

GLUTEN FRIENDLY OPTIONS



This menu is offered as a service to our guests to assist with dietary needs. Please be aware that MR MIKES is not a gluten free establishment and therefore we assume no responsibility as cross contamination may occur. Guests are encouraged to consider this information in light of their individual needs.

APPIES, GREENS & STUFF

CASCADIA SALAD

honey roasted pecans, feta, fresh greens & cabbage, carrots, cranberries, honey lemon poppyseed dressing
add cajun or grilled chicken breast \$6

LOBSTER AVOCADO SALAD

langostino lobster, avocado, edamame, corn, grape tomatoes, fresh greens & cabbage, feta, honey lemon poppyseed dressing

EASY CAPRESE CHICKEN SALAD

grilled chicken breast, fresh mozzarella, grape tomatoes, sweet basil, arugula, iceberg lettuce, red onion, avocado, citrus vinaigrette dressing, balsamic reduction and parmesan

CAESAR SALAD **Order without croutons**

fresh romaine lettuce, tangy caesar dressing, croutons and parmesan

KICKASS CHICKEN SALAD

Order without tortilla strips

fresh greens & cabbage, edamame, corn, honey roasted pecans, mango citrus dressing, feta, tomato, red onion, crispy tortilla strips and grilled cajun chicken breast

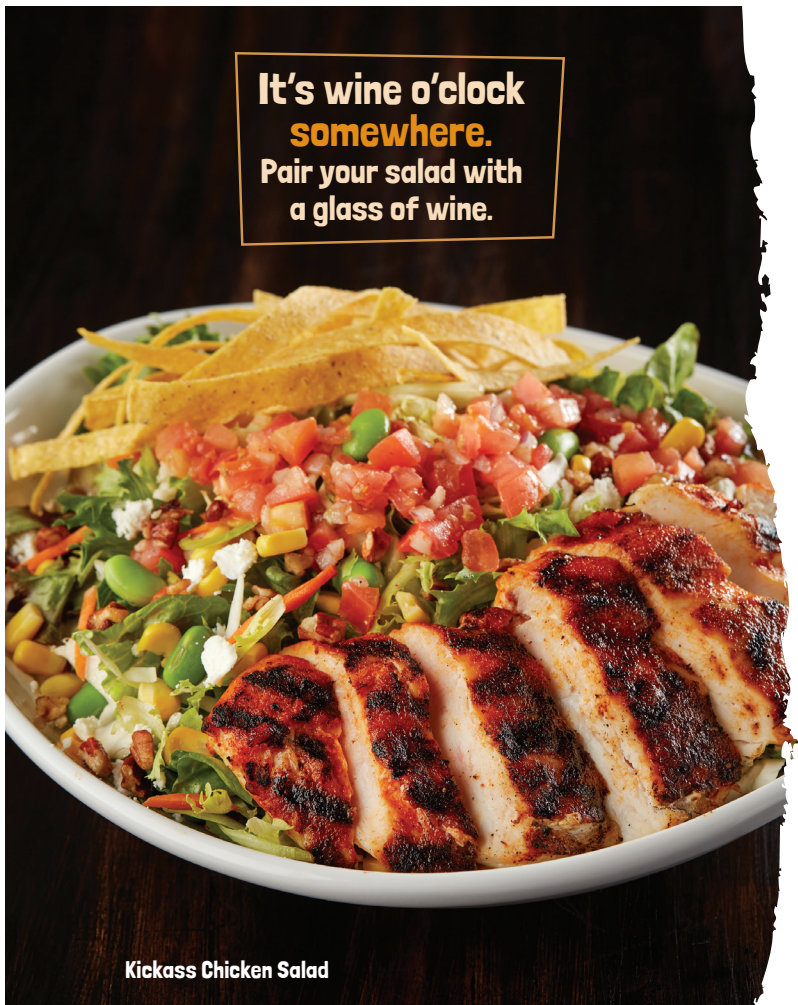
CASUAL FAVOURITES

Confirm fresh vegetables with your server

SMUGGLER'S COVE CHICKEN **M**

grilled chicken breast topped with scallops & prawns sautéed with fresh tomato and green onions in our own cajun butter. Served with jasmine rice and fresh vegetables.

Please note: Recipes & Ingredients are subject to change. All deep fried products may contain one or all of the 10 allergens recognized in Canada (peanuts, tree nuts, sesame, soy, seafood, wheat, eggs, milk, sulphites & mustard) as the fryer oil can be a source of cross-contamination of allergens. Therefore, no deep fried items are listed as many deep fried items contain wheat.



Kickass Chicken Salad

MIKES MIKES LIKES (you'll love them too)

SERIOUS STEAK

Our Canada AAA steaks are aged a minimum 28½ days (the ½ day is our secret). These steaks include garlic mashed potatoes and fresh vegetables, crowned with garlic herb butter.



RARE
MEDIUM RARE
MEDIUM
MEDIUM WELL
WELL DONE

TOP SIRLOIN 8 oz or 6 oz

FILET MIGNON 6 oz
with bacon peppercorn sauce

THE RIB EYE ^{MR}M 16 oz or 12 oz

GAUCHO RIB EYE 16 oz or 12 oz
smoked applewood dry rub with chimichurri sauce
and garlic parmesan fries

SIDE CHOICES

classic baked potato • double stuffed baked potato
roasted garlic mashed potatoes

BEEF N' REEF

Order without onion rings, confirm fresh vegetables
with your server

SMUGGLER'S COVE SIRLOIN ^{MR}M
6 oz Canada AAA sirloin topped with scallops & prawns
sautéed with fresh tomato and green onions in our own cajun
butter. Served with crispy onion rings, fresh vegetables and
garlic mashed potatoes

SWEET SPOT

VANILLA ICE CREAM
your choice of caramel or chocolate sauce and whipped cream

TOP IT OFF

show your steak a good time and dress it up!

ADD: garlic sautéed mushrooms
smuggler's cove topper

MORE MIKENESS!

smother that steak with garlic sautéed
mushrooms and add a side caesar
salad for just \$6.29

Order your salad without croutons

^{MR}M **MIKES LIKES** (you'll love them too)

16 oz Gaucha Rib Eye Steak



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your choice of caramel or chocolate sauce and whipped cream

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show your steak a good time and dress it up!

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smuggler's cove topper

MORE MIKENESS!

smother that steak with garlic sautéed
mushrooms and add a side caesar
salad for just \$7.29

Order your salad without croutons

^{MR}M **MIKES LIKES** (you'll love them too)

16 oz Gaucha Rib Eye Steak



MR MIKES
SteakhouseCasual