

# forum & bistro

## Appetizers

### CRISPY RIBS © 🐷

24 hour sous vide Hylife pork ribs, tossed in your choice of Chimichurri, BBQ or Salt and Pepper.

### TRUFFLE PARM FRIES © 🍄

Crispy fries topped with Parmesan and a drizzle of black truffle oil served with a side of buttermilk bleu cheese.

### FORUM ROOT MEDLEY © 🍷

A mixture of root vegetable chips fried and served with a lemon whipped feta.

### SPINACH DIP 🍷

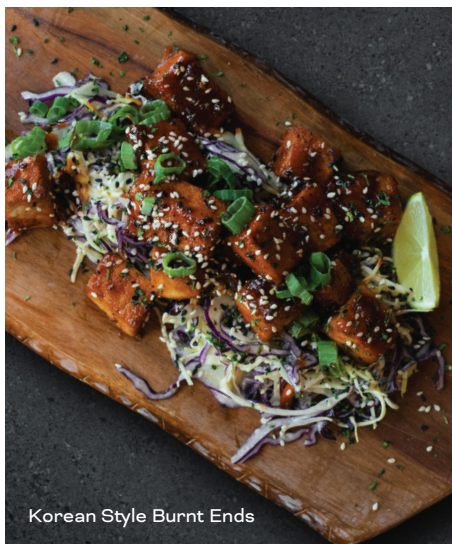
Creamy spinach dip served hot with toasted pita.

**17 PORK MEATBALLS 🐷 16**  
Italian style meatballs served with a fire-roasted tomato sauce and Asiago crisps.

**14 KOREAN STYLE BURNT ENDS © 🐷 17**  
Hylife pork loin tossed in a spicy citrus gochujang sauce.

**16 POUTINE 14**  
Crispy fries topped with Bothwell cheese curds and house made beef gravy.

**16 TEMPURA VEGETABLE AND TOFU 🍷 17**  
Fresh crispy vegetables and tofu tossed in a chili sauce.



Korean Style Burnt Ends



Bleu Bird Sandwich



Citrus Salmon Bowl

# Salads & Bowls

Bowls come with choice of house noodle salad or rice pilaf

<p><b>BISTRO SALAD</b> Ⓞ Ⓥ Wild blueberries, praline almonds, feta cheese, pickled onions, in maple balsamic.</p> <p><b>SANTA FE SALAD</b> Blackened chicken breast, with a corn and bean salad, pico de gallo, green onion, crispy tortilla strips, mixed cheese and an avocado lime dressing.</p> <p>Ⓞ <b>Make it gluten free:</b> ask for no tortilla strips.</p> <p><b>CAESAR SALAD</b> Choice of blackened or crispy chicken, romaine, bacon bits, Asiago, garlic croutons.</p> <p>Ⓞ <b>Make it gluten free:</b> ask for no croutons</p> <p>Ⓥ <b>Make it vegetarian:</b> ask for no bacon</p>	<p><b>18</b></p> <p><b>21</b></p> <p><b>20</b></p>	<p><b>CITRUS SALMON BOWL</b> Glazed salmon, citrus salsa, crispy chickpeas, vegetable medley, fresh cilantro, green onion, topped with a sesame dressing.</p> <p><b>THAI PEANUT CHICKEN BOWL</b> Blackened chicken, thai peanut sauce, vegetable medley, cabbage slaw, green onion and cilantro.</p> <p><b>ORANGE CHILI PORK BOWL</b> 🐷 Gochujang pork, cabbage slaw, vegetable medley, green onion, cilantro and lime wedge.</p> <p>Ⓞ <b>Make any bowl gluten free:</b> ask for rice</p> <p>Ⓥ <b>Make any bowl vegetarian:</b> substitute tofu</p>	<p><b>24</b></p> <p><b>22</b></p> <p><b>22</b></p>
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# Handhelds

Choice of fries or soup | Add Caesar Salad or House Salad 2

<p><b>CAESAR WRAP</b> Romaine, bacon bits, Asiago and choice of crispy or blackened chicken tossed in Caesar dressing in a flour tortilla.</p> <p><b>SANTA FE WRAP</b> Blackened chicken, Heritage mix, crispy tortilla strips, corn and bean salad, pico de gallo finished with an avocado lime dressing.</p> <p><b>THAI CHICKEN WRAP</b> Thai peanut chicken, crispy noodles, vegetable medley, and sesame cabbage slaw.</p> <p><b>PORK AND PROVOLONE</b> 🐷 Meatballs, fire roasted tomato sauce topped with melted Provolone in a toasted hoagie bun.</p> <p><b>BBQ PORK SANDWICH</b> 🐷 Hylife pulled pork, BBQ sauce, sesame cabbage slaw, on a fresh bakery bun.</p> <p><b>FORUM RIBEYE STACK</b> 6oz grass fed ribeye, horseradish aioli, topped with sauteed mushrooms.</p>	<p><b>18</b></p> <p><b>20</b></p> <p><b>20</b></p> <p><b>19</b></p> <p><b>18</b></p> <p><b>24</b></p>	<p><b>OKLAHOMA SMASH BURGER</b> Ⓞ A double smash with fried onions, lettuce, pickles, and classic burger sauce.</p> <p>Ⓞ <b>Make it gluten free:</b> ask for a gluten free bun</p> <p><b>BLEU BIRD SANDWICH</b> Choice of blackened or crispy buffalo chicken topped with lettuce, red onion, pickles, Provolone and finished with a buttermilk bleu cheese sauce.</p> <p>Ⓞ <b>Make it gluten free:</b> ask for a gluten free bun</p> <p><b>QUESADILLA</b> BBQ pulled pork or blackened chicken, pico de gallo, mixed cheese, and green onions.</p> <p><b>FISH-O-FILLET</b> Tempura battered cod, tartar sauce, pickles, and sesame coleslaw between a toasted hoagie bun.</p> <p><b>CHICKEN FINGER &amp; FRIES</b> All white meat chicken with MB honey dill sauce.</p>	<p><b>19</b></p> <p><b>21</b></p> <p><b>19</b></p> <p><b>18</b></p> <p><b>18</b></p>
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# Dinner

Served with choice of rice pilaf or Yukon mashed potatoes and chef's seasonal vegetable medley

<b>HYLIFE PORK STEAK</b> © 🐷	<b>32</b>	<b>GLAZED SALMON</b> ©	<b>38</b>
Charbroiled pork in a specialty house rub.		Korean inspired orange chili glaze topped with a citrus salsa and a lemon ginger hollandaise.	
<b>CHICKEN SUPREME</b> ©	<b>28</b>	<b>PORK RIBS</b> 🐷	<b>Half 27   Full 32</b>
Seared bone-in chicken breast topped with red wine mushroom sauce.		Sous vide Hylife pork ribs finished with a caramelized BBQ sauce.	
<b>THAI COCONUT CURRY</b> ©	<b>24</b>	<b>CHICKEN &amp; RIBS</b> © 🐷	<b>40</b>
Blackened chicken, sauteed vegetable blend, tossed in a red thai coconut curry sauce, with rice (choice of chicken or tofu).		Half rack of sous vide pork ribs accompanied by a bone in chicken breast.	
🍃 <b>Make it vegetarian:</b> substitute tofu		<b>Upgrade</b> to a full rack for 5	
<b>FISH &amp; CHIPS</b>	<b>24</b>	<b>12 OZ PRIME RIBEYE</b> ©	<b>55</b>
2 piece tempura battered cod with sesame slaw.		Hand cut black Angus prime graded ribeye with red wine demi.	

# Enhancements

Bleu Cheese Compound Butter	4	<b>FLIGHT OF ENHANCEMENTS</b>	<b>10</b>
Béarnaise Sauce	4	Choice of 3	
Chimichurri	4		
Balsamic Mushrooms	4		





## A Unique Culinary Tasting & Pairing Experience

45 is an exclusive culinary experience in the heart of Steinbach. With only 45 guests, incredible chef-curated courses, and unique drink pairings presented by a featured guest, it's a night you don't want to miss!

- A handcrafted menu
- Skillfully selected drink pairings presented by experts
- Stories behind the dishes and drinks straight from the chef & expert
- The chance to purchase your favorite drinks from the evening to take home

Book your seat at our next 45 event on our website at [tickets.southeasteventcentre.ca](https://tickets.southeasteventcentre.ca)

## Fuelled by Pork



### OUR HYLIFE STORY

We believe food has the power to bring people together, create meaningful connections, and enrich communities. That's why we proudly share HyLife premium pork products which are carefully crafted with passion and raised right in our own backyard by your neighbors. This menu reflects our commitment to delivering the highest quality and taste, ensuring every bite is exceptional.

HyLife's story began humbly in 1994 with three Vielfaure brothers, Don Janzen, and a single barn. Their shared vision was built on hard work, family values, and a deep respect for agriculture and from that modest start, a strong foundation grew into a fully integrated, global business.

As the official protein sponsor of the Southeast Event Centre, HyLife is not just committed to producing exceptional pork, they are devoted to the people and places that make this vibrant gathering place possible. By embracing sustainability, innovation, and meaningful community investment, we proudly uphold what has shaped our journey from the very beginning.

We hope you enjoy HyLife premium pork, knowing it's more than just food. It's a testament to local pride, passion, and the values that define us.