



BRIX [brihks] ~ a vintners term named for Professor A. F. W. Brix, a nineteenth century inventor. The Brix scale is a system used to measure the sugar content of grapes and wine.

Rich flavourful grapes from rich fertile soil tend to have a high Brix.

MENU

The Brix menu is a thoughtful pairing of food and wine, dedicated to bringing you the most flavourful dining experience possible. Each menu item has been carefully harmonized with wine suggestions to enhance and complete your choices.

We hope you'll enjoy.

BRIX WINE PHILOSOPHY

At Brix we focus on wines offering terrific value and flavour at very reasonable prices.

The Brix wine list is concise and offers an excellent selection.

Enjoy our professional wine and food pairings with confidence!

Mike & Teresa

CORPORATE EXECUTIVE CHEF ~ STEPHEN SANDIFORD

EXECUTIVE CHEF ~ SIMON SO

PIZZA STYLE FLATBREADS

ROASTED FOREST MUSHROOMS

truffle scented cream cheese & gorgonzola reg. \$8.95 sm. \$4.50
*[chardonnay will round out this starter, or earthy
pinot noir will highlight the 'shroom notes]*

GARLIC CHEESE FLATBREAD

cheddar, mozzarella, Monterey Jack cheese reg. \$7.95 sm. \$3.95
[pinot gris or just say beaujolais]

BRUSCHETTA

tomatoes, fresh mozzarella, basil &
really good olive oil reg. \$7.95 sm. \$3.95
[soave will show the way or sangiovese to compliment the taste]

PIZZA

chorizo ribbons, Italian sausage,
tomato & mozzarella reg. \$8.95 sm. \$4.95
[match it with pinot grigio or chianti and that's amore]

GRILLED FLATBREAD

brushed with roast garlic & olive oil reg. \$5.95 sm. \$3.05
add goat cheese reg. \$2.95 sm. \$1.50
*[pinot grigio + garlic + olive oil = great chemistry,
or a gamay will go light and easy]*

GLOBAL SHARE PLATES

BBQ KOREAN BEEF "FAJITA" ~ scallion pancake,
green papaya kimchi \$9.95
[chardonnay to start or a bold shiraz to add pizzazz]

CRISPY CHICKEN DRUMMETTES ~ smoked chile rub, mango glaze \$9.95
[sauvignon blanc into mix, zinfandel a perfect fix]

GRILLED LAMB CHOPS ~ Mongolian bbq sauce \$15.95
[chardonnay to start, cab/merlot blend in the end]

BBQ DUCK SLIDER ~ shredded duck, apple slaw, brie cheese \$8.95
[new world pinot noir will balance the duck, apple slaw and brie]

PEI MUSSELS ~ white wine, coconut curry broth, fresh herbs & tomatoes \$9.95
[light sweet muscat (obsession) match well with curry and mussels]

SWEET POTATO FRIES ~ spicy curry mayo \$5.95
[light sweet muscat (obsession) or red zinfandel]

PANKO CRUSTED SESAME CHICKEN STRIPS ~ Thai dipping sauce \$9.95
*[pinot blanc to flatter the fowl and dip,
zinfandel is intense but appropriate]*

QUESADILLA ~ sun dried tomato cream cheese, caramelized onions
and Monterey Jack cheese \$8.75 add chicken \$1.95
[si to sauvignon blanc is a classic match or hurrah for syrah]

COCONUT TIGER SHRIMP ~ sweet chile plum sauce \$12.95
[off dry riesling for the coconut or a red, jammy gamay]

STEAMED SHRIMP HARGOW AND CHICKEN DUMPLINGS ~
soya-ginger and sweet chile plum sauce \$10.25
[pinot grigio digs the dumplings, gamay or a rose is delicate with dim sum]

BBQ MINI RIBS ~ espresso BBQ glaze \$11.50
[soave is the way or malbec will make the play]

BRIX TRUFFLE FRIES ~ dusted with Grano Padano, truffle mayo \$5.95
*[pinot grigio and fennel will dance on your palate,
sangiovese and fennel will do nicely too]*

FALAFEL DUSTED CALAMARI ~ roast chile, caper and lemon aioli \$7.95
*[sauvignon blanc will compliment the calamari and citrus,
zinfandel can handle the heat]*

MILDLY  SPICY

Prices subject to PST & GST

**Gorgonzola ~ one
of the original
blue cheeses
made from cows
milk with a sharp
spicy flavour and
rich creamy
texture.**

**Saffron ~
derived from the
dried stigmas of
the crocus
flower, up to
40,000 crocus
flowers are
needed to pro-
duce one pound
of saffron.**

**Panko ~
Japanese
bread crumb
which is fresh
and then
dried.**

SALADS

[Add on ~ grilled chicken \$4.95, grilled shrimp skewer \$5.95, goat cheese fritter \$3.95]

SEARED ANGUS BEEF CHOPPED SALAD ~ Belgian endive, radicchio & walnuts, edamame, blue cheese & roast garlic wasabi dressing \$12.95

GRILLED AHI TUNA ~ apple, fennel & sugar snap salad, Szechauan peppercorn potato chips, ponzu vinaigrette \$12.95

ARUGULA & GOAT CHEESE ~ hazelnut & black pepper brulée, pears, sherry vinaigrette \$10.95

GRILLED CALAMARI ~ escarole & radicchio, green beans, capers, olives, brown butter & citrus chile vinaigrette \$8.95

ASSORTED LEAF SALAD ~ hand picked greens, grape tomatoes, cucumbers, spiced pumpkin seeds, balsamic-honey vinaigrette \$7.95

ROMAINE HEARTS ~ flatbread croutons, roast garlic dressing & grated Grano Padano \$7.95

SIDE ORDERS \$3.95 each

Roast garlic mash ~ Edamame and mushrooms ~ Brix fries
Mushroom risotto ~ Market vegetables

MAIN COURSES

SINGAPORE STYLE CHICKEN CURRY ~ baby shrimp, carrots, peas, pineapple & golden tofu, steamed rice \$14.95
[go with gewürztraminer's tropical fruit accents or do a mellow merlot]

CERTIFIED ANGUS BEEF STRIP LOIN ~ roast garlic mash, frizzled leeks, herb & garlic butter 8 oz. \$24.95 12 oz. \$34.95
[think big with a well oaked chard, a big 'n chewy merlot or cabernet sauvignon ~ the rarer your meat the more tannic your choice]

RIGATONI ~ sautéed assorted fresh mushrooms, grilled chicken, tomatoes & a light coffee velouté \$14.95
[chardonnay works with the chicken and 'shrooms, a smoky zinfandel will accentuate the flavours]

ROAST HALF CHICKEN WITH CARIBBEAN SPICE ~ sweet potato fries, smoked tomato bbq jus \$18.95
[pinot blanc or french syrah will balance the tangy flavor]

ROAST LAMB RACK ~ roast pumpkin risotto, salsa verde, caper-olive jus \$27.95
[a classic match bordeaux blend (cab/merlot)]

AHI TUNA ~ green beans, crisp chorizo, braised escarole, tomatoes & saffron potatoes, lemon olive oil \$24.95
[pinot blanc matches the meatiness of this fish, smoky zinfandel will do the trick]

BEER BRAISED SHORT RIBS ~ roast garlic mash, cippolini onions, smoked bacon, natural reduction \$20.95
[spanish sparkling wine or red zinfandel will enhance the ribs flavor]

STIR FRIED EGG NOODLES ~ Korean bbq beef, Kim Chi (Korean cole slaw), dried mushrooms & roast chile wok sauce \$14.95
[viognier is definitely the way, pinot noir will go quite far]

HOUSE CRAFTED RAVIOLI ~ goat cheese & sundried tomato filling, toasted walnuts, butternut squash velouté \$16.95
[sauvignon blanc or montepulciano will balance the creamy texture]

BRIX HANDMADE 8OZ. BURGER ~ toasted Kaiser, tomato & pickle, served with Brix fries or small green salad \$9.95
add on - sharp cheddar, bacon, tempura onion rings or fried egg .90 each
[a chardonnay with a backbone, or a young robust red zinfandel]

PAN ROASTED SNAPPER ~ warm French lentils, puttanesca sauce \$20.95
[sauvignon blanc or 'old vines' zinfandel will match well with puttanesca sauce]

WHOLE WHEAT PENNE ~ tomato basil sauce \$9.95
add on - grilled chicken \$4.95, seared shrimp \$5.95, spicy chorizo sausage \$1.95 mushrooms \$.95, or goat cheese \$.95
[sauvignon blanc is fine with the sauce and the add-ons, brunello is a traditional compliment]

ATLANTIC SALMON ~ miso pommery glaze, edamame beans, mushrooms & Israeli couscous, wasabi emulsion \$16.95
[create a classic with pinot gris, unforgettable with pinot noir]

RISOTTO ~ mushrooms, spinach & grano padano cheese, truffle oil 16.95
add on - chicken 3.95, shrimp 5.95
[pinot grigio or pinot noir with match the earthy flavor of the dish]

MESQUITE GRILLED CHICKEN & SUN DRIED TOMATO WRAP ~ cucumbers & roast pepper mayo \$10.95
add on - cheddar or goat cheese .95
[pinot blanc will add zip, zinfandel and the grill are one]

Split any main course for \$3.95

Velouté ~ a reduction of white wine, chicken stock, shallots, & thyme finished with fresh cream.

Certified Angus Beef ~ superior muscling and fine marbling for more consistency, flavour and juiciness.

Pommery Miso crust ~ pommery mustard, honey, and miso paste (puree of fermented soy beans).

Kim Chi ~ preserved red cabbage with chilies

Caribbean Spice~ a mixture of allspice, dry chilies, ginger & rum.

Puttanesca Sauce ~ olives, capers, tomatoes, olive oil & fresh herbs

Wasabi ~ condiment served with sushi, sashimi and Japanese noodle dishes, with a sharp, pungent flavour.

Ponzu ~ citrus, soy and ginger

[b E V E R A g E S]

Soft Drinks (20 oz.) \$2.75

Juice (14 oz) \$2.95

Milk \$2.75

San Pellegrino (250mL) \$2.95

San Pellegrino (750mL) \$5.95

Nestle Pure Life Water (500mL) \$2.95

Spa Natural Mineral Water (1 litre) \$5.95

Coffee \$2.05

Tea or Herbal Tea \$2.05

Espresso \$3.15

Double Espresso \$4.10

Cappuccino \$3.95

Double Cappuccino \$4.75

Café Latte \$3.95

Virgin Frozen Cocktails \$5.95

Virgin Cocktails \$3.95

Becks Non Alcoholic Beer \$4.95



SANGRIA

~ an iced mix of red wine,
7-Up, banana liqueur and
fresh citrus fruit

Glass (8 oz) \$5.95

Pitcher \$26.95

TAKEAWAY SERVICE IS AVAILABLE

BRIX PRESENTS LIVE ENTERTAINMENT

every Thursday, Friday and Saturday night

Enquire about our

PRIVATE FUNCTION ROOM

suitable for social and corporate functions of up to 40 people.

Perfect for

engagement parties, receptions, birthdays, anniversaries and showers.

Or book the entire restaurant on Sundays for large occasions.

[Wireless internet access and multi-media facilities available upon request]



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Visit our other
location:



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www.navarestaurantandbar.com info@navarestaurantandbar.com
For reservations please call: [905] 709-1933

15% gratuity for
parties of 8 or more
and 18% for separate
bills

Prices subject
to PST & GST

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and MasterCard