

AGAINST THE GRAIN

URBAN TAVERN

MENU

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	

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 <i>Prosecco, Il Mionetto, Italy</i>	
KUNG PAO CHOPPED	18
grilled chicken breast / bell peppers / green onion / nappa cabbage / carrots / crisp wontons / spicy szechuan dressing <i>Pinot Grigio, Campanile, Friuli Venezia Italy</i>	
 TUNA NICOISE	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>	
 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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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
Côtes du Rhône-Village AOC, Séguret, Rhone France

☰ **ADD** bacon +3

🌱 **MISO SMOKED TOFU & PORTOBELLO SANDWICH** 17
baby arugula / pineapple salsa / sesame ginger aioli
Tempranillo/Cabernet, Osborne Solaz, Spain

BLACKENED FISH SANDWICH 17
blackened haddock / dill tartar / mango jicama slaw /
shoestring pickles / purple onion
Lager - Muskoka, Craft Lager, Bracebridge

NAAN CHICKEN CLUB 16.5
bacon / chipotle yogurt / tomato / cucumber / shredded lettuce
Citrus-rosemary G&T

ENTRÉES

🌱 **HOUSE SMOKED PORK RIBS** 24
chimichurri / maple chipotle BBQ sauce / crispy bacon sprinkle /
house cut fries
Amber Ale - Henderson's Best, Toronto

🌱 **VEGAN MUSHROOM RISOTTO** 22
king oyster, cremini, shiitake mushrooms / porcini broth / tofu cheese /
cashew cream / fine herbs
IPA - Collingwood White's Bay IPA

🌱 **NASI GORENG** 16
Indonesian fried rice / green peas / corn / soy / scallions /
scrambled & sunny side eggs / sambal oelek / raita
Belgian Wit - Mill Street White Space Wheat, Toronto

CHICKEN ROGAN JOSH 20
tabbouleh / onion & mint compote / lemon yogurt
Riesling, Stratus, Wildass, VQA Niagara

HADDOCK AND CHIPS 18
organic lager / hand cut fries / dill tartar sauce
Lager - Mill Street Original Organic

CAST IRON SEARED JERK CHICKEN 23
jerk rice / baby bok choy / pickled chilis & onions /
honey tamarind glaze / cilantro lime salt
Pilsner - Steam Whistle, Toronto

🌱 **STEAK FRITES** 26
8 oz. flat iron / sous vide and cast iron seared /
garlic parmesan fries / spicy ketchup
Cabernet Sauvignon, Chateau St. Jean, Sonoma

DAILY WHOLE FISH FRY MP
chef's choice accompaniments / limited availability
Ask your server for suggested pairings

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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