

**WORSHIP
FLAVOUR**



BRUNCH

EAT



**MILDRED
SAYS**

"Enjoy our pancakes
for B' Lunch Mon - Fri
11am - 3pm"

Scones & Biscuits

baked fresh every morning, Mildred's perfected these two delicacies over the past 25 years. Buttery currant scones or flakey buttermilk biscuits served with our homemade preserves.

two ... 6.25 or six ... 14.5

Eat them here or take them home

Crunchy Granola

house-made with toasted maple oats, almonds, pumpkin & sunflower seeds, shaved coconut, dried cranberry & black currants, served with yogurt & seasonal fruit ... 10.5

Eats, Shoots & Leaves

this sumptuous salad is packed with flavour & nutrition – sprouted legumes, pumpkin & sunflower seeds, kale & leaf lettuces tossed in a lemon vinaigrette ... 13.5

add house smoked salmon ... 5.5

Wally's Cheesy Savoury Tart

Monforte goat cheese, spinach & caramelized onions, baked in an egg, creamy royale, served with mixed greens ... 14

Huevos Monty

a Mildred fave, black bean refritos & sharp cheddar cheese baked in flour tortillas & topped with two eggs sunny, fresh salsa, avocado smash & sour cream ... 15.5

Veda's Choice

Mildred's classic poached eggs on a flakey croissant with your choice of smoked salmon or bacon, topped with Béarnaise sauce & served with mixed greens ... 15.5

Omelette

changes daily at the whim of the kitchen, your server will give you the deets. Served with mixed greens ... 15.5

The Manhandler

sliced flat iron steak on toasted garlic sourdough with arugula, two eggs sunny & a side of MP sauce (*it's better than the Queen's HP*) ... 19.5

Big Brunch Skillet

spicy pulled pork, roasted onions, black beans & potato hash with eggs sunny & piri piri salsa ... 15

Little Kay's Favourite Grilled Cheese Sandwich

toasted sourdough with apple tomato relish, aged cheddar & mozzarella with mixed greens ... 14

Sides ... 5.5

- Rosemary bacon
- Chorizo sausage
- Crispy rosemary potatoes

Pancake Trivia:

since Mildred started serving pancakes in 1989, we've served over 1/2 million of these fluffy cakes. That's 8,200 lbs of butter, 131,250 eggs & 10,000 liters of maple syrup!

MRS. BIEDERHOF'S BLUEBERRY BUTTERMILK PANCAKES

served with a wild blueberry compote, Lanark County organic maple syrup & whipped cream. These fluffy pancakes are well worth the wait ... 16.5

DRINK

BUBBLES

Pink Mimosa - Belstar Rosé & fresh grapefruit juice ... 11

Mimosa - Cava & fresh oj ... 10.5

Mimosas For A Crowd

1L of fresh juice combined with 1 btl from our Bubbly Selection:

- Cava ... 65
- Prosecco ... 70
- Cuvée Rosé ... 75

THE BATTLE OF THE CAESARS

Bungalow Island Caesar - Stoli, Mott's Clamato, curly celery & horseradish ... 12

Canadian Caesar - Stoli, Walter's Caesar mix, curly celery & horseradish ... 12.5

ORGANIC & FAIR TRADE COFFEE FROM REUNION ISLAND

Freshly brewed coffee ... 3.75

Espresso ... 3.75

Cappuccino / Latte ... 4.5

Americano (reg or decaf) ... 4

Make it a double (add) ... 0.75

House made vanilla syrup ... 0.75

Almond milk (sub) ... 0.5

TEA SELECTION FROM SLOANE ... 4.35

Bold Breakfast ... black

Earl Grey Classic ... black

Jasmine Mist ... green

Tropical Green ... green

Blood Orange Oolong ... oolong

Citron Calm ... herbal

Marrakesh Mint ... herbal

Ginger Twist ... herbal

TEMPERANCE

Freshly Squeezed oj or grapefruit ... 5
Cheaper by the litre ... 28.5

Mildred's House Made Lemonades
Regular or Blueberry ... 4.5

House Brewed Iced Tea
flavour changes seasonally ... 4.5

London Fog - brewed earl Grey tea with steamed milk & a hint of vanilla syrup (all the rage on Carnaby Street) ... 5

Hot Chocolate - Callebaut dark, heavy cream & frothed milk. *Mmm!* ... 6.5

Sodas; Coke, Diet Coke, Canada Dry, Sprite, Club Soda ... 3.5

MORE DRINKS



GOOD TO KNOW:

Our dishes are cooked fresh to order & prepared in an environment where nuts & shellfish are present.
If you have any allergen inquiries please speak to a member of our team.

Substitutions & modifications on dishes may slow your order down. Groups of 8 or more may be subject to an 18% service charge.

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WORSHIP FLAVOUR

B'LUNCH EAT

**MILDRED
SAYS**

"Drop your biz card
for a chance to win
\$50 towards
Dinner"

Scones & Biscuits

baked fresh every morning, Mildred's perfected these two delicacies over the past 25 years. Buttery currant scones or flakey buttermilk biscuits served with our homemade apple butter jam.

two ... 6.25 or six ... 14.5

Eat them here or take them home

Warm Buttery Croissant

with homemade apple butter jam ... 3.25

Soup

our kitchen shows its devotion by preparing soups from wholesome ingredients that reflect the season ... 8

All Kale Caesar!

hearty kale, tossed in a creamy anchovy dressing, with garlic sourdough croutons, grana padano & grilled lemon ... 14

add house smoked salmon ... 5.5

add grilled chicken ... 5.5

Eats, Shoots & Leaves

this sumptuous salad is packed with flavour & nutrition - sprouted legumes, pumpkin & sunflower seeds, kale & leaf lettuces tossed in a lemon vinaigrette ... 13.5

add house smoked salmon ... 5.5

add grilled chicken ... 5.5

Bolly Cauli Bowl

roasted curried cauliflower tossed with quinoa, caramelized onions, wilted spinach, green grapes & a dollop of pressed yogurt ... 17.5

Huevos Monty

a Mildred fave, black bean refritos & sharp cheddar cheese baked in flour tortillas & topped with two eggs sunny, fresh salsa, avocado smash & sour cream ... 15.5

Mrs. Biederhof's Blueberry Buttermilk Pancakes (they make people happy)

served with a wild blueberry compote, Lanark County organic maple syrup & whipped cream. These fluffy pancakes are well worth the wait ... 16.5

Veda's Choice

Mildred's classic poached eggs on a flakey croissant with your choice of smoked salmon or bacon, topped with béarnaise sauce, served with mixed greens ... 15.5

The Temple Burger

handcrafted burger topped with tomato apple relish, garlic aioli, served on a whole wheat bun, your choice of mixed greens or frites. (we bake our buns daily) ... 18

add aged cheddar ... 1.5

add bacon ... 2

The Manhandler

sliced flat iron steak on toasted garlic sourdough with arugula, two eggs sunny, served with mixed greens & a side of MP sauce (it's better than the Queen's HP) ... 19.5

Wally's Cheesy Savoury Tart

Monforte goat cheese, spinach & caramelized onions, baked in an eggy, creamy royale, served with mixed greens ... 14

Big B'Lunch Skillet

spicy pulled pork, roasted onions, black beans & potato hash with eggs sunny & piri piri salsa ... 15

Little Kay's Favourite Grilled Cheese Sandwich

toasted sourdough with tomato apple relish, aged cheddar & mozzarella served with mixed greens ... 14

Chicken Avocado Club

grilled breast of chicken sandwiched between two slices of toasted sourdough, slathered with bacon jam, avocado smash & garlic aioli, layered with fresh tomato & lettuce, your choice of mixed greens or frites ... 16.5

SIDES

Hand Cut Frites

dusted with our housemade seasoning & served with garlic aioli ... 6
or topped with oxtail gravy & curds ... 10.5

Rosemary Bacon ... 5.5

THE B'LUNCH FEATURE

A new inspiration using seasonal ingredients. Your server will give you the deets ... Priced Accordingly

DRINK

BUBBLES

Pink Mimosa - Belstar Rosé & fresh grapefruit juice ... 11

Mimosa - Cava & fresh oj ... 10.5

Mimosas For A Crowd

1L of fresh juice combined with 1 btl from our Bubbly Selection:

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Prosecco ... 70
Cuvée Rosé ... 75

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Espresso ... 3.75

Cappuccino / Latte ... 4.5

Americano (reg or decaf) ... 4

Make it a double (add) ... 0.75

House made vanilla syrup ... 0.75

Almond milk (sub) ... 0.5

TEA SELECTION FROM SLOANE ... 4.35

Bold Breakfast ... black

Earl Grey Classic ... black

Jasmine Mist ... green

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Blood Orange Oolong ... oolong

Citron Calm ... herbal

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London Fog - brewed earl Grey tea with steamed milk & a hint of vanilla syrup (all the rage on Carnaby Street) ... 5

Hot Chocolate - Callebaut dark, heavy cream & frothed milk. Mmm! ... 6.5

Sodas; Coke, Diet Coke, Canada Dry, Sprite, Club Soda ... 3.5

MORE DRINKS



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WORSHIP
FLAVOUR



DINNER

EAT



MILDRED
SAYS

"Drop your biz card
for a chance to
win \$50 towards
Dinner"

FOR THE TABLE

Cheddar & Roasted Garlic Biscuits
baked fresh daily, served with butter
two ... 6.25 or six ... 14.5
Eat them here or take them home

Dip Duo (Sharing's Good)
artichoke-parmesan & red pepper-chevre
dips, served with Mildred's house made
Sardinian flatbreads & crunchy veggies
... 12

SMALL

Soup
our kitchen shows its devotion by
preparing soups from wholesome
ingredients that reflect the season ... 8

All Kale Caesar!
hearty kale, tossed with house made tangy
vinaigrette, garlic sourdough croutons
& grana padano ... 14
add house smoked salmon ... 5.5
add grilled chicken ... 5.5

Eats, Shoots & Leaves
this sumptuous salad is packed with flavour
& nutrition - sprouted legumes, pumpkin &
sunflower seeds, kale & leaf lettuces tossed
in a lemon vinaigrette ... 13.5
add house smoked salmon ... 5.5
add grilled chicken ... 5.5

Shrimp & Crab Cakes
crunchy cakes flavored with kaffir lime,
cumin, coriander & jicama served with a
tangy chili lime emulsion ... 15

Mushroom Skillet
roasted king oyster & cremini mushrooms
with blistered tomato, finished table side
with shaved pecorino ... 14

Gnocchi Poutine
fluffy potato dumplings tossed in rich oxtail
gravy, with Ontario cheese curds ... 15

Grilled Octopus
served over braised chorizo, tomato, red
wine & white beans served with garlic sour-
dough toast ... 15

BIG

The Temple Burger
handcrafted burger with tomato relish,
garlic aioli, topped with tobacco onions
on a whole wheat bun with mixed green
or frites (*we bake our buns daily*) ... 18
add aged cheddar ... 1.5
add bacon ... 2

Duck & Waffles
Mildred's spin on a southern classic - a
savory waffle topped with confit duck leg
drizzled with wild blueberry & green
peppercorn chutney, rhubarb gastrique
& topped with a sunny duck egg ... 23.5

Porchetta Pancakes
slow roasted pork belly cooked into fluffy
buttermilk pancakes with Lanark County
organic maple syrup, tangy apricot
mostarda & crispy sage ... 24

Wellington County Steak
10oz grilled strip loin served with duck
fat roasted potatoes, bone marrow butter
& chimichurri sauce (*umami here we
come*) ... 30

Roast Chicken Biryani
our adaptation of this dish of kings
is inspired by fragrant notes of clove,
cardamom & roasted onion sauce, served
with basmati rice pilau, cashews, pumpkin
seeds, honey yogurt & housemade date
& fig chutney ... 24.5

Branzino & Pasta Verdura
Hand cut tagliatelle tossed with seasonal
vegetables, pecorino & a splash of lemon
cream topped with grilled branzino ... 28

Bolly Cauli Bowl
roasted curried cauliflower tossed
with quinoa, caramelized onions, wilted
spinach, green grapes & a dollop of
pressed yogurt ... 17.5

SIDES

Hand Cut Frites
dusted with our house made seasoning
& served with garlic aioli ... 6

The Best of the Season
a heaping helping of your daily serving
of fresh vegetables, ask your server for
the low down ... 8

THE DINNER FEATURES

Daily inspirations using the best
of the season, your server
will provide the details.

Menu Items Priced Accordingly

GOOD TO KNOW:

Our dishes are cooked fresh to order & prepared in an environment where nuts & shellfish are present.
If you have any allergen inquiries please speak to a member of our team.
Substitutions & modifications on dishes may slow your order down. Groups of 8 or more may be subject to an 18% service charge.

join us for

BUCK-A-SHUCK
THURSDAYS



\$1 OYSTERS
EVERY THURSDAY
from 5pm - 7pm

DINNER IS SERVED WEDNESDAY - SATURDAY FROM 530

cook with reckless abandon

CELEBRATE WITH MILDRED

GATHER FRIENDS, FAMILY OR THE OFFICE GANG AROUND THE TABLE
AT MILDRED'S FOR AN OPPORTUNITY TO ROLL-UP YOUR SLEEVES.
INQUIRE ABOUT OUR COOKING CLASSES & THE TIN CHEF EVENTS!

for info email michael@templekitchen.com

**KEEP IN TOUCH
WITH MILDRED!**

Sign up for our newsletter to be the first to
learn about the latest **promotions**
& **events**: bit.ly/2xWspws

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MILDRED'S

TEMPLE KITCHEN



DRINK MENU



WORSHIP FLAVOUR



DRINK WINE



MILDRED SAYS

"Join us for drinks
in the lounge"

mildred's humble cellar represents a cross section of grapes chosen to compliment our menu offerings

BUBBLES

	5oz gls / btl
Cava Brut, Flama d'Or, NV, SP	11 / 46
Prosecco Brut, Belstar NV, IT	12 / 54
Cuvée Rosé, Belstar NV, IT	13 / 58
Champagne, Veuve Cliquot NV, FR	115

WHITE

Chardonnay, Leaning Post, The Fifty, 2016, Niagara, ON	12 / 54
Vermentino, Fattoria di San Quintino, 2016, Tuscany, IT	56
Pinot Grigio delle Venezia, Salvalai, 2016, IT	12 / 48
Pinot Gris, Huff Estates, 2017, PEC, ON	47
Sauvignon Blanc, Reif Estate, 2017, Niagara, ON	11 / 44
Sauvignon Blanc, Forrest, 2016, Marlborough, NZ	65
Sylvaner, Muré, 2015, Alsace, FR	62
Albarino, Ria Baixas, 2016, SP	68

ROSÉ

	5oz gls / btl
Côtes de Provence, Cave D'Augustin Florent, 2017, FR	12 / 54
Locust Lane Rosé, Hidden Bench, 2017, Niagara, ON	13 / 58

ORANGE

Vidal, Southbrook Vineyards, 2016, Niagara, ON	62
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RED

Cabernet Franc, Southbrook Vineyards, 2016, Niagara, ON	64
Pinot Noir, Keint-he Portage, 2014, Niagara, ON	12 / 52
Pinot Noir, Longbend, 2016, Marlborough, NZ	63
Tempranillo, 'El Pedal', Hermanos Hernaiz, 2016, Rioja, SP	13 / 58
Beaujolais Villages, Stephane Aviron, 2015, FR	59
Malbec, Makia Estate, 2015, Mendoza, AR	62
Faugeres, Champ-Pentus, Frédéric Brouca, 2014, FR	67
Rosso di Montalcino, La Mannella, 2016, IT	78

BEER & CIDER

CANS

Lost Craft, Toronto, ON:	
Crimzen - Red Ale, 473 mL	7
Revivale - Lagered Ale, 473 mL	7
Unifeye - Premium Lager, 473 mL	7
Catapult, APA, Toronto, ON, 473 mL	7

DRAFT

Side Launch Wheat	8.5
Collingwood, ON, 510 ml	
Beau's Lugtread	8.5
Vankleek Hill, ON, 510 ml	

BOTTLES

Steam Whistle Pilsner, ON, 341 mL	7
Stella Artois, Belgium, 330 mL	7.5
Pommies Dry Apple Cider, ON, 355 mL	7.5

BOOZY DRINKS

*a full selection of aperitifs, spirits, liqueurs and cognacs is available for all your favourite classic cocktails.
mildred's put together a few of her own classics for your sipping pleasure.*

Bert's Back (2 oz)
Campari, Stoli & fresh grapefruit juice ... **11**

Tea Time (1.5oz)
St. Remy brandy, early grey syrup, lemon juice, egg white, topped with prosecco ... **12**

The Blue Sky (2 oz)
berry tea infused Stoli, Mildred's blueberry compote, basil, lemon & soda ... **12**

GINger Fizz (2 oz)
Bombay Sapphire gin, mint, ginger beer & lemon ... **13.5**

La Pinela (2 oz)
Hornitos Tequila, Galliano, cinnamon syrup, pineapple & lime juice ... **13.5**

Apple Wood & Vanilla Smoked Old Fashioned (2 oz)
Crown Royal Bourbon Mash, Dillons orange bitters, organic cane sugar, bathed in sweet vanilla bean & smooth apple wood smoke ... **15**

The Pancho (2 oz)
Kraken rum, Amaretto, freshly squeezed oj, lime juice & ginger syrup ... **12.5**

Cherry Maple Rye Sour (2 oz)
Lot No. 40 rye, cherry bitters, Lanark County maple syrup, lemon & egg white ... **13**

Bittersweet Symphony (3 oz)
Chamomile tea infused rye, Aperol, lemon juice & egg white, topped with prosecco ... **14.5**

TEMPERANCE

Cranberry Lime Refresher
cranberry & pineapple juice, with a splash of lime cordial, topped with soda ... **6.5**

Mildred's Temple
Mildred's take on Shirley Temple, featuring fresh mango-tangerine juice, topped with ginger beer ... **6.5**

Grapefruit Ginger Spritzer
grapefruit juice, ginger ale, fresh mint ... **6.5**



DESSERT

EAT

DRINKS

IMBIBE

- Karlo Estates Van Alstine, 2013 (3oz) ... **12**
Courvoisier (1oz), VS ... **13.5**
St. Remy VSOP (1oz) ... **7.5**
Glenfiddich (1oz) ... **14**
Writers Tears (1oz) ... **12**
Johnny Walker Black (1oz) ... **13**
Montenegro (1oz) ... **8.5**
Branca Menta (1oz) ... **7.5**
Tequila Tromba Añejo (1oz) ... **15**

ORGANIC & FAIR TRADE COFFEE

- Freshly brewed coffee ... **3.75**
Espresso ... **3.75**
Cappuccino / Latte ... **4.5**
Americano (reg or decaf) ... **4**

London Fog ... **5**
Hot Chocolate ... **6.5**

Make it a double (add) ... **0.75**
Substitute for almond milk ... **0.5**
Housemade vanilla syrup ... **0.75**

TEA SELECTION FROM SLOANE ... 4.35

- Bold Breakfast ... black
Earl Grey Classic ... black
Jasmine Mist ... green
Tropical Green ... green
Blood Orange Oolong ... oolong
Citron Calm ... herbal
Marrakesh Mint ... herbal
Ginger Twist ... herbal

SPECIALTY COFFEES

- Bailey's Coffee, Bailey's, coffee, whipped cream ... **9.5**
Irish Coffee, Jameson, coffee, whipped cream ... **10.5**
Monte Cristo, Grand Marnier, Kahlua, coffee, whipped cream ... **10.25**
Blueberry Tea, Amaretto, Grand Marnier, English Breakfast Tea ... **10.25**

MILDRED'S World Famous Profiteroles
stuffed with Lindt milk chocolate ice cream, drizzled with
chocolate & caramel sauces
one for 5 or three for 9

Mayan Spiced Chocolate Crème Brûlée
served with espresso cookie ... **8**

Buttery Bread Pudding
Baked with apple & cinnamon served with
a warm rye caramel & whipped cream ... **8**

Mrs. Biederhof's Mini Buttermilk & Blueberry Pancakes
(available only during Dinner hours)
A stack of mini pancakes served with a wild blueberry compote,
Lanark County organic maple syrup & whipped cream ... **10**

Mildred's New York Caramel Pecan Square
this decadent sweet is served with a hint of chantilly cream
& a drizzle of caramel sauce ... **8**

