

MACLAB
BISTRO




WELCOME TO MACLAB BISTRO

Banff Centre for Arts and Creativity's campus comes to life at Maclab Bistro. With a lively crowd, full service bar, and eclectic menu, Maclab Bistro is the perfect place to grab a meal with friends or cozy up on the fireside patio. Enjoy stunning panoramic views and healthy, creative comfort food inspired by fresh, local ingredients.

Proceeds from food and beverage sales help to support artists at Banff Centre.

To donate, visit banffcentre.ca/support.

Thank you for choosing Maclab Bistro.

 gluten free  vegan  ocean wise

SOUPS

**ROASTED BROXBURN TOMATO
AND ORGANIC CHICKPEA SOUP** 9

served with whole wheat bun or gluten free crackers

CHEF'S SOUP OF THE DAY 8

served with whole wheat bun or gluten free crackers

SALADS

MACLAB VEGAN COBB SALAD 17

artisan greens, grape tomatoes, cucumber, tempeh, Poplar Bluff Organics carrots, avocado, beet panisse, spicy gaufrettes, candied sunflower seeds, smoky mustard vinaigrette

MACLAB COBB SALAD 19

artisan greens, grape tomatoes, cucumber, marinated organic chicken thigh, thick cut bacon by Bear and the Flower Farm, Alberta free-range hard boiled egg, avocado, blue cheese or goat cheese by Noble Meadows Farm, spicy gaufrettes, smoky mustard vinaigrette



ORGANIC PRAIRIE BOWL 19

organic red lentil hummus, organic white quinoa, Poplar Bluff Organics beets, sautéed baby kale, grape tomatoes, Broxburn roasted red pepper and tomato relish, local ricotta, candied sunflower seeds, curried tahini dressing



VEGAN ARABIC MEZZE PLATTER 16

artisan greens, organic chickpea falafel, organic red lentil hummus, moutabel, muhammara, pickled vegetables, dolma, served with pita bread



**HOUSE CURED LOIS LAKE
STEELHEAD TROUT SALAD** 21

organic white quinoa, arugula, watermelon radish, grape tomatoes, cucumber, Alberta free-range hard boiled egg, pickled red onions and apples, Bles-Wold sour cream with smoked capers, basil-yuzu emulsion

FIVE SPICE BRAISED DUCK LEG SALAD ... 20

baby kale, roasted yam purée, pickled red onions, Poplar Bluff Organics carrots, bacon crumble, apricot-cranberry chutney, maple-balsamic vinaigrette



MIXED GREEN SALAD small 8 | large 10

artisan greens, grape tomatoes, cucumber, local carrots, smoky mustard vinaigrette



add on:

blue cheese (40g),
goat cheese by Noble Meadows Farm (40g),
Alberta free-range hard boiled eggs (2) 3 each

thick cut bacon by Bear and the Flower Farm (60g) 3.5

avocado half 5

marinated organic chicken thigh (120g),
tempeh (100g) 7 each

house cured Lois Lake steelhead trout (85g) 8

SPECIALTY BURGERS

served with fries, sweet potato fries or a side of artisan greens with your choice of smoky mustard vinaigrette, maple-balsamic vinaigrette, curried tahini dressing, or basil-yuzu emulsion

BEEF BURGER BY FIRE RIVER FARMS 19

thick cut bacon by Bear and the Flower Farm, provolone cheese, onion marmalade, lettuce, sliced tomatoes, dill pickles, roasted black garlic and mustard mayo

CAJUN SPICED ORGANIC CHICKEN BURGER 19

braised red cabbage, gouda by Sylvan Star Cheese, cilantro, red onions, lettuce, sliced tomatoes, charcoal mayo

PORK BURGER BY BEAR AND THE FLOWER FARM 19

pickled red onions and apples, goat cheese by Noble Meadows Farm, arugula, sliced tomatoes, apricot-cranberry chutney, sriracha aioli

all burgers available gluten free (contains egg white) ... add 3

MACLAB VEGAN BURGER 18

organic Alberta lentils and grains, avocado, lettuce, sliced tomatoes, cucumber, Broxburn roasted red pepper and tomato relish, curried tahini dressing, served on multigrain ciabatta



ALBERTA ELK BURGER 20

thick cut bacon by Bear and the Flower Farm, goat cheese by Noble Meadows Farm, onion marmalade, lettuce, sliced tomatoes, dill pickles, roasted black garlic and mustard mayo

ALBERTA BISON BURGER 20

thick cut bacon by Bear and the Flower Farm, sautéed local mushrooms, pickled red onions, smoked mozzarella, sliced tomatoes, dill pickles, saskatoon berry bbq sauce

BUILD YOUR OWN BURGER

build your own burger by selecting your choice of one patty, one bun, and one sauce. each burger includes lettuce, sliced tomatoes, and dill pickles. you can also add premium toppings and cheese listed below

served with fries, sweet potato fries or a side of artisan greens with your choice of smoky mustard vinaigrette, maple-balsamic vinaigrette, curried tahini dressing or basil-yuzu emulsion

CHOOSE ONE PATTY

BEEF BURGER 17

made from 100% fresh Alberta beef by Fire River Farms with no additives or preservatives

CAJUN SPICED ORGANIC CHICKEN ... 17

flame grilled B.C. organic chicken thigh, no additives or preservatives, hormone free, grain fed

PORK BURGER 17

made from 100% Alberta free range pork by Bear and the Flower Farm, GMO-free, antibiotic-free, and hormone free

ORGANIC ALBERTA LENTILS AND GRAINS .. 16

organic ingredients, no additives or preservatives, low in fat, and high in fiber



ALBERTA ELK BURGER 18

made by Valbella Gourmet Foods using antibiotic-free and hormone free Alberta raised elk

ALBERTA BISON BURGER 18

made by Valbella Gourmet Foods using antibiotic-free and hormone free Alberta raised bison

CHOOSE A BUN

brioche burger bun multigrain ciabatta

gluten free bun (contains egg whites) add 3

CHOOSE ONE SAUCE

Bigfoot bold bbq sauce	roasted black garlic and mustard mayo
charcoal mayo	saskatoon berry
curried tahini dressing	bbq sauce
organic red lentil hummus	sriracha aioli

additional sauce 2 each

ADD CHEESE 3 each

gouda by Sylvan Star Cheese	smoked mozzarella
provolone cheese	blue cheese
goat cheese by Noble Meadows Farm	local ricotta

ADD PREMIUM TOPPINGS

arugula and kale 1
apricot-cranberry chutney, salsa, braised red cabbage, Broxburn roasted red pepper and tomato relish, onion marmalade, sautéed local mushrooms 2 each
thick cut bacon by Bear and the Flower Farm (60g) 3.5
avocado half 5

SANDWICHES + WRAPS

served with fries, sweet potato fries or a side of artisan greens with your choice of smoky mustard vinaigrette, maple-balsamic vinaigrette, curried tahini dressing, or basil-yuzu emulsion

PULLED PORK SANDWICH BY BEAR AND THE FLOWER FARM 18
 tangy pulled pork in Bigfoot bold bbq sauce, pickled red onions, baby kale, braised red cabbage, smoked mozzarella, served on herb schiacciata *

SOUTHWEST ORGANIC CHICKEN WRAPS ... 18
 gouda by Sylvan Star Cheese, sweet peppers, red onions, cilantro, lettuce, cucumber, salsa, served on whole wheat tortilla

ALBERTA ROAST BEEF SANDWICH 19
 sautéed strips of Alberta beef, onion marmalade, provolone cheese, sautéed local mushrooms, arugula, roasted black garlic and mustard mayo, served on herb schiacciata *

VEGAN FALAFEL WRAP 17
 organic chickpea falafel, sliced tomatoes, cucumber, lettuce, red onions, sweet peppers, cilantro, curried tahini dressing, organic red lentil hummus, served on whole wheat tortilla



*available gluten free (contains egg white) add 3

MACLAB CURRIES

choice of the following served with korma gravy, cardamom-basmati rice, pita bread and poppadum

ORGANIC CHICKEN THIGH (180g) 25

SEASONAL VEGETABLES 19

PANEER (180g) 22

FLATBREAD PIZZAS

SAUTÉED LOCAL MUSHROOMS AND TRUFFLE OIL 18
 onion marmalade, sweet peppers, arugula, creamy garlic sauce, Alberta mozzarella

MARINATED ORGANIC CHICKEN 19
 Broxburn roasted red pepper and tomato relish, red onions, local ricotta, creamy garlic sauce, Alberta mozzarella

PEPPERONI AND THICK CUT BACON BY BEAR AND THE FLOWER FARM 18
 sautéed local mushrooms, tomato sauce, Alberta mozzarella

VALBELLA CHORIZO WITH KALAMATA OLIVES 18
 sautéed local mushrooms, sweet peppers, salsa, green onions, tomato sauce, Alberta mozzarella

POPLAR BLUFF ORGANICS BEETS AND ARUGULA 18
 onion marmalade, pickled apples, goat cheese by Noble Meadows Farm, creamy garlic sauce, Alberta mozzarella

ALBERTA MOZZARELLA 15
 your choice of:
 tomato sauce or creamy garlic sauce

ADD EXTRA TOPPINGS TO YOUR PIZZA
 black olives, sweet peppers, grape tomatoes, green onions, sautéed local mushrooms, red onions .. 2 each
 extra Alberta mozzarella, goat cheese by Noble Meadows Farm, blue cheese, pepperoni 3 each
 thick cut bacon by Bear and the Flower Farm (60g) 3.5
 avocado half, Valbella chorizo (100g) 5 each
 bbq pulled pork by Bear and the Flower Farm (120g), organic chicken thighs (120g), organic cajun chicken (120g), tempeh (100g) 7 each
 house cured steelhead trout (85g) 8

gluten free crust available 4

SNACKS

BASKET OF SWEET POTATO FRIES 8

served with chipotle mayo



BASKET OF SPICY LATTICE CHIPS 6

served with chipotle mayo



BASKET OF FRIES 7

served with chipotle mayo



CHICKEN FINGERS 15

served with fries, sweet potato fries, lattice chips, or a side salad with your choice of smoky mustard vinaigrette, maple-balsamic vinaigrette, curried tahini dressing, or basil-yuzu emulsion



ROASTER CHICKEN WINGS 17

choice of Bigfoot bold bbq sauce, hot sauce, sweet chili glaze, or salt and pepper served with ranch dressing



NACHOS 19

corn tortilla chips, diced peppers and onions, tomatoes, black olives, jalapeño peppers, shredded Alberta cheddar and mozzarella cheese, served with Bles-Wold sour cream and salsa



add on:

Valbella chorizo (100g) 5

bbq pulled pork by Bear and the Flower Farm (120g), organic cajun chicken thigh (120g) 7

DESSERTS

OCOA DARK CHOCOLATE CAKE 9

alunga milk chocolate caramel mousse, raspberry compote



POPLAR BUFF ORGANICS' CARROT CAKE 9

cream cheese, passion fruit curd, candied pineapple

CARAMELIZED BANANA BREAD 9

cardamom-toffee sauce, coconut crumble, vanilla ice cream

VEGAN ALMOND "POT DE CRÈME" 9

coconut caramel, cranberry and pistachio crunch



MACLAB BROWNIE CHEESECAKE 9

strawberry compote, chocolate rocks



BEVERAGES

SOFT DRINKS (500ml) 3.3

JUICE/MILK (450ml) 3.5

REGULAR COFFEE (12oz/16oz) 3/3.5

TEA 3

NATUR'EL TEA 3.5

organic loose-leaf teas hand blended to perfection in Banff

HOT APPLE CIDER (16oz) 3.5

HOT CHOCOLATE (16oz) 4

LATTE/CAPPUCCINO single 4.3 | double 5.3

ESPRESSO single 2.8 | double 3.8

AMERICANO single 3.3 | double 4.3

flavour shot add 1

soya/almond add 1

extra espresso shot add 1.8

WINE + BEER

WHITE WINE	6oz	bottle
NK'Mip, Pinot Blanc, Canada	10	42
Wild Goose, Riesling, Canada	12	51
Play Estate, Viognier, Canada	14	59
Main Divide, Sauvignon Blanc, New Zealand	11	45
Trimbach, Pinot Gris, Alsace, France	13	58
Sonoma Cutrer, Chardonnay, USA	14	59
Lagaria, Pinot Grigio, Italy	9	
Pelee Island, Chardonnay, Canada	8	

RED WINE	6oz	bottle
Stoneboat, Pinot Noir, Canada	14	57
Mission Hill, Cabernet Sauvignon, Canada	15	63
Dona Paula, Malbec, Argentina	10	41
Heartland, Shiraz, Australia	11	46
Tres Picos, Granacha, Spain	14	57
Chateau Tour Bayard, Montagne-Saint-Emilion, France	13	54
Monte Antico, Blend, Italy	9	
Pelee Island, Cabernet Sauvignon, Canada	8	

ROSÉ WINE	6oz	bottle
Ochoa, Rosado, Spain	9	40

BOTTLED BEER	
Big Rock Craft	11oz 7
Grasshopper Wheat Ale, Traditional Ale, Citradelic Single Hop Cirta IPA	
Domestic Craft	7
Half Hitch Farmer's Daughter Pale Ale (11.5oz), Grizzly Paw Powder Hound Blonde Ale (11.5oz), Grizzly Paw Honey Wheat Ale (11.5oz), Brewsters Hawaiian Coconut Porter (11oz), Granville Island Maple Shack Cream Ale (11.5oz)	

Domestic	11.5oz 7
Kokanee, Budweiser, Bud Light, Alexander Keith's, Moosehead	

Import Beer and Radlers	8
Corona, Grolsch, Heineken (11oz), Guinness Draught (14.5oz), Stiegl Grapefruit Radler (17oz)	

DRAFT BEER	
Big Rock	20oz 8 60oz 20
Grasshopper Wheat Ale, Traditional Ale, Citradelic Single Hop Citra IPA, feature beer (please ask your server)	

Domestic Craft	20oz 8 60oz 20
Fernie Project 9 Pilsner, feature beer (please ask your server)	

Import Craft	20oz 9 60oz 25
feature beer (please ask your server)	

COCKTAILS

WILDFLOWER G&T	14
Wild Life Distillery gin 1.5oz, St.Germain Elderflower liquor 0.5oz, Wild Life Distillery tonic syrup, Perrier	

GB 122	14
Wild Life Distillery vodka 2oz, fresh ginger, Grizzly Paw ginger beer, fresh lime, Angostura bitters	

LIMONENE SUNRISE	14
<i>Limonene is a colorless liquid that is the major component in the oil of citrus peels</i>	
Wild Life Distillery vodka 1.5oz, Lemoncello 1oz, simple syrup, rosemary infused sugar rim	

MOCK ORANGE	14
<i>Mock Orange is a white wild flower that has a distinct orange fragrance</i>	
Wild Life Distillery barrel aged gin 1oz, Tripple Sec 0.5oz, Crème de Cacao 0.5oz, Wild Life Distillery blood orange bitters, Perrier	

VERMILION BERRY MOJITO	13
<i>named after the Vermilion Lakes of Bow Valley</i>	
White Rum 2oz, fresh seasonal berries, fresh lime juice, simple syrup, mint and soda water	

CAESAR	14
Wild Life Distillery vodka or gin 2oz, Parkway clamato, horseradish, Montreal steak spice, Valbella smoked chimney stick, house made pickled pepper	

1933	14
<i>titled in the tribute to Banff Centre's 85-year legacy of welcoming artists to the Rocky Mountains.</i>	
Park Distillery chili vodka 1.5oz, fresh lime juice, pineapple juice, Angostura bitters, Grizzly Paw ginger beer, mint	

MARTINIS (2oz)	
premium	12
deluxe.....	15

SPIRITS AND HIGHBALLS (1oz)	
regular	7
premium	9
deluxe.....	12

SCOTCH

CHIVAS REGAL 12 Year **10**

JOHNNIE WALKER RED LABEL **10**

J&B RARE **10**

BOWMORE **12**

BALVENIE DOUBLE BARREL 12 Year **12**

OBAN 14 YEAR **18**

GLENFIDDICH

12 Year **13**

15 Year **18**

18 Year **21**

21 Year **27**

BRANDY

COURVOISIER VSOP **15**

RÉMY MARTIN VSOP **12**

DUJARDIN VSOP **10**

all scotch and brandy are 1oz