

'Be Well. Live Well. Eat Well.'

- The Siwicki's



Lunch

2169 Portage Avenue for three generations



Fine Casual Dining

silverheightsrestaurant.ca



Soups, Salads, Appetizers

Daily Lunch Special

The chef's feature is available from 11:00 am to 2:00 pm. Ask your server what the chef has prepared for you today

Breakfast

Cockadoodle Doo

Three large fresh eggs the way you like them, hashbrowns, toast and tea or coffee, with your choice:

Grilled Canadian bacon 14

Smoked Ham Steak 14

6 oz Certified Angus Beef top sirloin steak 17

The Mixer

Three egg omelette blended with diced ham, green onions, bacon, mushrooms and mozza-ched cheese. Served with hashbrowns, toast and tea or coffee 15

Heights Benedict

Two large poached eggs served in a giant Yorkshire pudding. Topped with creamy Hollandaise and your choice of side bacon, ham or roast turkey. Served with hashbrowns, toast and tea or coffee 13

Hearty Soups

Soup of the Day

Prepared daily with fresh ingredients. Ask your server for today's selection 5

Soup and Salad

Bottomless Soup of the Day and garden tossed or Caesar salad 12

Classic Baked French Onion

Caramelized Spanish onions in a homemade hearty beef broth, baked with herbs and seasoned croutons and loads of mozzarella cheese 7

New England Clam Chowder

Smooth and creamy bouillabaisse topped with seasoned croutons and baked with mozzarella 8

Hearty Chili and Toast

Spicy, thick chili (*like really thick*), baked with mozza-ched and a big slice of rye toast 7



We proudly serve Certified Angus Beef, which means we serve the world's premium brand of beef that promises an exceptionally juicy, tender and flavourful taste with every mouth watering bite.

Silver Heights Restaurant is NOT a gluten-free environment. Products containing gluten are prepared in our kitchen. Please inform your server of your dietary preference, and they will be happy to help guide you towards items that suit your specific needs. Ask to see our gluten-free menu

Fresh, Crisp Salads

Chef Salad

Oven-roasted turkey, smoked cured ham, tomato, egg wedges, and mozza-ched; served with our garden green salad. One size only 14

Caesar Salad

Crisp cut romaine lettuce combined with seasoned croutons, parmesan cheese and our creamy dressing 9

Greek Salad

Crisp cut romaine lettuce topped with our juicy tomatoes, crisp cucumber, sliced red onion, green pepper, crumbly feta cheese and plump kalamata olives 10

Spring Salad

Mixed with cranberries, goat cheese, and tossed with our house balsamic vinaigrette 10

Heights Salad Toppers

Jumbo Peppered Prawns 7

Grilled or poached Chicken Breast 5

Appetizers and Sides

Poutine

Crisp, fresh homemade fries and a special blend of mozza-ched and gravy 8

Saucy St. James Poutine

Crisp, homemade fries topped with our spicy jalapeno peppers, banana peppers, mushroom and chipotle cheese cravy 9

Memphis Fried Ribs

Baby back ribs flash-fried and rubbed with our Memphis spice seasoning 14

Chicken Fingers

Enjoy this perennial favourite. Served with our very special honey dill or barbeque sauce 13

Tempura Battered Onion Rings

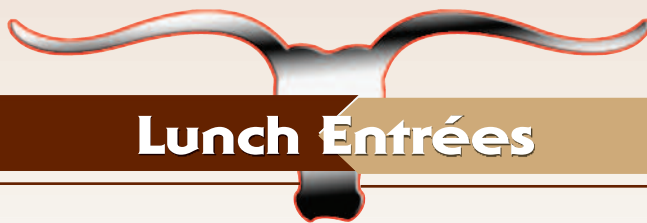
Giant Spanish onion dipped in a light tempura, served with chipotle aioli 8

Bruschetta

A mix of red onions, tomatoes, garlic, olive oil and spices, topped with shredded parmesan cheese, grilled on garlic toast 12

French Fries 4 **Cheese Toast**
1 slice 3 3 slices 8

Garlic Toast
1 slice 2 3 slices 6



Lunch Entrées

*Our chef prepares daily lunch features.
Ask your server about today's luncheon special*

*Your Entrée includes your choice of soup, tossed or Caesar salad; and
your choice of mashed potato, French fries or rice pilaf*

Barbequed Baby Back Ribs

Like no other!

Our signature dish. Tender, succulent Canadian baby back ribs barbequed over an open flame; try them your way Full Rack 25 Half Rack 20

*Heights own barbeque sauce, Greek,
Maple Whisky or Memphis Fried*

Top Sirloin Steak Sandwich

6 oz of Winnipeg's most popular cut and grilled the way you like it. Seasoned and topped with mushrooms and onion rings, served on a thick slice of garlic toast 18

Baby Beef Liver and Onions

The best in Manitoba! Tender baby beef liver coated and pan-fried with onions and smoke-cured bacon, covered with rich beef gravy 18

Ultimate Veal Cutlet

Lightly breaded dairy-fed veal topped with our signature Spanish sauce 18

Hot Roast Dinner

Shaved roast beef or turkey between white and brown bread; smothered with rich brown gravy 18

Chef's Haddock *(It's fish & chips!)*

Fresh plump haddock prepared in homemade tempura Sheights Lager batter; served with with lemon and our own tartar 17

Prawn Tacos

2 Corn tortilla shells loaded with fiesta! Jumbo breaded prawns, pico de gallo salsa, shaved lettuce, guacamole, and mozza-ched cheese 17

Pickeral - Lake Winnipeg Salt 'n Vinegar

Also known as *Tony's Shore Lunch*. Plump fillets of fresh pickeral lightly rolled in Lay's salt and vinegar potato chips; served with lemon and our very own tartar 18

Baked Lasagna

Three-tier lasagna with zesty tomato and meat sauce blended with mozzarella, cheddar and parmesan. This entrée is served with Caesar salad and garlic toast 18

*Entrées include your choice of cup of soup of the day, tossed or Caesar salad and your
choice of potato or rice pilaf*

Senior Fare *For our 60+ guests*

Chef's Haddock *(It's fish & chips!)*

Plump haddock prepared in homemade tempura Sheights lager batter; served with with lemon and our own tartar 14

Pickeral - Lake Winnipeg Salt 'n Vinegar

Plump fillet of fresh pickeral lightly rolled in Lay's salt and vinegar potato chips; served with lemon and our very own tartar 14

Baby Beef Liver and Onions

The best in Manitoba! Tender baby beef liver pan-fried with onions and smoke-cured bacon, covered with rich beef gravy 14

Ultimate Veal Cutlet

Lightly breaded dairy-fed veal topped with our signature Spanish sauce 13

Hot Roast Dinner

Shaved roast beef or turkey on thick whole wheat bread; with rich brown gravy 13

Baked Lasagna

Three-tier lasagna with zesty tomato and meat sauce blended with mozzarella, cheddar and parmesan; served with Caesar salad and garlic toast 13



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Sandwich Experience



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Add \$3 for French fries, or tossed or Caesar salad for \$4

Angus Burger

6 oz Ground chuck beef seasoned and grilled to perfection, topped with melted cheddar and loaded with mustard, relish, lettuce, tomato and white onions 11 double it for 16

Saucy St. James Burger

6 oz Ground chuck beef seasoned and grilled to perfection, with smoke-cured ham; then covered with spicy jalapeno, banana pepper, mushrooms and chipotle cheese gravy. Topped with lettuce, tomato and dusted fried onions 13

Stuffed Blue & Gold Burger

(As seen on TV) 6 oz fresh ground chuck beef stuffed with blue cheese, pickles, bacon and mushrooms, then topped with lettuce, tomato, mozzarella and golden crisp onion rings 14

New! Wimpy Platter

Three Heights mini-cheeseburgers, loaded with lettuce, tomato, onion, mayo, relish and mustard; served with fries 12

New! Los Bad Hombres

6 oz Ground chuck beef, flame-broiled to perfection, topped with grilled jalapenos, mozza-ched cheese, chipotle mayo, Mexican corn tortilla chips, pica de gallo, shredded lettuce, all on a toasted brioche bun 13

New! Mmm-Heighty Memphis Burger

The Heights world famous mouthwatering baby back ribs, deboned, then seasoned with our Memphis cajun dry rub. Served with our Smoked Beamen barbeque sauce, zingy coleslaw and crisp dusted red onions, piled high on a buttered brioche bun 14

Chicken Breast Brioche

Tender seasoned breast of chicken with our own signature BBQ sauce, melted cheddar, fresh lettuce, sliced tomatoes, white onion and mayonnaise 11

Veggie Burger

Our patty is made fresh with rolled oats, tomato and walnuts, topped with lettuce, sliced tomato, onion and guacamole piled on a brioche bun 12

Heights Beefeer

Oven-roasted baron of beef shaved and piled high on thick grilled rye bread, with mozzarella and onions and au jus for dipping 13

The Duke of Yorky

Oven-roasted baron of beef shaved and piled high in our family's secret giant yorkshire pudding, with horseradish mayonnaise. Topped with sautéed onions and mozzarella cheese with au jus for dipping 13

Clubhouse Triple Decker

Sliced roast turkey breast, smoke-cured ham, bacon, mozzarella and cheddar cheese, fresh, crisp lettuce, sliced red-ripened tomatoes, mayonnaise, served on your choice of toast 14
Make it a wrap. 11

BLTCM

Smoke-cured bacon, fresh lettuce, sliced red ripened tomatoes, cheese and mayonnaise, toasted on your choice of bread or wrap 11

Quesadilla

Flour tortilla loaded with fajita mozza-ched cheese, cilantro, tomatoes and sautéed onions and peppers. Served with salsa and sour cream 9
add chicken 5 prime rib 7

Western Denver

Two fresh eggs, smoke-cured ham, green onions, and melted cheddar, toasted on your choice of bread or wrap 10

Chicken Caesar Salad Wrap

Breaded and seasoned chicken breast strips wrapped together with our Caesar salad 8

H.D. Grilled Cheese

Our thick rye garlic toast grilled and stacked with mozzarella and cheddar, loaded with candied bacon, tomato, fried onions and chipotle mayo 14

Tazmanian Devil

Grilled corned beef, hot banana peppers, sauerkraut, mozza-ched, Thousand Island dressing, served on grilled rye 12

Burgers:

add Bacon 2
add Fried Egg 2
add Mushrooms 2

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Six Decades

The Siwicki Impact

The Silver Heights Restaurant opened its doors at 2169 Portage Avenue in June, 1957. Former cabbie Anthony Siwicki Sr. had no idea it would still be going strong today! His operating philosophy was simple: "Provide your guests with quick and friendly service, and to serve fresh, delicious quality food at a reasonable price"...and to keep it that way. The restaurant is now in its third generation going forward.

Silver Heights Restaurant was slowly transformed from a coffee shop into a lounge and dining room. The adjoining hardware store on the East side became the dining room. In 1964 Tony Sr. bought out his three partners and his three sons Jim, Dave and Allan have grown the business.

Today, Jim, his wife Maureen and their family Tony, his wife Sue and JC operate the restaurant. They have turned it into one of the most popular eateries in the city, and the lounge into a classic neighbourhood bar.

"Everyone knows each other here," said Jimmy, and that makes for a great congenial atmosphere.

"The best deserve the best, and that is why we only buy and serve the best," said Tony when talking about his cooking. "We're known for our barbecued baby back ribs - their tenderness, taste and the way they fall off the bone." "We serve only Certified Angus Beef and we only buy fresh ingredients. Everything is homemade!"

Heights Lounge

We introduced Winnipeg's first Sports Bar, and there's no doubt the Lounge is popular with players and fans alike, cheering their teams on numerous big screens. You can enjoy a few drinks while relaxing with friends...and if you're feeling lucky try one of our VLT's.

A True Story



In 2005 we had been serving AAA grade beef for years, continuing our tradition of serving great steaks. We've tried all grades and brands but nothing compared and we always went back because it was the best.

One day our friends and long-time supplier Toledo Meats approached us and told us about Certified Angus Beef and how it was the best on the market. We replied we had heard it all before and nicely told them so. They were persistent little

buggers, so we did a test: we'll supply our customers on Friday and Saturday with only Certified Angus Beef New York steaks and not tell a soul. Deal was, if we heard a negative peep from our customers then you know what you can do with your Certified Angus Beef!

That first night Tony was requested to visit 4 tables and each one commented on how great their steaks were, and after 12 years of only serving Certified Angus Beef products Tony gets continuous requests to visit tables. Check the website:

certifiedangusbeef.com

To sum it all up this means you're going to enjoy the best cut of beef you'll ever have!

Loyalty Member



You need to eat and have a great time...so why not make money doing it? Become a loyalty cardholder and accumulate points on dinner, snacks or beverages. Each dollar spent gains you 1 point and is worth .10¢. Redeem it the next time you're in, or when it's your turn to buy.

Sports Teams

The Silver Heights Lounge builds team relationships. We have been home to numerous local teams for many years. We provide a relaxing "watering hole" for your teammates, friends, family and even opponents to get together "before & afta" the game, the practice or whenever. We assist each team with fundraising to purchase equipment, registration fees and the huge end of season party.

Social Room

Book your private function in our dining room after 9:00 pm. Full kitchen menu or appetizers available, and live entertainmentm socials, fundraisers - it's up to you! Call 204-889-7246 to get more details on how you can make this happen.

We're a family-run business with our pulse on the community we serve. We conduct multiple fundraisers year-round that contribute to many worthy causes. It's our way of giving back.

JC says: "We are always thinking of new ways to entertain our patrons. Monthly or weekly promotions, bands, sports games, draws, prizes or charity events to name only a few. There is never a dull moment at the Heights."



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