

# 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  
 garlic butter / dill cream cheese / mozzarella / cheddar /  
 crispy bacon / scallions

 **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 / walnuts / 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.



AgainstGrainTO



AgainstTheGrainTO

# AGAINST THE GRAIN

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

### SALADS

<b>CAESAR</b> . . . . .	14
garlic parmesan crostini / bacon / grana padano / house dressing	
 <b>TAVERN</b> . . . . .	14
kale / mesclun mix / pickled beets / roasted edamame / grape tomatoes / goat cheese / maple balsamic vinaigrette	
 <b>PEACH &amp; PROSCIUTTO.</b> . . . . .	19
fior di latte / vine ripened tomatoes / chive vinaigrette / maldon salt <i>Prosecco, Il Mionetto, Italy</i>	
<b>KUNG PAO CHOPPED</b> . . . . .	18
grilled chicken breast / bell peppers / green onion / nappa cabbage / carrots / crisp wontons / spicy szechuan dressing <i>Pinot Grigio, Campanile, Friuli Venezia Italy</i>	
 <b>TUNA NICOISE.</b> . . . . .	23
mesclun mix / pickled red onion / marinated potatoes / kalamata olives / roasted edamame / soft boiled egg / rare seared tuna / anchovy vinaigrette <i>Chardonnay, Rodney Strong, California</i>	
 <b>ADD TO ANY SALAD</b>	
 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	
<b>PRIME BURGER</b> . . . . .	20
prime Canadian chuck / potato bun / Russian dressing / smoked Cheddar / lettuce / tomato / shoestring pickles / onion rings <i>Côtes du Rhône-Village AOC, Séguret, Rhone France</i>	
 <b>ADD</b> bacon +3	
 <b>MISO SMOKED TOFU &amp; PORTOBELLO SANDWICH.</b> . . . . .	17
baby arugula / pineapple salsa / sesame ginger aioli <i>Tempranillo/Cabernet, Osborne Solaz, Spain</i>	
<b>BLACKENED FISH SANDWICH</b> . . . . .	17
blackened haddock / dill tartar / mango jicama slaw / shoestring pickles / purple onion <i>Lager - Muskoka, Craft Lager, Bracebridge</i>	
<b>NAAN CHICKEN CLUB</b> . . . . .	16.5
bacon / chipotle yogurt / tomato / cucumber / shredded lettuce <i>Citrus-rosemary G&amp;T</i>	

### DESSERT

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



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.



AgainstGrainTO



AgainstTheGrainTO