



M & J BISTRO
A TASTE OF SAN FRANCISCO
CREPES, SEAFOOD, STEAKS, PASTA & CHOPS

Lunch Menu

11 AM – 4 PM

No cell phone usage please

MARKET STREET TAPAS

CRISP SHAVED POTATOES

made from our kitchen just for you with a bleu cheese crumble sauce & herbs \$9

*WALNUT OIL BISTRO BRUCHETTE

sliced tomatoes, fresh mozzarella, feta, topped with a shallot-garlic -walnut oil-wine vinaigrette and crostinis \$12

EMPANADAS

chopped chicken, olives, mozzarella & feta cheese w/spicy herbed tomato sauce \$12

CHILE SHRIMP

tempura battered prawns with a sweet and spicy sauce \$15

PRIME RIB BITES

shaved seasoned ribeye meat on a puff pastry topped w/ bleu cheese horseradish sauce \$15

TEMPURA GREEN BEANS

fresh green beans battered with a side of buffalo ranch sauce \$12

THE FERRY BUILDING’S FARMERS’ MARKET

Sandwiches include House Salad or Fries Gluten-Free Crepe [Add \\$4](#)

CLAM CHOWDER

classic-style house-made New England clam chowder w/our sourdough French bread slices \$7/12

PRIME RIB STEW

Slow stewed beef, onions, carrots, celery, and potatoes thickened with a roux, topped with puff pastry \$15

**BASQUE STYLE CAESAR SALAD

Romaine lettuce, Manchego cheese, capers, anchovies, eggs & garlic-crostinis \$13 [Add chicken \\$9/Shrimp \\$13/Salmon \\$14](#)

CHOPPED SALAD

romaine lettuce, chicken, eggs, bacon, tomatoes, bleu cheese crumbles, avocado, red onions, cucumber and potato skins in creamy lemon vinaigrette \$17

MEDITERRANEAN (Crepe or Baguette)

Sautéed spinach, onions, mushrooms, green and black olives, feta & mozzarella cheese \$12 [Add chicken \\$9](#)

*PORTOBELLO MUSHROOM SANDWICH (Crepe, Baguette or Brioche)

Our beautiful Portobello mushroom is grilled and served with tomato, spinach, garlic walnut oil dressing on a Brioche Bun \$12

SPICY SHRIMP and CRAB (Crepe or Baguette)

Bay shrimp and blue swimming crab meat in a Tabasco blue cheeses sauce with green onions \$16

FRIED or GRILLED CHICKEN SANDWICH BRIAN’S WAY

Chicken breast topped w/bacon, avocado, tomato, red onions, Swiss cheese and rosemary garlic aioli served on a soft roll, if it’s fried, ask for Tabasco...yum \$15

WHISKEY BACON CHESEBURGER (fries and salad)

Cattleman’s CAB patty, bacon, whiskey mushrooms sauce, cheddar, rosemary garlic aioli, all in a brioche bun \$19

FRENCH DIP SANDWICH

seasoned ribeye meat simmered in our own French dipping au jus with sautéed onions served on a sourdough French Baguette with salad and our signature crisp shaved potatoes \$19

UNION SQUARE

All Entrees Include House Salad Gluten-Free Pasta [Add \\$ 4](#)

M & J RIBEYE-grilled-seasoned ribeye served with garlic-mashed potatoes & grilled vegetables \$45

CHILEAN SALMON-encrusted and baked in garlic seasonings w/light brown sugar & served with garlic mashed potatoes, sautéed spinach & French onions \$33

PRAWN FETTUCCINI-jumbo prawns and bay shrimp tossed in our garlic-parmesan sauce w/diced tomatoes \$29

CHICKEN FETTUCCINI-grilled chicken tossed in our garlic-parmesan sauce w/diced tomatoes \$27

© [Add grilled or battered prawns \\$13](#) [5oz Lobster Tail \\$25](#)

No substitutions / **no split orders**; 20% gratuity parties of 6 or more; **20% gratuity on all split checks of two or more guests**
SORRY, NO OUTSIDE ALCOHOL/DESSERTS ALLOWED

*These items have been prepared using walnut oil. Please consult your Server if you have any dietary concerns.
****Cooked to order.** Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness especially if you have certain medical conditions. These items may contain raw or undercooked ingredients. **Menu items and prices subject to change.**

Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man. Colossians 4:6

Chef de Cuisine: Jason D. Rucker / Sous Chef: Victor Maclachlan Jr. / Chef le Cordon Bleu: Christopher Costa / Restaurant Manager: Brian Davidson