

AGAINST THE GRAIN

URBAN TAVERN

MENU

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	

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	
<i>Pairs with Follow the Sun</i>	
WATERMELON PANZANELLA	16
seasonal tomatoes, feta, sourdough crisps, slivered red onion, basil and agave infused watermelon, fried capers, arugula, herb vinaigrette	
<i>Pairs with Mill Street Rhuby Cove Cream Ale</i>	
 TUNA NIÇOISE	23
mesclun greens, kale, seven minute egg, roasted edamame, olives, tomatoes, pickled red onion, anchovy vinaigrette	
<i>Pairs with Market Mint Lemonade</i>	
 NOODLE BUDDHA BOWL	16
edamame, corn, shredded carrot, cucumber, avocado, red cabbage, garbanzo beans, chilled udon noodles, black bean vinaigrette, furikake	
<i>Pairs with Citrus Cucumber Cooler</i>	
 ADD TO ANY SALAD	
 marinated chicken +6	salmon poke +8
 fried tofu +5	pan seared salmon +10



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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AGAINST THE GRAIN

URBAN TAVERN

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.

SMOKEHOUSE THURSDAYS MP
available Thursdays from 5pm, served with creamy coleslaw, maple molasses braised beans, corn salad
Ask your server what's smoking today!

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

ENTRÉES

- 🍷 CAST IRON SEARED JERK CHICKEN 23**
jerk rice, baby bok choy, pickled chili and onion, tamarind gastrique, cilantro lime salt
≡ **ADD** house mango scotch bonnet hot sauce for extra spice
Pairs with Ride the Tide
- 🍲 NASI GORENG 16**
Indonesian fried rice, peas, corn, fried rice noodles, raita, sambal oelek, scrambled and sunny side egg
Pairs with SteamWhistle Pilsner
- BEER BATTERED HADDOCK AND CHIPS 18**
organic lager, dill tartar sauce, lemon
Pairs with Mill Street Original Organic Lager
- 🍷 STEAK FRITES 26**
8 oz. Flat Iron steak, sous vide and cast iron seared, garlic parmesan fries, spicy ketchup, natural jus
Pairs with Lost Angel Cabernet Sauvignon
- 🌱 ROASTED HALF CAULIFLOWER 18**
harissa glazed, crisp garbanzo, kale, dried cranberries, currants, toasted pepitas, broccoli, cumin aioli, lime, cilantro
Pairs with JP Bacaloha Shiraz Rose
- FRIED CHICKEN BASKET 21**
1 lb. sous vide dark meat, buttermilk brined, chili spiced, dill creamer potato salad, honey chipotle hot sauce, peppercorn ranch
Pairs with Stella Artois
- DAILY FISH MP**
Chef's creation

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