

# START & SHARE

## PRETZEL BITES 12

buttered & salted, w/ warm bacon & beer cheese dip on the side.

## CHICKEN WINGS 13¾

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

## BANG BANG SHRIMP 17¼

tempura battered, spicy chili aioli, unagi sauce & togarashi.

## KOREAN FRIED CHICKEN 14

lightly battered chicken & cauliflower in a spiced gochujang glaze.  
garnished w/ sesame seeds & green onion.

## CALAMARI 13¾

jalapenos, onions & bell pepper, w/ roasted red pepper aioli.

## SPINACH & ARTICHOKE DIP 12¾

served hot, w/ warmed tortilla chips; salsa & sour cream on the side.

## SPICY TUNA TARTARE 14¾

sashimi grade tuna, w/ a spicy sesame chili oil, togarashi & finely sliced scallions; served on crispy rice w/ a drizzle of sriracha mayo.

## DRAGON BOAT LETTUCE WRAPS 15

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

## AVOCADO TOAST 10½

smashed avocado on toasted crostinis, topped w/ fresh roma tomato, toasted pine nuts, fresh basil & balsamic glaze.

## BAJA BRUSSELS SPROUTS 11¾

flash fried w/ red pepper & chopped bacon, tossed w/ fresh lime juice, parmesan & chilis. garnished w/ lime crema & fresh cilantro.

## BRUSCHETTA 10¾

served w/ baked garlic crostinis topped w/ melted mozzarella & parmesan cheese.

## JALAPENO MAC & CHEESE 11¼

chopped jalapeno peppers, a blend of cheeses & fresh cream over cavatappi noodles. topped w/ toasted parmesan panko bread crumb.

⊕ cajun chicken, chorizo sausage 5¼ bacon 2¼

# GREENS

## WEST COAST CHOP SALAD 14

mixed greens, cucumber, dried cranberries, candied almonds, avocado, baked chickpeas & crumbled goat cheese; in a honey-dijon vinaigrette.

⊕ chicken or shrimp 5¼

## GRILLED CHICKEN CAESAR 15¾

house made croutons, chopped bacon, shaved parmesan & a fresh lemon wedge.

## THE COBB SALAD 17¼

roasted chicken, bacon, shredded cheddar, egg, cucumber, tomato, avocado; balsamic bleu cheese vinaigrette on the side.

## THAI SALAD 17½

grilled lemongrass chicken, mango, carrots, avocado, toasted coconut, peanuts, noodles, basil, mint & cilantro. tossed in a citrus chili vinaigrette.

## GRILLED STEAK SALAD 22¼

Sterling® Silver sirloin sliced over chopped romaine, tomato, crumbled bleu cheese, grilled mushrooms & red onion; tossed w/ buttermilk bleu cheese dressing.

# BROTHS & BOWLS

## MARKET SOUP 7½

ask us about today's offering.

## FRENCH ONION SOUP 9½

baked w/ toasted garlic croutons & provolone.

## PACIFIC RIM NOODLE BOWL 17¼

chicken, shrimp, steamed vegetables & rice noodles, simmered in a spicy flavorful broth. chili oil & fresh lime on the side.

## THE HOLLYWOOD BOWL 16½

poached salmon, avocado, chickpeas, yams, asparagus, radish & mint, over a mix of quinoa & greens; w/ agave-lemon vinaigrette & greek yogurt tzatziki. served chilled. 490 calories.

## THE BURRITO BOWL 16½

chicken, black beans, corn, red onions, shredded cheese & lettuce, over basmati rice w/ chipotle sauce, cilantro, lime, pico de gallo & guacamole.

## SPICY TUNA POKE BOWL 16½

brown rice, sesame sauce, cabbage, pickled cucumber, avocado, green onions & spicy sushi grade tuna.

## TERIYAKI RICE BOWL 17

chicken & fresh veggies in teriyaki sauce; served over sesame brown rice; garnished w/ cashews.

## BUTTER CHICKEN 16½

simmered in a fragrant curried tomato cream sauce w/ cashew butter, lightly spiced yogurt & fresh cilantro. served over basmati rice w/ a side of warmed garlic naan.

# FLATBREADS

⊕ chicken, shrimp or chorizo sausage 5¼

## MARGHERITA 13

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

## SPANAKO 14

tomatoes, roasted red peppers, spinach, red onion, goat cheese & oregano; drizzled w/ balsamic glaze.

## CHORIZO SAUSAGE & PEPPERS 14¾

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

# CELEBRATE WITH US!

FROM WORK EVENTS TO  
HAPPY HOUR GET-TOGETHERS

[STATEANDMAIN.CA/GROUPS](http://STATEANDMAIN.CA/GROUPS)

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

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

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

\* we work closely with our partners to source sustainable & responsibly harvested ingredients.

# BURGERS & SANDWICHES *each served with your choice of 2 sides.*

our beef is naturally raised, humanely harvested & 100% canadian. pure with no filler.  
our chicken is free run, grain fed & raised without added hormones.

## THE MAIN 16¾

two patties, each w/ melted american cheese make up this classic. topped w/ lettuce, tomato, onion, pickle & our own burger sauce. ⊕ bacon, mushrooms, fried egg 1¾

## THE GRILLED CHEESE BURGER 19

butter grilled bread w/ american, swiss & provolone, bacon, lettuce, tomato, burger sauce & crisp fried onions.

## BISON BURGER 18¾

on a butter grilled brioche bun; w/ bacon ketchup, lettuce, tomato, red onion, pickle & melted cheddar.

## GRILLED CHICKEN CLUB 17½

w/ lettuce, tomato, mayonnaise, avocado, peppered bacon & melted cheddar.

## THE VEGGIE 15¾

double stacked house made black bean & veggie patties, w/ american cheese, burger sauce, lettuce, tomato, onion & pickle.

## FRENCH DIP 17½

slow roasted Sterling® Silver beef, shaved thin on a toasted baguette w/ sautéed mushrooms, caramelized onions, swiss cheese & horseradish mayo.

## STEAK SANDWICH 22

six ounce Sterling® Silver top sirloin, seasoned & cooked your way; served open faced on garlic toasted french bread. ⊕ shrimp 5¼ sautéed onions or mushrooms 1¾

## APPLEWOOD SALMON BURGER 17½

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

## CALIFORNIA CHICKEN WRAP 17

roasted chicken, peppered bacon, aged cheddar, avocado, tomato, red wine vinaigrette, mayo & shredded lettuce.

## SIDES

- mixed green salad
- caesar salad
- ginger cilantro slaw
- fries w/ gravy or dill dip
- jalapeno cheddar corn bread
- sesame brown rice
- jalapeno cheddar mashed potatoes
- cup of soup ⊕ 2¼
- quinoa salad ⊕ 1¼
- pan seared broccolini ⊕ 2¼
- sweet potato fries ⊕ 2½
- poutine ⊕ 2¾

# STEAK & MAINS

## LONG BEACH FISH TACOS (2) 15½

lightly spiced mahi mahi, avocado, shredded lettuce, tomato, green onion, chopped cilantro, fresh lime & mild chipotle sauce. served w/ your choice of side. ⊕ taco 5¼ each

## BRAISED LAMB TACOS (2) 16

w/ creamy tahini, lettuce, pickled pink turnip, chopped parsley & a side of house made harissa. served w/ your choice of side. ⊕ taco 5¾ each

## CHICKEN ENCHILADAS 17

chicken, black beans, corn & red onions, rolled into soft tortillas; baked w/ our house enchilada sauce & mixed cheese, then topped w/ lettuce, jalapenos, cilantro & lime crema. fresh pico de gallo on the side.

## FISH & CHIPS 17½

beer battered haddock w/ house made tartar sauce, fries & gravy or dill dip.

## FRIED CHICKEN TENDERS 15¾

buttermilk brined tenderloin; breaded & fried, w/ fries & plum sauce.

## BRUSCHETTA CHICKEN FETTUCCINE 17¾

house made bruschetta & chopped seasoned chicken tossed in a pesto cream sauce.

## THE SIRLOIN 6oz 22 9oz 28½

lightly seasoned & cooked to your preference. served w/ jalapeno cheddar mashed & pan seared broccolini. ⊕ shrimp 5¼ sautéed onions or mushrooms 1¾

## THE HAWAIIAN STRIPOIN 10oz 32

ten ounces of Sterling® Silver new york striploin in a pineapple-soy-ginger marinade topped w/ sesame butter; served w/ jalapeno cheddar mashed & asparagus.

## THE EMPIRE STATE 10oz 34

ten ounces of Sterling® Silver premium beef striploin, served w/ jalapeno cheddar mashed, pan seared broccolini, & a side of sautéed garlic mushrooms. ⊕ shrimp 5¼ sautéed onions 1¾

# HAPPY ENDINGS

## DIRT PIE 6¼

chocolate & mocha ice cream separated by a layer of fudge brownie chunks & a crumbled cookie crust.

## KEY LIME PIE 6¼

in a jar w/ whipped cream & lime zest

## CHEESECAKE 6¼

in a jar w/ house made saskatoon berry compote.

## CHOCOLATE BROWNIE 6¼

in a jar, w/ french vanilla ice cream, whipped cream & a dark chocolate drizzle.

# BRUNCH

served until 3pm on weekends & select holidays.

## MORNING GLORY 12¾

two eggs any style, spolumbo's maple breakfast sausage, bacon, tots, toast & fresh fruit.

## THE STATE SCRAMBLER 12¾

tots, red peppers, honey ham, bacon, red onion & cheddar. garnished w/ green onions. served w/ toast & fresh fruit on the side.

## BREAKFAST BURRITO 12¾

scrambled eggs, bacon, cheddar, green onion, salsa & sour cream; rolled into a sundried tomato tortilla. served w/ tots & garnished w/ fresh fruit.

## STEAK & EGGS 22

our six ounce Sterling® Silver sirloin, w/ three eggs any style, tots, toast & a fresh fruit garnish.

## EGGS BENEDICT 13½

toasted english muffins, drenched in rich hollandaise sauce. served w/ tots & garnished w/ fresh fruit.

choose from the following:

- traditional – w/ sliced ham
- veggie – w/ seared tomato & steamed spinach
- brunch – w/ fresh tomato, cheddar & bacon

## BANANA BREAD FRENCH TOAST 13¾

in a bailey's irish cream egg wash, griddled golden brown & dusted w/ icing sugar. served w/ brown sugar butter, tots, fresh fruit & canadian maple syrup.

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We are proud to partner with Sterling® Silver Premium Meats to bring you the highest quality cuts of beef available.

Should you have any concern with the quality of your steak, please bring it to our attention & we will promptly make it right.



#STATEANDMAIN

THE SIGN OF GOOD TIMES