

AGAINST THE GRAIN

URBAN TAVERN

MENU

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	

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	



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

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

ENTRÉES

- HOUSE SMOKE PORK RIBS** 24
 chimichurri /Maple Chipotle BBQ Sauce / Crispy Bacon Sprinkle /
 house cut fries
- VEGAN MUSHROOM RISOTTO** 22
 king oyster, cremini, shiitake mushrooms / porcini broth / tofu cheese /
 cashew cream / fine herbs
- NASI CORENG** 16
 Indonesian fried rice / green peas / corn / soy / scallions /
 scrambled & sunny side eggs / sambal oelek / raita
- CHICKEN ROGAN JOSH** 20
 tabbouleh / onion & mint compote / lemon yogurt
- HADDOCK AND CHIPS** 18
 organic lager / hand cut fries / dill tartar sauce
- STEAK FRITES** 26
 8 oz. flat iron / sous vide and cast iron seared /
 garlic parmesan fries / spicy ketchup

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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