

# AGAINST THE GRAIN

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

### SHAREABLES

  <b>SPICY SESAME EDAMAME</b> . . . . .	9
ponzu nuoc cham, lime	
<b>DAILY SOUP</b> . . . . .	8
Chef's creation	
<b>CHARCUTERIE BOARD</b> . . . . .	20
salami cacciatore, prosciutto, Camembert, gherkins, baguette, pickled mustard seeds, fig jam	
<b>COCONUT SHRIMP</b> . . . . .	16
pickled rhubarb, chili oil, miso mayo, herb and fresh coconut salad	
<b>ONTARIO PRIME RIB SLIDERS</b> . . . . .	18
brioche bun, shoestring pickles, spicy house mustard, fried salami, cheddar	
 <b>FAR EAST HUMMUS</b> . . . . .	15
toasted fennel and coriander, roasted edamame, curried garbanzo, fried curry leaf, mustard seed caviar, kecap manis, warm pita	
<b>SESAME GINGER CALAMARI</b> . . . . .	15
cabbage slaw, Thai chili dip, sesame ginger drizzle, cilantro, sesame	
<b>BLACKENED FISH TACOS</b> . . . . .	12
mango jicama slaw, queso, chipotle hot sauce, shredded lettuce	
<b>BUTCHER'S BLOCK FLATBREAD</b> . . . . .	19
salami, prosciutto, double smoked bacon, fior di latte, arugula, agave nectar	
<b>SALMON POKE</b> . . . . .	16.5
tamari marinated salmon, edamame, corn, shredded carrot, avocado, furikake, fried wontons	
<b>CHICKEN WINGS</b> . . . . .	16
choice of: buffalo hot, smoky bbq, curried mango, served with blue cheese dip and carrot sticks	
 <b>LOADED SHEET PAN NACHOS</b> . . . . .	13
shredded lettuce, jalapeño, pico de gallo, black beans, pickled onion, guacamole, jalapeño lime crema	
≡ <b>ADD</b> marinated chicken +6    ground beef +6	

### SALADS

<b>CAESAR</b> . . . . .	14
eggless sumac Caesar dressing, Challah croutons, bacon, parmesan, charred lemon	
  <b>TAVERN</b> . . . . .	14
mesclun greens, kale, goat cheese, roasted edamame, pickled beets, tomato, cucumber <i>Pairs with Follow the Sun</i>	
<b>KETO COBB</b> . . . . .	23
avocado, bacon, tomato, cucumber, romaine hearts, soft boiled egg, blue cheese, green goddess dressing	
 <b>TUNA NIÇOISE</b> . . . . .	23
mesclun greens, kale, seven-minute egg, roasted edamame, olives, tomatoes, pickled red onion, anchovy vinaigrette <i>Pairs with Market Mint Lemonade</i>	
 <b>NOODLE BUDDHA BOWL</b> . . . . .	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>	
≡ <b>ADD TO ANY SALAD</b>	
≡ 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, 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*

### 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