSTITUTE GLUTEN FREE NOODLES ON SELECT PASTA ENTREES \$3

We practice serious caution in preparing our gluten free items and do our best to ensure a gluten free product. Mettawas is not a gluten free environment. In consuming our gluten free items, be aware that there may be a chance of cross-contamination. Patrons are encouraged to consider this information in light of their individual requirements and needs.

Thank you. Enjoy.

METTAWAS STATION

ITALIAN MEDITERRANEAN GRILL

MAIN ENTRÉES

ALL ENTREES SERVED WITH YOUR CHOICE OF GARDEN SALAD,
CAESAR SALAD OR SOUP OF THE DAY, POTATO AND VEGETABLE.
RIVIERA ONION SOUP OR SIGNATURE GREENS ADDITIONAL \$4

ROASTED RACK OF LAMB 36

Marinated and grilled to perfection with garlic, olive oil and rosemary

VEAL CHOP 32

10 oz, bone in grain fed veal chop topped with grilled portobello mushroom

NEW YORK STRIP STEAK 8OZ 28

45 day aged in house AAA Angus reserve striploin 10OZ 32
Hand cut and char-grilled topped with sautéed button mushrooms

FILET MIGNON 34

8 oz bacon wrapped AAA beef tenderloin served with peppercorn sauce

BABY BACK RIBS 28

Slow roasted and delicately basted in our own tangy barbeque sauce

GRILLED TUSCAN CHICKEN BREAST 28

Topped with tomatoes, roasted red peppers, olives, artichokes and feta cheese

ADD SOME SURF TO YOUR TURF

Garlic Broiled Shrimp Skewer 14
Make it Steak Oscar 13

OTHER TASTY ADD-ONS

Grilled Portobello Mushrooms 4
Sautéed Peppers and Onions 3

Substitute spaghetti or penne for potato 6

CHICKEN PARMIGIANA 28

Breaded chicken breast topped with tomato basil sauce, mozzarella and parmigiana cheese

VEAL MARSALA 27

Sautéed veal scallopini in a mushroom and marsala wine reduction

LAKE ERIE PERCH & PICKEREL 28

Fresh fillets of perch and pickerel broiled or pan fried

BLACK COD 36

Broiled to perfection and topped with a buttery lemon caper sauce

BALSAMIC AND MAPLE GLAZED SALMON 28

On spinach quinoa risotto and vegetable of the day

