

START & SHARE

PRETZEL BITES 11¾

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

CHICKEN WINGS 13½

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

BANG BANG SHRIMP 17

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

TIJUANA STREET CORN DIP 12½

blended & whole corn w/ a mix of cheeses, topped w/ cilantro, chili powder & fresh lime; warm tortilla chips for dipping.

KOREAN FRIED CHICKEN 13¾

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

CALAMARI 13½

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

HUMMUS & NAAN 10½

traditional style hummus topped w/ a balsamic reduction & served w/ warm garlic naan.

CHICKEN GYOZA 12

pan seared & served w/ sweet chili soy sauce.

SPICY TUNA TARTARE 14½

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 14¾

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

AVOCADO TOAST 10¼

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

BAJA BRUSSELS SPROUTS 11½

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

SWEET POTATO FRIES 10

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

BRUSCHETTA 10½

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

JALAPENO MAC & CHEESE 11

chopped jalapeno peppers, a blend of cheeses & fresh cream over cavatappi noodles. topped w/ toasted parmesan panko bread crumb.
⊕ cajun chicken, chorizo sausage 5 bacon 2

GREENS

WEST COAST CHOP SALAD 13¾

mixed greens, cucumber, dried cranberries, candied almonds, avocado, baked chickpeas & crumbled goat cheese; in a honey-dijon vinaigrette.
⊕ chicken or shrimp 5

GRILLED CHICKEN CAESAR 15½

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

THE COBB SALAD 17

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

GRILLED STEAK SALAD 21¾

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 7¼

ask us about today's offering.

FRENCH ONION SOUP 9¼

baked w/ toasted garlic croutons & provolone.

PACIFIC RIM NOODLE BOWL 17

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

THE HOLLYWOOD BOWL 16¼

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 16¼

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 16¼

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

TERIYAKI RICE BOWL 16¾

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

BUTTER CHICKEN 16¼

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 5

MARGHERITA 12¾

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

SPANAKO 13¾

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

CHORIZO SAUSAGE & PEPPERS 14½

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

* 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 16½

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 1½

THE GRILLED CHEESE BURGER 18¾

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

BISON BURGER 18½

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

GRILLED CHICKEN CLUB 17¼

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

THE VEGGIE 15½

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

FRENCH DIP 17¼

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

STEAK SANDWICH 21½

six ounce Sterling® Silver top sirloin, seasoned & cooked your way; served open faced on garlic toasted french bread.

BUFFALO CHICKEN CHEESE STEAK 16

on a toasted baguette w/ red peppers, slivered onions, banana peppers, melted cheddar & mozzarella cheese.

APPLEWOOD SALMON BURGER 17¼

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

CALIFORNIA CHICKEN WRAP 16¾

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 + 2

quinoa salad + 1

pan seared broccolini + 2

sweet potato fries + 2¼

poutine + 2½

MAINS

LONG BEACH FISH TACOS (2) 15¼

lightly spiced mahi mahi, avocado, shredded lettuce, tomato, green onion, chopped cilantro, fresh lime & mild chipotle sauce. served w/ your choice of side. + taco 5 each

BRAISED LAMB TACOS (2) 15¾

w/ creamy tahini, lettuce, pickled pink turnip, chopped parsley & a side of house made harissa. served w/ your choice of side. + taco 5½ each

CHICKEN ENCHILADAS 16¾

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 17¼

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

FRIED CHICKEN TENDERS 15½

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

BRUSCHETTA CHICKEN FETTUCCINE 17½

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

THE EMPIRE STATE 10oz 33½

ten ounces of Sterling® Silver premium beef striploin, served w/ jalapeno cheddar mashed, pan seared broccolini, & a side of sautéed garlic mushrooms. + shrimp 5 caramelized onions 1½

HAPPY ENDINGS

DIRT PIE 6

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

KEY LIME PIE 6

in a jar w/ whipped cream & lime zest

CHEESECAKE 6

in a jar w/ house made saskatoon berry compote.

CHOCOLATE BROWNIE 6

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

BRUNCH

served until 3pm on weekends & select holidays.

MORNING GLORY 12½

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

THE STATE SCRAMBLER 12½

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

BREAKFAST BURRITO 12½

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

STEAK & EGGS 21½

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

EGGS BENEDICT 13¼

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 13½

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