

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 / seasonal fruit

BRUNCH

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

TWO EGGS 13
 bacon / sausage / hash browns / baked beans / toast

EGGS BENEDICT 15
 apple cider poached / wilted spinach / strip bacon /
 challah / hollandaise

 **CHILAQUILES** 15
 sunny side eggs / tortilla chips / avocado / black beans /
 goat cheese / radish / salsa / cilantro

SMOKED CHICKEN & EGG SANDWICH 16
 potato bun / bacon / chipotle aioli / cheddar / avocado / fried egg

 **SMASHED BREAKFAST** 13
 ancient grain toast / smashed avocado / poached eggs /
 arugula / charred lemon

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

SHARABLES

DAILY SOUP 8
 please ask your server

TAVERN BREAD 16
 crispy bacon / garlic butter / mozzarella / chipotle aioli

 **HUMMUS** 13
 cherry tomatoes / almonds / chickpeas / olive oil / cumin / naan

SALT COD FRITTERS 14
 green mango slaw / jerk tamarind aioli /
 every order served with a bottle of Ting

CRISPY ASIAN CALAMARI 15
 savoy slaw / thai chili dip / sesame ginger drizzle / cilantro

 **GUACAMOLE** 16
 shrimp & mango ceviche / corn tortillas / sea salt

 **BAKED CAMEMBERT** 15
 strawberry fig compote / rosemary / aged balsamic / crostini

GRILLED FISH TACOS 12
 mango jicama slaw / chipotle hot sauce / shredded lettuce /
 cilantro / feta

CHICKEN WINGS 15
 dusted / carrots / blue cheese dip
choice of sauce: buffalo / maple chipotle bbq / honey garlic

 **NACHOS** 18
 three cheeses / jalapeño / bell peppers / green onion / black olives /
 sour cream / pico de gallo / black beans

≡ **ADD** marinated chicken +6
 ≡ guacamole +3
 ≡



Vegetarian



Gluten Sensitive

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.



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U R B A N T A V E R N

SALADS

CAESAR	14
garlic parmesan crostini / bacon / grana padano / house dressing	
 TAVERN	14
kale / mesclun mix / pickled beets / roasted edamame / grape tomatoes / goat cheese / maple balsamic vinaigrette	
 PEACH & PROSCIUTTO	19
fior di latte / vine ripened tomatoes / chive vinaigrette / maldon salt	
KUNG PAO CHOPPED	18
grilled chicken breast / bell peppers / green onion / nappa cabbage / carrots / crisp wontons / spicy szechuan dressing	
 TUNA NICOISE	23
mesclun mix / pickled red onion / marinated potatoes / kalamata olives / roasted edamame / soft boiled egg / rare seared tuna / anchovy vinaigrette	
 ADD TO ANY SALAD	
marinated chicken +6 pan seared salmon +10	
miso smoked tofu +5	

HAND-HELDS

Fred's Bread with fresh hand-cut fries.
Gluten sensitive bun available +1
Substitute soup, Tavern salad, classic Caesar
or sweet potato fries +3 beef gravy +3

PRIME BURGER	20
prime Canadian chuck / potato bun / Russian dressing / smoked cheddar / lettuce / tomato / shoestring pickles / onion rings	
 ADD bacon +3	
 MISO SMOKED TOFU & PORTOBELLO SANDWICH	17
baby arugula / pineapple salsa / sesame ginger aioli	
BLACKENED FISH SANDWICH	17
blackened haddock / dill tartar / mango jicama slaw / shoestring pickles / purple onion	
NAAN CHICKEN CLUB	16.5
bacon / chipotle yogurt / tomato / cucumber / shredded lettuce	

DESSERT

KEY LIME PIE	10
graham crumbs / key lime filling / cream	
THREE LAYER CHOCOLATE CAKE	10
classic three layer / chocolate icing / shaved chocolate	



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