

# AGAINST THE GRAIN

## URBAN TAVERN

### BRUNCH MENU WEEKENDS & HOLIDAYS 10:30AM - 3PM

#### FOR THE TABLE



#### MIMOSAS FOR THE TABLE 30

Bottle of sparkling wine / grapefruit or orange juice

#### BRUNCH

All of our breakfasts are served with free-run eggs and Fred's Breads.

- TRADITIONAL BREAKFAST** . . . . . 13  
two eggs any style, bacon, peameal, homestyle potatoes, multigrain toast, baked beans
- RICOTTA AVOCADO TOAST** . . . . . 14  
rye toast, ricotta cheese, pico de gallo, avocado, arugula, soft boiled egg
- CHALLAH FRENCH TOAST** . . . . . 16  
spiked strawberry maple syrup, whipped cream
- SMOKED SALMON BOWL** . . . . . 16  
smoked salmon, dill potato salad, pickled red onion, fried capers, cucumber, soft boiled egg, mesclun greens, everything spice
- CLASSIC BENEDICT** . . . . . 15  
English muffin, peameal bacon, two poached eggs, hashbrowns, hollandaise, citrus fruit
- LOBSTER BENEDICT** . . . . . 18  
English muffin, lobster salad, two poached eggs, hashbrowns, champagne maitaise, citrus fruit

- ≡ **ADD** Bacon strips +3      Farmer's sausage +4  
≡ Peameal slices +3      Toast +2.5

#### SHAREABLES

- SPICY SESAME EDAMAME** . . . . . 9  
ponzu nuoc cham, lime
- DAILY SOUP** . . . . . 8  
Chef's creation
- FRIED SMELT AND SHISHITO** . . . . . 14.5  
dill and chive tartar, grilled lemon, tabasco
- FAR EAST HUMMUS** . . . . . 15  
toasted fennel and coriander, roasted edamame, curried garbanzo, fried curry leaf, mustard seed caviar, kecap manis, warm pita
- SESAME GINGER CALAMARI** . . . . . 15  
cabbage slaw, Thai chili dip, sesame ginger drizzle, cilantro, sesame
- BLACKENED FISH TACOS** . . . . . 12  
mango jicama slaw, queso, chipotle hot sauce, shredded lettuce
- BUTCHER'S BLOCK FLATBREAD** . . . . . 19  
salami, prosciutto, double smoked bacon, fior di latte, arugula, agave nectar
- SALMON POKE** . . . . . 16.5  
tamari marinated salmon, edamame, corn, shredded carrot, avocado, furikake, fried wontons
- CHICKEN WINGS** . . . . . 16  
choice of: buffalo hot, smoky bbq, curried mango, served with blue cheese dip and carrot sticks
- LOADED SHEET PAN NACHOS** . . . . . 13  
shredded lettuce, jalapeño, pico de gallo, black beans, pickled onion, guacamole, jalapeño lime crema
- ≡ **ADD** marinated chicken +6      ground beef +6



Vegetarian



Gluten Sensitive



Vegan

Items are prepared with gluten-free ingredients however we cannot guarantee dishes are 100% free of gluten due to trace amounts crossing over within our kitchen. Please consider this when ordering.



AgainstGrainTO



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## U R B A N T A V E R N

### SALADS

- CAESAR** . . . . . 14  
eggless sumac caesar dressing, challah croutons, bacon, parmesan, charred lemon
-  **TAVERN** . . . . . 14  
mesclun greens, kale, goat cheese, roasted edamame, pickled beets, tomato, cucumber  
*Pairs with Follow the Sun*
- WATERMELON PANZANELLA** . . . . . 16  
seasonal tomatoes, feta, sourdough crisps, slivered red onion, basil and agave infused watermelon, fried capers, arugula, herb vinaigrette  
*Pairs with Mill Street Rhuby Cove Cream Ale*
-  **TUNA NIÇOISE** . . . . . 23  
mesclun greens, kale, seven minute egg, roasted edamame, olives, tomatoes, pickled red onion, anchovy vinaigrette  
*Pairs with Market Mint Lemonade*
-  **NOODLE BUDDHA BOWL** . . . . . 16  
edamame, corn, shredded carrot, cucumber, avocado, red cabbage, garbanzo beans, chilled udon noodles, black bean vinaigrette, furikake  
*Pairs with Citrus Cucumber Cooler*
- ==== **ADD TO ANY SALAD**
- ==== marinated chicken +6    salmon poke +8
- ==== fried tofu +5                    pan seared salmon +10

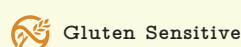
Our burgers are cooked to order, fresh, never frozen 100% Ontario prime chuck. Our burger buns and bread are baked fresh everyday by Fred's Bread, one of Toronto's remaining family owned & operated bakeries. There are no preservatives used in our breads.

### HANDHELDS

- Served with fresh fries. Gluten sensitive bun available +2  
Substitute soup, Tavern salad, classic Caesar or sweet potato fries +3  
beef gravy +3
- ATG BURGER** . . . . . 16  
100% Ontario prime chuck, lettuce, tomato, shoestring pickles, toasted potato bun  
*Pairs with Blackberry Bourbon Sour*
- NAAN CHICKEN CLUB** . . . . . 16.5  
marinated chicken breast, shredded lettuce, tomato, cucumber, bacon, chipotle yogurt  
*Pairs with Cool Summer Breeze*
-  **BEYOND MEAT™ BURGER** . . . . . 18  
mango chutney, arugula, spiced hummus, toasted red fife bun  
*Pairs with Brickworks CiderHouse Batch: 1904*
- CHARLESTON CHEESEBURGER** . . . . . 21  
100% Ontario prime chuck, pimento cheese, shredded lettuce, bacon, toasted potato bun  
*Pairs with Boshkung North Country Kellerbier*
- FISH SANDWICH** . . . . . 18  
blackened haddock, mango jicama salsa, shoestring pickles, red onions, tartar sauce, toasted potato bun  
*Pairs with Walk the Plank*
- NEW ENGLAND LOBSTER ROLL** . . . . . 26  
lemon poached knuckle and claw, bibb lettuce, dill, capers, celery, scallion, salt and vinegar kettle chips  
*Pairs with Rodney Strong Chardonnay*

### DESSERT

- BANANA CHERRY SPLIT** . . . . . 11  
torched banana, black cherry ice cream, chocolate sauce, salted caramel, bourbon cherries
- THREE LAYER CHOCOLATE CAKE** . . . . . 10  
whipped cream, cocoa powder, chocolate drizzle



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