

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
- CHARCUTERIE BOARD** 20
salami cacciatore, prosciutto, Camembert, gherkins, baguette, pickled mustard seeds, fig jam
- COCONUT SHRIMP** 16
pickled rhubarb, chili oil, miso mayo, herb and fresh coconut salad
- ONTARIO PRIME RIB SLIDERS** 18
brioche bun, shoestring pickles, spicy house mustard, fried salami, cheddar
- 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.



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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
- KETO COBB** 23
avocado, bacon, tomato, cucumber, romaine hearts, soft boiled egg, blue cheese, green goddess dressing
-  **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

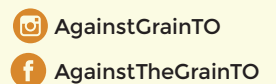
Our burgers are cooked to order, fresh, never frozen
100% Ontario prime chuck. Our burger buns and bread
are baked fresh everyday by Fred's Bread, one of
Toronto's remaining family owned & operated bakeries.
There are no preservatives used in our breads.

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, cucumber, arugula, spiced hummus, toasted red fife bun
Pairs with Brickworks CiderHouse Batch: 1904
- CHARLESTON CHEESEBURGER** 21
100% Ontario prime chuck, pimento cheese, spicy mango pepper jelly,
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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