

EXECUTIVE CHEF
JUSTIN ROBARGE

Montrio

BISTRO

GENERAL MANAGER
RORY FILBIN

BITES

White Anchovies Potato chips, peperonata	9
Mac N' Cheese Raclette cheese, artichokes, crispy prosciutto	9
Scallop Crudo  Mango aioli, Cara Cara orange vinaigrette	9
Oatmeal Crusted Brie Cumberland sauce	9
Risotto Fritters Artichokes, tomato pesto	9
Mixed Mushrooms  With polenta	9
F1 Wagyu Beef (2oz) Grilled local figs, green tea-jalapeno, gastrique, almond brittle	15

SIDES

Spiced French Beans Coconut, cumin, curry	9
Market Vegetables Oven roasted with herb garlic butter	9
Duck Fat Roasted Marble Potatoes Rosemary aioli	11
Carrot Quinoa Madeira soaked raisins, cucumber, cauliflower, mint	10

MEDIUM

48 Hour Bacon  Bacon-almond butter, pickled apples, arugula, pistachios, local honey	16
Seared Scallops  Carrot quinoa, cucumber, Madeira soaked raisins, cauliflower	22
Beef Carpaccio Toasted Manchego cheese, shaved cured duck egg citrus aioli	15
Crispy Artichoke Heart Babaganoush, ratatouille, wild arugula, crispy capers	15
Salt Spring Mussels Coconut red curry broth, rustic bread	17
Crispy Calamari Charmoula aioli	12.5
Octopus Carpaccio Late season plum vinaigrette, fire roasted shishito peppers, smoked pear aioli, grilled brea	16
Ahi Tuna Pickled radish, tobiko caviar, quail egg, sesame seed breadstick, orange-soy emulsion	19

SALADS

Classic Caesar White anchovies, garlic croutons	12
Kale Salad Thyme caramel, pistachio nuts, fennel, lemon vinaigrette	13
"B.L.T" Baker's bacon, gem lettuce, tomatoes, Point Reyes blue cheese dressing	14.5
Waldorf Wedge Baby iceberg, apples, grapes, spiced pecans, blue cheese, yogurt-poppseed vinaigrette, toast points	10

ENTRÉES

Rocky Junior Brick Chicken  Spiced French beans, roasted potatoes, chicken jus	30
Lamb Rack  Butternut squash risotto, broccolini, toasted Macadamia nuts, Sauce Robert	42
'The Ultimate American' Burger 48hr bacon, grass-fed beef, tomato-onion jam, American cheese, Espelette fries. Add pasture raised fried egg 2.5	25
Capellini Pasta Fresh and house-dried tomatoes, garlic, basil, Grana Padano	21
Duck Breast Tart cherry corn bread, parsnips, heirloom carrots, port wine reduction	33
Monterey Bay Black Cod Puy lentils, grapes, tarragon, crispy carrots, zinfandel reduction	34
Braised Boneless Prime Beef Short Rib Garlic whipped potatoes, pearl onions, house-dried tomatoes	39
Mushroom-Truffle Ravioli Braised beef rib, shiitake mushrooms, red onion, beef braising jus, flat parsley	31
Venison Loin Rolled in Spanish onion ash, crispy truffle risotto, celeriac puree, reconstituted cherry glaze, pickled apples	40
Chateaux Sirloin House cut truffle fries, red wine reduction, wild arugula salad	33
Ora King Salmon Basil pesto risotto, heirloom tomatoes, feta cheese, crispy 'Nduja, Mornay sauce	34



Montrio is green certified with sustainable seafood, local organic produce, prime meats, house-made desserts, and sauces.

“ FEEL
GOOD
ABOUT
WHAT
YOU
EAT ”

B E E R

Trumer Pils Pilsner 4.9% Austria / Berkeley, CA	8.5
Allende, Agave Lager Lager 4.2% San Miguel de Allende, Mex	9.5
Almanac, Seasonal Sour Sour Ale 6.4% Alameda, CA	12
Erdinger Hefeweizen 5.3% Germany	8.5
Maui Brewing Co., Pineapple Mana Pineapple Wheat 5.5% Maui, HI	8.5
North Coast, Red Seal Pale Ale 5.4% Fort Bragg, CA	8.5
Mission, Dark Seas Imperial Stout 9.8% San Diego, CA	10.5
Uinta, Detour Double IPA 9.5% Salt Lake City, UT	11
Ballast Point, Grapefruit Sculpin IPA 7% San Diego, CA	9.5
Modern Times, Fruitlands 16oz Gose/Sour 4.8% San Diego, CA	10
North Coast, Le Merle Saison 7.9% Fort Bragg, CA	9.5
Golden State, Hamaica 16oz Hibiscus Cider 5.8% Healdsburg, CA	9.5
Mission Trail, Diehard 16.9oz Heirloom Dry Cider 6.7% Bradley, CA	14.5

ON TAP

Coronado, Mermaid's Red Amber Ale 5.7% San Diego, CA	8
Firestone Lager 4.5% Paso Robles, CA	8
Alvarado St., Mai Tai IPA 6.5% Monterey, CA	8

WINE BY THE GLASS

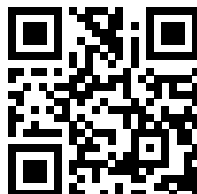
Je T'aime Sparkling Brut, "Cremant de Limoux," Limoux, FR NV	12
Whitehaven Sauvignon Blanc Marlborough, New Zealand '18	11
Burgans Albariño Rias Baixas, Spain '18	12
Mount Eden Vineyards Chardonnay Edna Valley '17	16
Clean Slate Riesling Mosel, Germany '18	10
McIntyre Rosé "Estate," Santa Lucia Highlands, Monterey '18	12
Wrath Pinot Noir "EX" Monterey '17	15
Maddie Cabernet Franc Central Coast '16	14
Monsecco Nebbiolo "Pratogrande" Colline Novaresi, Italy '15	16
Bedrock Zinfandel "Old Vines," Sonoma County '18	14
Daou Cabernet Sauvignon Paso Robles '18	17

|| PREMIUM POUR ||

Sinegal 30
Cabernet Sauvignon
Napa Valley 2017

*We use Coravin technology to preserve the quality and integrity of our premium pours

Full wine list available upon request



Scan for a digital copy of our menu.

\$15 AWARD-WINNING COCKTAILS

Hell Hath No Fury Absolut pear vodka, Lillet blanc, lavender bitters, pineapple, lemon	
Live and Let Rye Redemption rye, Lo-Fi Gentian-Amaro, Don Ciccio & Figli Finocchietto, ginger bitters	
Bird Is The Word Clocktower gin, Genepy le Chamois, Bertina Elderflower, lemon	
Fractured Fairy Tale Toki Japanese whisky, Ardbeg 10yr, Cocchi Americano, Lazzaroni Fernet, tobacco bitters	
La Chingadera Rayu mezcal, Combiar Kummel, pamplemousse, Peychaud bitters, lemon	
Grunge n' Ganja Plantation Stiggins' Pineapple rum, Yellow Chartreuse, passion fruit, bee pollen, lime	
Beauregards Revenge Wild Turkey 101 bourbon, Cardamaro, blueberry jam, pimento bitters, lemon	
Old Gringo Pineapple-chipotle-infused silver tequila, Cointreau, orange, lime, agave nectar	
Fairies Wear Boots Woodinville rye, Creme de Mure, Leatherbee charred absinthe, botanical bitters, charcoal, lemon	
Flor De La Casona Montrio Select Patron Reposado, Tepache, Creme de Banane, Malort, orange blossom, honeycomb	
Luck Be A Lady Tito's vodka, Fruitlab Jasmine tea liqueur, cherry bark - vanilla bitters, honey, mint, lemon	
Lipstick & Leather Strawberry & rhubarb infused gin, Green Chartreuse, beets, hibiscus bitters, elderflower meringue	
Fighter Jet (Thanks Sam) Buffalo Trace bourbon, Montenegro amaro, Bruto Americano, pamplemousse, lemon	
Saving Private Ryan Brown butter-infused bourbon, walnut liqueur, chicory pecan bitters, house-smoked ice	
Gordon Gecko 7.5 Passion fruit, coconut, lime, ginger	
El Mariachi 7.5 Pineapple, orange, lime, jalapeño syrup, tahin rim	
Cherry Bomb 7.5 Cherry gomme, cherry bark, vanilla bitters, orange, mint	
Top Note Craft Soda each 5 Grapefruit, ginger beer, classic tonic	