

The **Med** Restaurant

A Saint John Tradition Since 1971

Our family and staff have taken great pride in serving our customers over the years.

We continue our commitment in offering a delicious menu, reasonable prices, and a friendly and relaxed atmosphere.

www.medrestaurant.com

STARTERS

CHICKEN WINGS

Mild, medium, hot, BBQ or sweet chili. 12.49

DEEP FRIED MOZZA STICKS 8.99

ONION RINGS 7.99

GARLIC BREAD (3) 3.99

With cheese 6.99

CURRY PUFFS Blend of chicken and vegetables wrapped in filo pastry. 7.99

SPRING ROLLS Our own spring rolls with chicken. Served with sweet chili sauce. 6.99

CALAMARI

Served with our own seafood sauce 11.99

SPANAKOPITA

A traditional spinach and feta "pie" 7.99

GREEK PITA with Cheese

2 pieces of Greek pita bread with garlic butter and mozzarella cheese. Served with your choice of hummus, tzatziki or meat sauce 9.99

FLAMING SAGANAKI

Imported kefalograviera cheese pan-fried and flambéed table-side with Ouzo. 10.99



OPA!

SOUPS & SALADS

FRENCH ONION SOUP

From the Roman times until today.
A Mediterranean classic. 6.99

SEAFOOD CHOWDER

A homemade classic. Cup 8.99 Bowl 12.99

SOUP OF THE DAY

Homemade soup prepared daily 3.99

GARDEN SALAD (Gluten Free)

Lettuce, tomato, onion, green pepper and cucumber. Small 6.99 / Large 9.49

SPINACH SALAD w/ Goat Cheese

Spinach, beets, goat's cheese and candied walnuts in our own vinaigrette dressing. 10.99

CAESAR SALAD (Gluten Free)

Second to none! Crisp romaine lettuce, croutons, bacon, Parmesan cheese and home-made dressing. Small 7.49/ Large 10.99

GREEK VILLAGE SALAD (Gluten Free)

SIMPLY LIFE
live longer

Fresh tomatoes, cucumbers, onions, green peppers, feta, Greek peppers and olives, with olive oil & herb vinaigrette. 10.99

GREEK SALAD

(With our creamy House Dressing or traditional Olive oil & vinegar)
Iceberg lettuce, tomatoes, onions, cucumber, feta cheese, Kalamata olives and peppers.
Small 7.49/ Large 10.99

Add

GRILLED CHICKEN or CRISPY CHICKEN 3.99

SHRIMP Skewer 5.99

THE MED CLASSICS (All Inclusive Specials*)

Includes Soup of the Day - Side Salad - Tea or Coffee - Dessert of the Day



SIRLOIN TIPS (available Gluten Free)

Our most popular dish! Pieces of pork tenderloin sautéed with fresh onions in our special gravy sauce. 18.99

TENDERLOIN TIPS (available Gluten Free)

"The Original". Medallions of pork tenderloin sautéed with fresh mushrooms and green peppers in our special gravy sauce. 19.49

BROILED SALMON

A 6 oz. Atlantic salmon filet, broiled to perfection and served with our tartar sauce, vegetables and choice of potato. 20.99

TENDERLOIN STEAK (available Gluten Free)

A Med classic! Sautéed pork tenderloin with fresh onions in our special gravy sauce. 18.99

POT ROAST

Tender slices of beef, served in gravy with vegetables and choice of side. 18.49

GRILLED LIVER

"Best in Town". Breaded with our special blend and served with bacon and onions. 18.49

BBQ CUTLET

A lightly breaded pork cutlet covered with our own BBQ sauce. (Also available in chicken) 17.49

All-INCLUSIVE Specials on specific days...

Tuesday:	Roast Chicken	17.99
Friday:	Fried Haddock	17.99
Sunday:	Roast Turkey	17.99

* Dine in only

CHICKEN

Served with side salad



BBQ ROTISSERIE CHICKEN

Cooked to perfect tenderness and served with your choice of BBQ sauce or garlic-ginger sauce.

LEG	10.99
BREAST	12.49
1/2 Chicken	15.99

BBQ CHICKEN & RIBS

A quarter chicken leg and pork back ribs. A great combo! 19.99
(add \$1.50 for all white meat)

ROAST CHICKEN

Served with our own stuffing and brown gravy. 16.99

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CHICKEN STIR-FRY

Chicken breast and fresh vegetables stir-fried with our own teriyaki sauce on a bed of rice. Served with side salad 16.99

SFL CHICKEN STIR-FRY

Delicious and sugar-free on a bed of brown rice. Served with side salad 16.99

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ROAST TURKEY

Tender all-white turkey meat served with our own stuffing and brown gravy. 17.99

CHICKEN STRIPS

Four deep fried chicken strips served with potatoes, cole slaw and dipping sauce. 15.99

SANDWICHES

EGGPLANT MOZZARELLA On Bun

Grilled eggplant, mozzarella, feta and our homemade tomato sauce, on ciabatta bread. Served with fries and cole slaw. 12.49

HOT TURKEY

Our classic All white meat turkey smothered in our own brown gravy and served with choice of potatoes and vegetables. 13.49

HOT HAMBURGER/ HOT BEEF

A grilled beef patty smothered in gravy and served with choice of potatoes and vegetables. 12.49

CLUBHOUSE

Sliced turkey, bacon, lettuce and tomato. Served with fries and side salad. 13.99

MED BURGER (1/2 pound)

Two lean ground beef patties topped with cheese, bacon, lettuce and tomato. Served with fries and cole slaw. 12.99

CHICKEN PARMESAN on a Bun

Breaded breast of chicken with our tomato sauce, parmesan and mozzarella on a ciabatta bun. Served with fries and cole slaw. 12.99



FISH TACOS

New

Three soft shelled tacos filled with lettuce, avocado, pico de gallo, lightly dusted haddock and creamy poblano ranch dressing. Served with choice of potato. 12.99

GYRO PITA

New

Beef/lamb slices with lettuce, tomato, onions and fries wrapped in a pita and smothered with tzatziki sauce. With fries and cole slaw. 12.99

DONAIR PITA

New

Beef/lamb slices with lettuce, tomato & onions wrapped in a pita with our own sweet sauce. With fries and cole slaw. 12.99

SOUVLAKI PITA

Chicken, pork or lamb skewer with lettuce, tomato & onions wrapped in a pita with tzatziki sauce. With fries and cole slaw.

Chicken 12.99

Pork 12.49

Lamb 13.49

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We've teamed up with SIMPLY FOR LIFE™
to offer some delicious entrées to fit your lifestyle

Take-Away & Delivery Available

GREEK & ITALIAN

Served with side salad (some items vary)



GREEK LEMON CHICKEN (Gluten Free)

Prepared with garlic, lemon, oil and oregano. Served with Greek potatoes, rice pilaf and Greek salad 17.99

CHICKEN CACCIATORE

Roast Chicken with our Cacciatore sauce. Served on rice 16.99

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CHICKEN With Feta & Spinach

Chicken breast stuffed with feta, spinach, pine nuts, and various spices, served with Greek salad and Greek potatoes. 18.99

ITALIAN CUTLET

A deep-fried pork cutlet generously covered with our meat sauce, cacciatore sauce and mozzarella cheese. Served with pasta. 18.99

SOUVLAKI DINNER

A Med favorite! Your choice of chicken, pork, lamb (2 skewers) or salmon (1 skewer) served with tzatziki, Greek potatoes, rice pilaf and Greek salad.

Chicken or Pork 17.99

Lamb 18.99

Salmon 19.99

New

(marinated with garlic, ginger, Crosby's molasses and rum)

CHICKEN PARMESAN

Breaded chicken breast with our homemade parmesan sauce and mozzarella cheese. 17.99

MOUSAKA (Gluten Free)

A Greek classic! Ground beef layered in eggplant, potatoes and bechamel cream sauce. 15.99

STEAKS & SEAFOOD

Served with side salad

FRIED HADDOCK

Atlantic Haddock fillet lightly breaded in our special blend and deep fried. 17.99

PAN BROILED HADDOCK

Atlantic Haddock pan broiled and served with vegetables and choice of potatoes 17.99
(Add our creamy parmesan dill sauce for \$2)

AAA NY STRIPLOIN (10 oz) (Gluten Free)

A lean cut with a thin fat cap along the edge. Served with your choice of potato and fried onions. 24.99

BOSTON STEAK

A tender cut of Canadian pork tenderloin wrapped in bacon and sautéed with fresh mushrooms and green peppers in our special gravy sauce. 18.99



GRILLED PORK CHOP

New

A 10 oz. frenched pork rib chop served with vegetables and choice of potato. 18.99

ST LOUIS STYLE BBQ BACK RIBS

A generous portion of tender pork ribs, dry rubbed and topped with our homemade BBQ sauce.
Half Rack \$19.49 Full Rack \$26.99

PASTA



BAKED LASAGNA

A generous serving, created with our homemade meat sauce. (Vegetarian Lasagna available) 11.99

SPAGHETTI

With our rich homemade meat sauce 11.99

With meat balls 13.49

(Also available as Vegetarian Spaghetti)

FETTUCINI ALFREDO

An Italian classic made with grated parmesan and our own alfredo sauce. 12.99

With chicken ... add 3.99

With shrimp... add 5.99

BAKED SEAFOOD LASAGNA *New*

A medley of scallops, shrimp and white fish with lasagna noodles in our cream sauce. 16.99

FETTUCINI ROSÉ

Fettuccini noodles served with Italian sausage, fresh mushroom, green peeper and onion in our own rosé sauce. 15.49

We use fresh ingredients
and take pride in creating our
sauces, gravies, dressings and soups
in the old tradition ... from scratch!



Theodore Likourgiotis (1932 - 2016)