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ATGURBANTAVERN.CA

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# AGAINST THE GRAIN

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

### JUST A BITE

**EDAMAME 5**  
chili soy glaze | cilantro |  
maldon sea salt | sesame seeds

**DIRTY CHIPS 5**  
lattice chips | crumbled blue |  
bacon bits | blue cheese dip

**SOUTHERN FRIED  
TATER-TOTS 5**  
garlic Tabasco for dipping

### FIRST FLAVOURS

**SMASHED  
AVOCADO ON TOAST 13**  
ricotta cheese | grape tomatoes | pickled  
beets | pomegranate seeds | Fred's Bread  
Ancient Grains toast | extra virgin olive oil

**OLD FASHION  
CHICKEN NOODLE 5**  
roast chicken | vegetables | egg noodles

**FISH TACO 5 EACH**  
panko breaded | fennel | spicy mayo |  
avocado | mango pineapple salsa | cilantro

**BEER & ONION SOUP 6**  
caramelized onions | veal stock |  
cheese crostini

**CLASSIC POUTINE 8**  
fresh hand-cut fries | Québec cheese  
curds | beef gravy

**WINGS 14**  
includes celery, carrots & blue cheese dressing  
**ADD fresh, hand-cut fries 3**  
— **CHOICE OF SAUCE** —  
RED ALE MILD | MAPLE CHIPOTLE MEDIUM |  
IPA HOT | BUFFALO HOT

**THE HANDLE BAR  
PRETZEL 10**  
baked beer & cheese dip |  
grainy mustard

**ADD | KIM CHI PULLED PORK 5  
SOUTHWESTERN CHILI 4**

**CARROT HUMMUS 11**  
smoked Harissa | cumin | pickled red  
onion | charred lemon | pita | olive oil

**CRISPY ASIAN  
CALAMARI 13**  
savoy slaw | Thai chili dip | sesame  
ginger drizzle

**NACHOS 15**  
loaded with cheese | jalapeños |  
peppers | green onions | black olives |  
black beans | sour cream |  
pico de gallo | smashed avocado  
**ADD**  
MILL ST. ORGANIC BRINED CHICKEN 5  
SOUTHWESTERN CHILI 5  
PULLED PORK 5

### RUSTIC BRICK-OVEN PIZZAS

MADE-IN-HOUSE DOUGH  
USING "00" FLOUR

**ADD GLUTEN FREE OPTION 4**

**MARGHERITA 13**  
tomato sauce | fior di latte | fresh basil |  
sea salt | extra virgin olive oil

**WILD MUSHROOM 16**  
thyme cream | roasted mushrooms |  
caramelized onion | fior di latte | mozzarella

**PEPPERONI 15**  
tomato sauce | dry-cured pepperoni |  
fresh oregano | mozzarella

**WILD BOAR 17**  
Brussels sprouts | wild boar bacon | roasted  
garlic | thyme cream | caramelized onion |  
balsamic reduction | garlic | fior di latte

**SAUSAGE 16**  
Chorizo sausage | roasted red peppers |  
rapini | fresh oregano | fior di latte |  
mozzarella

### FRESH N' CRISP SALADS

**TAVERN SALAD 13**  
kale | house greens | pickled beets |  
roasted edamame | goat cheese |  
maple balsamic vinaigrette

**FARRO SALAD 13**  
kale | carrots | cucumber | basil |  
tomatoes | olive | lemon vinegar

**CAESAR SALAD 13**  
romaine | bacon | croutons | Parmesan  
cheese | creamy Caesar dressing

— *THE GRASS IS  
GREENER* —  
*ON THE OTHER SIDE*

**BEETROOT SALAD 15**  
red and golden beets | spinach | kale |  
black radish | Granny Smith apple |  
goat cheese | candied walnuts |  
pomegranate | pickled onion |  
raspberry dressing

**SUPERFOOD CHOP  
AND POP SALAD 16**  
farro | quinoa | black currant | goji  
berries | avocado | sweet potatoes |  
cherry tomatoes | kale | popcorn |  
edamame | buttermilk poppy seed dressing

**ADD**  
MILL ST. ORGANIC BRINED CHICKEN 5 | SHRIMP 5 | GRILLED SALMON 7

### LIGHTER LUNCH FEATURES

AVAILABLE MONDAY - FRIDAY FROM 11AM-3PM

**HALF TRIPLE DECKER  
CLUBHOUSE SANDWICH 10**  
choice of fresh, hand-cut fries or  
side Tavern Salad

**PERSONAL  
MARGHERITA PIZZA 10**  
tomato sauce | fior di latte | fresh basil |  
sea salt | extra virgin olive oil

**LUNCH-SIZED  
NASI GORENG 10**  
Indonesian fried rice |  
green peas | scallions |  
soy | Sambal Oelek | corn |  
sunny side up egg |  
yogurt raita

**LUNCH-SIZED FARRO SALAD 10**  
kale | carrots | cucumber | basil | tomatoes |  
olive | lemon vinegar

**TAVERN BURGER 8**  
**ADD fresh, hand-cut fries  
or side Tavern Salad 3**

WE USE  
100% FRESH, NEVER  
FROZEN ONTARIO BEEF,  
HAND-FORMED PATTIES AND  
COOKED TO ORDER ON THE FLAT TOP



## FLAT TOP BURGERS

ALL OUR BURGERS ARE SERVED ON A FRED'S BREAD BUTTER BUN WITH **FRESH, HAND-CUT FRIES.**

**SUBSTITUTE** SOUP, TAVERN SALAD, CAESAR SALAD  
OR SWEET POTATO FRIES **2**

### TAVERN BURGER 12.5

Ontario-raised beef burger | tomato | shredded lettuce | Russian dressing

### HAWAIIAN VEG HEAD 14.5

black bean burger | teriyaki glazed pineapple | avocado | Swiss cheese | Brussels sprout slaw | sriracha mayo

### BULGOGI BURGER 16.5

Ontario-raised beef burger | beer-braised Korean pulled pork | sriracha mayo | Korean BBQ sauce | sunny side up egg | kim chi

### THE HIGH BROW 18

Ontario-raised beef burger | truffle mushroom duxelle | smoked bacon | sundried tomato confit | Swiss cheese | mayo

### TOP IT OFF

HOUSE-SMOKED BACON **2**  
CHEDDAR, SWISS OR  
BLUE CHEESE **2**  
SAUTÉED MUSHROOMS  
OR ONIONS **2**



## HAND-CRAFTED SANDWICHES

ALL OUR SANDWICHES ARE SERVED WITH **FRESH, HAND-CUT FRIES.**

**SUBSTITUTE** SOUP, TAVERN SALAD, CAESAR SALAD  
OR SWEET POTATO FRIES **2**

### CLASSIC TRIPLE DECKER CLUBHOUSE 15

smoked chicken breast | ham | crispy bacon | chipotle aioli | Cheddar | lettuce | tomato | white or whole wheat toast

### BEEF DIP 15.5

French baguette | crispy fried onion | horseradish mayo | served au jus

### CRISPY CHICKEN SANDWICH 16

hand-breaded buttermilk brined chicken | Swiss cheese | sweet pepper relish | bacon | lettuce | onion | spicy mayo

## UNIQUE TAVERN TASTES

### NASI GORENG 14

Indonesian fried rice | green peas | scallions | soy | Sambal Oelek | corn | sunny side up egg | yogurt raita

#### ADD

BRADFORD BAY GRILLED CHICKEN **5**  
FIRE GRILLED SHRIMP **5**  
GRILLED SALMON **7**

### FISH N' CHIPS

battered in-tavern using Mill Street Organic Lager | fresh, hand-cut fries | tartar sauce

#### CHOOSE

HADDOCK **15**  
ATLANTIC HALIBUT **21**

#### ADD

ANOTHER PIECE OF HADDOCK **9**  
ANOTHER PIECE OF HALIBUT **15**

### CHICKEN COQ AU VIN POT PIE 16

Bradford Bay chicken | carrot | mushroom | bacon | red wine sauce | puffed pastry top

### HARISSA SPICED CHICKEN SUPREME 19

pan seared | chickpea lentil broth | spinach | roast potatoes | mint leaves

### MISO SALMON 19

Miso glazed Atlantic salmon | jasmine rice | Thai green curry sauce | Brussels sprouts | pomegranate seeds

### THAI GREEN CHICKEN CURRY 16

sautéed Bradford Bay chicken | red pepper | basil | cilantro | jasmine rice | pistachio | roasted potatoes

### TAVERN MAC N' CHEESE 17

tavern-made macaroni | red ale beer cheese sauce | panko crumb topping | tavern-made smoked root beer bbq ribs | garlic bread

### STEAK FRITES

served with fresh, hand-cut fries and demi glace

#### CHOOSE

10 oz. N.Y. STRIPLOIN **27**  
6 oz. FILET MIGNON **28**

#### ADD

SAUTÉED MUSHROOMS  
OR ONIONS **3** SHRIMP **5**

**YOU DON'T  
WANT TO LOOK BACK  
AND THINK  
"I SHOULD'VE EATEN THAT."**

## DAILY COOK'S PLATE

We're switching it up every day of the week!

## MONDAY BURGER DAY

our Tavern Burger done on the flat top **5**

## TUESDAY PIEDAY

fresh, tavern-made with Tavern Salad

## WEDNESDAY FRIED CHICKEN

buttermilk marinated | Tavern Mac n' Cheese | slaw | bread and butter pickles **19**

## THURSDAY RIBS, RIBS, RIBS

tavern-smoked ribs | tavern-made root beer BBQ sauce | fresh, hand-cut fries | coleslaw **21**

## FRIDAY FRESH OFF THE HOOK

Chef's choice

## SATURDAY BUTCHER'S BLOCK

a carnivore's delight

## SUNDAY TRADITIONAL ROAST DINNER

with all the fixins' **24**

JOIN US FOR  
WEEKEND  
**BRUNCH**

WEEKENDS & HOLIDAYS  
UNTIL 2 PM

BUILD YOUR OWN  
**CAESAR BAR**  
(11 AM - 2 PM)

**\$4**

DAILY  
**COOK'S PLATE**

We're switching it up  
every day of the week!



**LET US**

**HOST**

**YOUR —  
—NEXT**

**SPECIAL  
EVENT**

THIS IS NOT THE PAGE YOU'RE LOOKING FOR...  
JUST ASK FOR OUR BEVERAGE MENU

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