



Note: All items listed are subject to availability

Lunch Entrées

Steak Sandwich \$17 

8oz sirloin on garlic naan and your choice of fries, salad, or rice

Salmon Steak \$15 

6oz salmon fillet with garlic naan and your choice of fries, salad, or rice

Butter Chicken / Butter Paneer \$9   

with rice and naan

Chili \$6.5  

Lasagna \$9 

10" Pizza \$11  \$17 

Pepperoni, Cheese, or Vegetarian

Burger and Fries \$9  \$10 

Sandwiches*

Italian Panini \$11

Smoked Turkey \$5.5

Roast Beef \$5.5

Veggie Wrap with Hummus \$6 

Egg Salad \$5 

Sandwiches come on brown, white, or whole grain bread.
Gluten Free bread is available upon request.

Soup & Naan \$7.5

Mushroom  

Tomato  

Thai Chicken 

Vegetarian  

Clam Chowder

Salads & Sides

House Salad \$5 

Caesar Salad \$6 

French Fries \$4 

Rice \$2  

Naan \$1 

Garlic Naan \$1 

Appetizers

Chicken Wings \$9 

Choose from BBQ, Buffalo, Chili, Hot, S&P, or Teriyaki

Potato Skins \$9 

Jalapeno Poppers \$9 

Mozzarella Cheese Sticks \$5.5 

Calamari \$10

Note: Members may pre-purchase Halal and Kosher items upon request. Please email facultycentre@mrfa.net for details.

Due to high cost, also low demand and related stock loss, we do not keep these items in stock without pre-orders.

Members are welcome to place advance orders for dine-in or takeout using the order form at mrfa.net/mrfaBistroOrderForm

Gluten-free 
Vegetarian 
Vegan 
Spicy 



Non-Alcoholic Beverages

Drip Coffee, Tea and Hot

Chocolate - Complimentary

Nespresso Coffee \$2.00

Sparkling Water, San Pelligrino,

and Juice \$2.50

Pop \$1.00

Wine

Red Wine \$5.00

White Wine \$5.00

Beer On Tap

Canmore Grizzly Paw:

Grumpy Bear

Pints \$4.00

Pitchers \$15.00

Cans/Bottles

**Various options subject
to availability \$4.00**

Guinness \$4.50

Liquor

Served by the ounce \$3.00

Mixes for highballs \$1.00

**Scotch, Rye, White Rum,
and Gin**

Coolers & Ciders

**Various options subject to
availability \$4.00**

AA Bar Snacks

**Complimentary chips, snack
mix, popcorn, and Cheetos.**

**Note: Alcoholic beverages may only be sold and served by a licensed MRFA staff member.
If Robert is not present, please ask another staff member for assistance.**