

START & SHARE

CHICKEN WINGS (1lb) 11

buffalo, hot, salt & pepper, bbq or teriyaki.
your choice of ranch or bleu cheese dip

SWEET POTATO FRIES 9½

seasoned with a house made spice blend. served
with chipotle aioli, dill dip & bacon ketchup.

PRETZEL STICKS 8

lightly buttered with coarse sea salt. served with red
ale mustard sauce.

BANG BANG SHRIMP 11½

light tempura batter, sauced with a spicy chili aioli
& garnished with togarashi seasoning.

CHICKEN GYOZA 9½

pan seared & served with sweet chili soy sauce.

SPICY TUNA TARTARE 13½

sashimi grade albacore tuna, lightly seasoned with
a spicy sesame chili oil, togarashi spice & finely
sliced scallions; served on crispy rice with a drizzle
of sriracha mayonnaise.

MAMA'S MEATBALLS 13

house made meatballs simmered in our garlic
tomato & basil sauce, topped with melted mozza,
parmesan & chopped parsley. garlic bread on
the side.

CHILI LIME CHICKEN 12

crisp cucumber, chow mein noodles & fresh lime.

DRAGON BOAT LETTUCE WRAPS 12

roasted chicken & vegetables, chow mein noodles,
cashews, cilantro & fresh lime. tossed in a hoisin
peanut sauce & served with crisp romaine boats.

BUTTER CHICKEN POUTINE 11½

roasted chicken, curried tomato cream sauce,
fresh cheese curd, spiced yogurt & fresh cilantro.
traditional poutine 9½

CALAMARI 10½

lightly breaded with jalapenos, slivered onions &
bell peppers. drizzled with roasted red pepper aioli.

HUMMUS & NAAN 8½

traditional style hummus topped with a balsamic
reduction & served with warm garlic naan bread.

BRUSCHETTA 8½

served with baked garlic crostinis topped with
melted mozzarella & parmesan cheese.



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SALADS

GRILLED CHICKEN CAESAR 13½

6oz grilled chicken breast, house made croutons,
chopped bacon, shaved parmesan & a fresh lemon
wedge.

BACON BLEU CHEESE WEDGE 10

crisp iceberg wedge with crumbled bleu cheese,
chopped bacon, tomato, red onion, boiled egg &
buttermilk bleu cheese dressing.

ROCKET 14½

baby arugula, fresh tomato, red onion slivers,
shredded carrot & crumbled goat cheese, gently
tossed in a lemon-herb vinaigrette; served with a
grilled chicken breast.

THAI 14½

chopped romaine & cooled rice noodles tossed
in a cilantro peanut vinaigrette; topped with citrus
marinated grilled chicken, mandarin oranges, red
onions, pea shoots & cashews.

CALIFORNIA COBB 14½

roasted chicken, chopped bacon, cheddar cheese,
boiled egg, cucumber, fresh tomato & avocado over
a bed of mixed greens. served with a balsamic bleu
cheese vinaigrette.

SIRLOIN 18

7oz of marinated sirloin grilled medium & served
over chopped romaine, tomato, crumbled goat
cheese, grilled mushrooms, red onion & sugar snap
peas. served with buttermilk bleu cheese dressing.

IN A BOWL

MARKET SOUP 6½

a delicious daily feature. please ask your server
for details.

BACON & TOMATO SOUP 8

creamy, rich & made from scratch. served alongside
garlic grilled french bread croutons topped with
melted mozza & shaved parmesan
for dipping.

FRENCH ONION SOUP 7

caramelized spanish onions in a rich beef broth,
baked with toasted garlic croutons & provolone
cheese.

PACIFIC RIM NOODLE BOWL 13½

chicken, prawns, steamed vegetables & rice
noodles, simmered in a spicy flavorful broth.

TERIYAKI CHICKEN RICE BOWL 14

tender chicken with fresh cut vegetables, sautéed
in a house made teriyaki sauce over sticky rice.
garnished with sesame seeds, cashews & spiced
yogurt.

RED THAI SHRIMP CURRY 14½

pan seared vegetables & tender shrimp; fired in a
spicy coconut lime curry sauce, served over sticky
rice & topped with fresh cilantro.

CASUAL FAVOURITES

LONG BEACH FISH TACOS (3) 16

lightly spiced mahi mahi, avocado, shredded
lettuce, tomato, green onion, chopped cilantro,
fresh lime & mild chipotle sauce. served with a
mixed green salad.

GOGI TACOS (3) 15

korean inspired shredded pork topped with ginger
cilantro slaw & sriracha mayonnaise. served with
a mixed green salad.

JALAPENO MAC & CHEESE 9½

chopped jalapeno peppers, a blend of cheeses &
fresh cream over tender elbow macaroni. topped
with toasted parmesan panko bread crumb.
add: cajun chicken, chorizo sausage 4¼ bacon 2

STEAK SANDWICH 17½

our tender 7oz sirloin, lightly seasoned, brushed
with a garlic herb butter & grilled to your liking.
served on thick cut garlic toast. + 2 sides
add: prawns 4¼ sautéed mushrooms or onions 1¼

FISH & CHIPS 14½

lightly battered in our own blonde lager. served with
french fries, honey slaw, tartar sauce & your choice
of gravy or dill dip. add: extra piece 7½

CHORIZO SAUSAGE LASAGNA 15

chorizo sausage bolognese over tender mafalda
noodles; baked with mozzarella & shaved
parmesan cheese.

FETTUCCINI & MEATBALLS 15

fettuccini & hand packed meatballs in our garlic
tomato & basil sauce; garnished with shaved
parmesan cheese & fresh basil.

CHICKEN CLUB WRAP 13½

oven roasted chicken, peppered bacon, aged
cheddar cheese, avocado, tomato, mayonnaise
& crisp shredded lettuce. + 2 sides

CHICKEN TENDERS 12½

served with a generous mound of french fries, plum
sauce & your choice of gravy or dill dip.

BUTTER CHICKEN 16

tender chicken simmered in a fragrant curried
tomato cream sauce, garnished with lightly spiced
yogurt & fresh cilantro. served with basmati rice &
warmed garlic naan bread.

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BURGERS + 2 sides

BETWEEN BREAD + 2 sides

FLATBREADS

choose 2 sides with all **BURGERS, BETWEEN BREAD & MAINS.**

SIDES

Mixed Greens	French Fries (gravy or dill dip)
Caesar Salad	Quinoa Salad
Ginger Cilantro Slaw	Jalapeno Cheddar Corn Bread
Honey Slaw	Jalapeno Cheddar Mashed Potatoes

Cup of Soup 2
Pan Seared Broccolini 2
Sweet Potato Fries 2¼
Poutine 2½
Warm Potato Salad 2

add: cheddar, mozza, provolone, swiss, bleu cheese, goat cheese, bacon or avocado 2

add: mushrooms, jalapenos, banana peppers or guacamole 1¼

whole wheat bun available upon request

THE MAIN 14½

our signature burger served on a butter grilled brioche bun; with state sauce, shredded lettuce, tomato, pickle, red onion & melted american cheese.

THE GRILLED CHEESEBURGER 16½

grilled french bread, american, swiss & provolone cheese; with peppered bacon, shredded lettuce, tomato & a stack of crisp fried onions.

ALBERTA BISON BURGER 14½

lean ground bison, served on a butter grilled brioche bun; with bacon ketchup, lettuce, tomato, red onion, pickle & melted cheddar cheese.

GRILLED CHICKEN CLUB 15

seasoned grilled chicken breast served with lettuce, tomato, mayonnaise, avocado, peppered bacon & melted cheddar.

CAJUN CHICKEN CHEDDAR 14½

pan seared blackened chicken breast with lettuce, tomato, mayonnaise, red onion & aged cheddar.

VEGGIE BURGER 13½

served on a toasted honey whole wheat bun with guacamole, hummus & shredded lettuce; topped with our own bruschetta & melted mozzarella.

FRENCH DIP 14½

slow roasted beef, shaved thin on a toasted baguette with sautéed mushrooms, caramelized onions, swiss cheese & horseradish mayo.

CAROLINA PULLED PORK 13

lean pork shoulder cooked in house, pulled then mopped in our southern style bbq sauce, topped with honey slaw & served on a fresh white bun.

BUFFALO CHICKEN CHEESE STEAK 14½

roasted chicken simmered in buffalo sauce, served on a grilled baguette with red peppers, slivered onions, banana peppers, melted cheddar & mozzarella cheese.

THE REUBEN 14

grilled rye bread stuffed with montreal smoked meat, swiss cheese, sauerkraut & our house made thousand island dressing.

SAIGON SUB 13½

roasted chicken simmered in a hoisin peanut sauce with melted provolone, matchstick carrots, cucumber & chopped cilantro; served on a toasted baguette with sriracha aioli & a light drizzle of sweet soy sauce.

APPLEWOOD SALMON CLUB 15

oven roasted applewood salmon, served on a toasted brioche bun with roasted red pepper aioli, lettuce, tomato, peppered bacon & fresh avocado.

add: chicken, prawns or chorizo sausage 4¼

MARGHERITA 11½

grape tomatoes, cream cheese, mozzarella, fresh basil & oregano.

SPANAKO 12

grape tomatoes, roasted red peppers, baby spinach, red onion, goat cheese & oregano; drizzled with a balsamic reduction.

CHORIZO SAUSAGE & PEPPERS 13

crumbled chorizo sausage, roasted red peppers, banana peppers & cracked black pepper over a blend of cheeses; drizzled in a roasted red pepper aioli.

BRUNCH

Served until 1:00pm on weekends & statutory holidays.

BENNY BAR 10½

two poached eggs, served on toasted english muffins, drenched in rich hollandaise sauce. served with crisp hash browns & garnished with fresh fruit.

choose from the following:

traditional – with sliced ham

veggie – with seared tomato & steamed spinach

brunch – with fresh tomato, cheddar & strip bacon

THE STATE SCRAMBLER 10½

hash browns, red peppers, chopped ham, bacon, red onion & melted cheddar. garnished with green onions. served with toast & fresh fruit on the side.

BANANA BREAD FRENCH TOAST 10½

fresh banana bread dipped in a bailey's irish cream egg wash, griddled to golden brown & dusted with icing sugar. served with brown sugar butter, hash browns, fresh fruit & canadian maple syrup.

BREAKFAST BURRITO 10½

scrambled eggs, peppered bacon, shredded cheddar cheese, green onion, salsa & sour cream all rolled into a sundried tomato tortilla. served with crisp hash browns & garnished with fresh fruit.

MORNING GLORY 11½

two eggs any style, spolumbo's maple breakfast sausage, strip bacon, crisp hash browns, toast & fresh fruit.

STEAK & EGGS 17½

7oz 'aaa' angus sirloin with three eggs any style, crisp hash browns, toast & a fresh fruit garnish.

STEAK & MAINS + 2 sides

add: prawns 4¼ sautéed mushrooms or onions 1¼

THE EMPIRE STATE 10oz 24½

classic new york cut, juicy & incredibly flavorful.

RIBEYE 12oz 32½

generously marbled for peak flavor & tenderness.

KANSAS CITY BACK RIBS 22½

tender baby back ribs, slow roasted then charbroiled & brushed with our southern style bbq sauce.

CHICKEN & RIBS 24½

half a rack of our kansas city back ribs & a 6oz blackened chicken breast.

all of our steaks are grilled to your preference, seasoned with our house blend 'state spice' & brushed in a garlic herb butter.

* not all ingredients are listed in the menu description. please inform your server of any dietary restrictions or allergies.

* consuming raw or under-cooked meats, poultry or seafood may increase your risk of foodborne illness.

* gluten sensitive menu, gluten free buns & soy chicken are available upon request.

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