

MONTAHA'S



BISTRO & CAFÉ

International Taste • Fresh & Local Ingredients

DINE IN | TAKE OUT | DELIVERY



ORIGINALLY FROM LEBANON, MONTAHA CAME TO SWIFT CURRENT IN 2018. SHE CAME TO SUPPORT HER BROTHER, SAMMY KHALIFE, DURING HIS HEART TRANSPLANT. MONTAHA PREPARES HER FAVOURITE RECIPES FROM LEBANON, SERVING INCREDIBLE DISHES TO HER GUESTS IN SWIFT CURRENT. WITH CARE AND ATTENTION THAT ONLY A MOTHER CAN GIVE, MONTAHA PREPARES HER DISHES AS THOUGH FOR HER FAMILY. QUALITY HOME-COOKED MEALS, MADE FROM SCRATCH.

SIT BACK, RELAX, AND MOST IMPORTANTLY—ENJOY YOUR MEAL.
WELCOME TO MONTAHA'S BISTRO & CAFÉ! WHERE MONTAHA AND SAMMY FEED YOU LIKE FAMILY.

+1 306-971-2255 | 321 CENTRAL AVE N SUITE 1, SWIFT CURRENT, SK S9H 0L5, CANADA
OPEN TUE-SAT 11 AM TO 8 PM | MON 11AM - 2 PM (BOGO WRAPS) | CLOSED ON SUNDAYS

Cappetizers

LEMON LENTIL SOUP | GF V DF | 5

This authentic vegetarian Lebanese soup recipe made With lentils and vegetables is seasoned with cumin and turmeric.

HUMMUS | GF V DF | 7

The best authentic hummus recipe! Made from scratch with SK chickpeas. Served with pita bread or gf bread.

SPANAKOPITA | V | 6

A delicious and savory lebanese pie made of perfectly crispy layers of phyllo dough and a comforting filling of spinach and feta cheese.

DOLMA | GF V DF | 8

Flavour-packed grape leaves stuffed with a tantalizing mixture of rice; loads of fresh herbs and warm spices, then cooked in a bright lemony broth. Montaha learned how to make stuffed grape leaves in her grandmother's Mediterranean kitchen many years ago.

BABA GANOUSH | GF V DF | 7

In Montaha's country, this tasty eggplant dip is called baba ganoush, which means "spoiled dad." (You can't help but feel a bit spoiled when you have it!) Silky, creamy, smoky eggplant dip with tahini, garlic and citrus. Served with pita bread or gf bread.

DEEP FRIED PICKLES | V DF | 8

Crazy addictive & delicious breaded pickle spears served With Montaha's own creamy chilli aioli dipper.

MONTAHA'S NACHOS | GF | 16

Tortilla chips loaded with whole cheeses, red, green & jalapeño peppers, black olives, tomatoes, assorted pickles and montaha's own spicy cajun grilled chicken. Served with tzatziki sauce & salsa. *(Vegetiz'er 14)*

MONTAHA'S CHICKEN POUTINE | GF | 15

Chicken piri piri tawook , makhani gravy, French fries, fresh parsely, cheddar cheese curds.

CHICKEN WINGS | 10

Oven baked or fried and served with your choice of flavour: *Piri Piri Tawook, Hot, Ranch, BBQ, Chili Aioli*



Salads

Individual sizes

MONTAHA'S SALAD | GF V DF | 8

Romaine, cucumber, tomatoes, onions, olive oil, and in-house dressing. *Add feta +3*

TABOULEH QUINOA SALAD | GF V DF | 10

One of the healthiest salads you can eat. Parsley, lemon, and fresh herbs with juicy tomatoes and nutritious quinoa. It is rich in antioxidants, minerals, and packed with vitamin K. We promise it is as refreshing as it sounds.

SPRING SEAFOOD SALAD | GF | 14

Arugula, pea shoots, quinoa, mandarin orange, red onions, citrus vinaigrette, heirloom tomato, butter poached shrimp & scallops with avocado poblano dressing.

BEIRUT STREET SALAD | GFO | 14

Grilled chicken breast, arugula, mix greens, roasted corn, feta cheese, crispy pitas, chile, smoked paprika, heirloom tomato with avocado poblano dressing.

GF (GLUTEN FREE) | V (VEGAN FRIENDLY) | DF (DAIRY FREE) | GFO (GLUTEN FREE OPTION: BREAD OR WRAP | ADD +3)

Wraps and Sandwiches

*Add a Soup +3 / Add Fries +6 / Add a Salad +4,
Add Tabouleh +5 / Add Cheese +2*

CHICKEN SHAWARMA WRAP | GFO* DF | 12

Authentic Lebanese taste like no other shawarma in town. Topped with lettuce, tomato, pickled wild cucumber & pickled turnips drizzled with homemade garlic sauce.

BEEF SHAWARMA WRAP | GFO* DF | 12

Made with SK beef. Strips of sirloin with lettuce, tomato, onions, pickled wild cucumber, & pickled turnips with tahini sauce. (Not a donair).

FALAFEL WRAP | GFO* V DF | 10

Delicious balls of chickpea and herb goodness that you find in middle eastern topped with freshly sliced tomato, onions, lettuce, pickled wild cucumber, pickled turnip with tahani sauce.

GYRO LEBANESE WRAP | GFO* DF | 12

Something a little different. The meat consists of beef and a combination of paprika, oregano, salt, pepper and garlic clove. Everyone's gyro recipe is unique to them. With lettuce, tomato, onions and tzatziki dressing.

SHRIMP & LOBSTER ROLL | GF DF | 15

Poached shrimp, lobster, tarragon mayonnaise, toasted roll, shredded lettuce.



CHICKEN TAWOOK (LEBANESE PIRI PIRI) WRAP | GFO* | 12

Grilled chicken marinated with aromatic spices like saffron, ginger, cumin and other Lebanese spices, lettuce, tomatoes, pickled wild cucumbers & pickled turnips dressed with garlic sauce.

MONTAHA'S BRISKET ON BUN | GFO* DF | 12

Beef brisket, Texas-style rub, citrus garlic aioli, shaved lettuce, tomato relish.

DRAGON'S FIRE CHICKEN SANDWICH | GFO* | 12

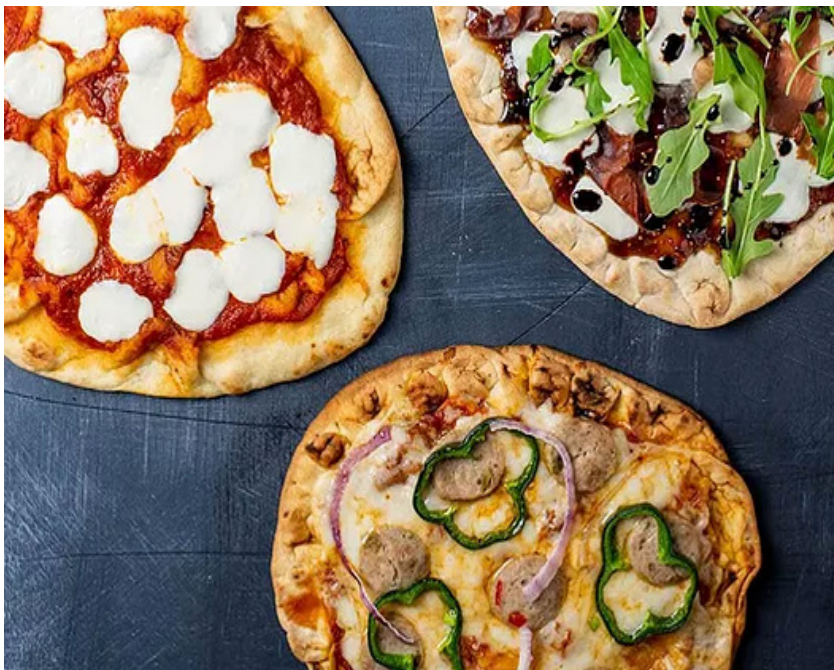
Grilled chicken breast, Nashville hot rub, cayenne, brown sugar, chili powder, vegetable oil, shaved iceberg lettuce, pickles and dragon's fire spicy dip.

WALDORF CHICKEN SANDWICH | 12

Grilled chicken breast, red grapes, blue cheese, arugula, spicy pecans & Granny Smith apples.

MEATLOAF GRILLED CHEESE | 14

Seared beef meatloaf, toast garlic bread, aged smoked cheddar and mozzarella cheese.



Pizza

Individual sizes | GFO | 14

FREE TOPPING OPTIONS:

*Onions, Tomato, Black Olives, Mushrooms,
Lettuce, Green Peppers, & Pineapples*

Add Beef +3 / Add Chicken +3 / Extra Cheese +3

SPINACH WHITE PIZZA

Spinach, olive oil, red onions, feta, parmesan & mozzarella

UNLIMITED TOPPING VEGETARIAN PIZZA

CHEESE LOVERS PIZZA

MOZZARELLA, FETA & CHEDDAR

Gourmet Plates

Selections from Montaha's Travels!

Add a Soup +3 / Add Fries +6

Add Salad +4 / Add Tabouleh +5

LEBANESE BBQ | GF DF | 21

Shish kebab (beef), shish tawook (chicken) and the only authentic kofta in town! Served with turmeric rice. Served with tzatziki and garlic sause on the side.

VEGAN DELIGHT | GFO V DF | 20

Falafel, dolma, hummus and baba ganoush served with pita bread.

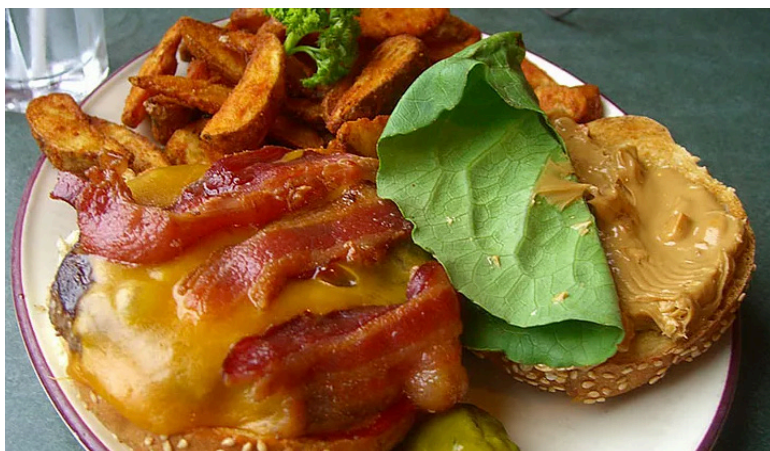
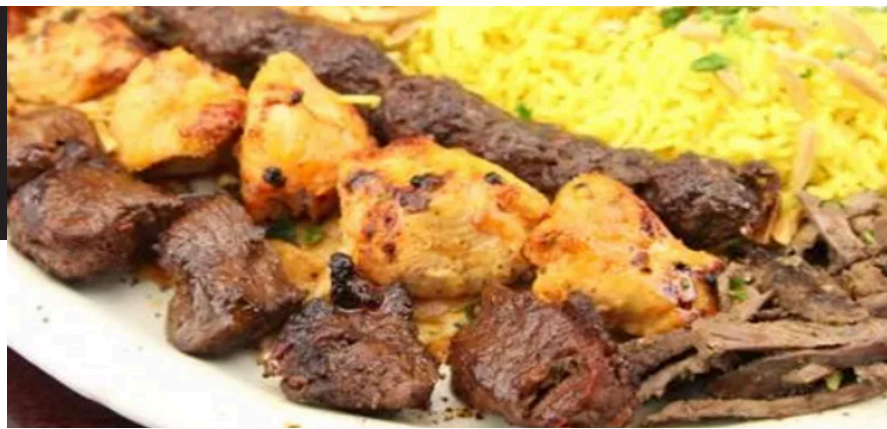
CHICKEN TAWOOK

(PIRI PIRI - LEBANESE STYLE) | GFO DF | 19

Boneless chicken thighs in piri piri tawook marinade, fresh herbs, rice & garlic sauce on the side.

LOBSTER TACOS | GF | 20

Lobster tail, tempura batter, avocado poblano crema, fresh cilantro, shaved iceberg lettuce, feta, pico de gallo.



Burgers

Never Frozen SK Beef (1/4lb) with in house blend.

Served with a choice of Montaha's Chips, Fries or Salad.

Add Cheese +2 | Add Bacon +2 | Add Egg +3

*Kick the bun and choose to have as a hot pocket
(in a pizza dough cooked freshly in the oven) +2*

MONTAHA'S BURGER | GFO* | 15

Lettuce, tomato, mayo and mustard, relish & ketchup.

NUTZ BURGER | GFO* | 16

No. We're not kidding! Our traditional Montaha's burger with that stick to the roof of your mouth difference—peanut butter. A Nova Scotia favourite.

ALOHA BURGER | GFO* | 16

A pineapple slice marinated in mango glacé then breaded and deep fried. With smokey bbq sauce, romaine and tomato.

HELL YA SPICY CHICKEN BURGER | 16

Hot as hell breaded crispy chicken, hell's hot rub, cayenne, brown sugar, chili powder, vegetable oil, shaved iceberg lettuce, tomato, pickles and the hell's spicy mayo.

STOCKYARD BURGER | GFO* | 18

Beef brisket, burger pattie, premium aged smoked cheddar, bacon & BBQ sauce.

GF (GLUTEN FREE) | V (VEGAN FRIENDLY) | DF (DAIRY FREE) | GFO (GLUTEN FREE OPTION: BREAD OR WRAP | ADD +3)

Desserts

LEBANESE FRUITS COCKTAIL | 10

Fresh seasonal fruits, freshly squeezed juices, topped with ashta (rich & luxurious Lebanese style whip cream) & prairie field honey.

TURTLE CHOCOLATE MUSE | 8

Turtle cream pie chocolate cookie crust, chocolate mousse, caramel, chocolate chips and pecans.

PEANUT BUTTER CREAM PIE CHOCOLATE | 8

Peanut butter cream pie chocolate crust layered with peanut butter Mousse, chocolate ganache and crushed peanut butter cups.

CHEESECAKE TURTLE CHOCOLATE | GF | 12

Candied pecans and milk chocolate chunks wrapped in a vanilla cheesecake batter, topped with a white fond, brownie cubes, more pecans and chocolate chunks, then drizzled with chocolate.

LEBANESE BAKLAVA | 2 per piece



SMOOTHIES | 8

All of our smoothie contains a scoop of premium protein its GF, contains 23g protein & sugar free. We only use fresh or freshly frozen fruits in smoothies.

THE GREEN ONE

Pineapples, cucumber, spinach, kiwis, avocados, frozen fat free yogurt & prairie field honey.

THE WHITE OUT

Banana, milk, frozen fat free yogurt & prairie field honey.

BERRIES ATTACK

Four kinds of berries, juices, frozen fat free yogurt & prairie field honey.

THE AMAZING YOU

Frozen fat free yogurt, prairie field honey & you can choose the fruits!



Beverages

BARBICAN | 4

Flavoured non-alcoholic beer

LEBANESE-STYLE ESPRESSO (QUHAWA) | 4

DARK HORSE COFFEE BY RED BARN | 3

CHAI | 5

The only authentic chai in Swift Current. Aged with cinnamon & cardamom and made from black tea which is more oxidized than oolong, yellow, white and green teas. Generally stronger in flavour than other teas.

OTHER TEAS | 3

Herbal chamomile, cozy chamomile, herbal ginger lemon, energy earl grey, relaxing decaf tea, flowers of the Mediterranean herbal tea.

COCKTAILS

Premium Add +3

SANGRIA 8

Our home secret blend of liquors
& wine (red, white, or rose) no juices.

CAESAR 8

Vodka, clamato juice,
Worcestershire, and Tabasco.

FRENCH 75 10

Cognac, champagne, & fresh lemon juice.

GIMLET 10

Gin and lime juice.

MIMOSA 8

Champagne, freshly orange juice,
& Grand Marnier.

CRANTINI 8

Vodka, cranberry juice & fresh lime juice.

BLIZZARD 10

Blended whiskey, cranberry
& fresh lemon.

MATADOR 10

Tequila, lime juice & pineapple juice.

BEER

ON TAP 7 (pint)

We switch kinds regularly
Please ask your servers

BEER BOTTLES 8

BUD LIGHT
CORONA EXTRA (MEXICO)
MICHELOB ULTRA
KOKANNEE
PILSNER
COORS LIGHT
GLUTENBERG BLONDE ALE **GF** 8

BEER CANS 9

Please Support our Local Beer
BLACK BRIDGE IPA
BLACK BRIDGE WHEAT BURST

WINE RED

HOUSE WINE G7

Oaked Tempranillo from Spain.

SILK AND SPICE G7 B32

Red blend, full body with long
and balanced finishing from Portugal.

PEREZ CRUZ G7 B32

Cabernet sauvignon with
smooth finish from Chile.

RED BY BOTTLES ONLY

DECOY 65

Cabernet Sauvignon,
Duckhorn Portfolio from California.

COPPOLA 55

Diamond collection, California merlot,
intense aromatics of blueberry, currant,
anise, and toasted oak lead to flavors
of cherry, cassis, graphite, and mocha,
wrapped in subtle tannins.

J.LOHR 50

It's full bodied but smooth taste packed
with black cherry, blackcurrant, cedar,
vanilla and spice.

WINE WHITE

HOUSE CHARDONNAY G7

Light, dry and smooth tasting
inspired by the natural awe of
the Canadian Rockies.

HOUSE ROSE G8

Fresh & fruity presents all the
elements of a French rose.

HERITAGE ROAD RIESLING

G6 B28

A fruit driven wine, upfront citrus and
grassy undertones with a palate of
lemon and lime, balanced by subtle
sweetness from Australia.

GIESEN SAUVIGNON BLANC

G7 B32

From New Zealand pale lemon colour;
intense grassy and gooseberry aromas
with hints of citrus and herbs; herbal
and melon flavours with a citrus finish.

JOSH CELLARS CHARDONNAY

G7 B32

Boasts aromas and flavours of smoky
oak, fig and vanilla, with subtle floral
and rye bread notes. The mouthfeel is
rich and rounded with a long finish
from California.

KIM CRAWFORD

SAUVIGNON BLANC G9 B 40

Think gooseberry, pea pods and
passion fruit. Vivid and refreshing
from New Zealand.

SPARKLING & CHAMPAGNE

MINI LA MARCO PROSECCO

B 11 (187 ML)

LA MARCO PROSECCO

B 35 (750 ML)

Dry and bright with upfront notes
of nuts and crunchy Asian pear, a
touch of honey. finish with an
almond/marzipan character.

RELAX BUBBLES B40

Offers an enticing bouquet of floral,
nutty and buttery notes, followed by
herbs and pear; on the palate you'll
find a vibrant combination of
medium acidity and not quite
bone-dry roundness, balanced
by a light mineral note and a
lingering, dry finish.



PLEASE ASK ABOUT OUR CATERING SERVICE & TAKE-OUT: 306-971-2255

FOLLOW MONTAHA AND HER BROTHER, SAMMY KHALIFE, AND JOIN IN THEIR STORY @MONTAHASBISTRO

