

AGAINST THE GRAIN

U R B A N T A V E R N

~ LUNCH ~

STARTERS

-  **MEDITERRANEAN VEGETABLE SOUP**8
Hearty vegetables / orzo pasta / lentils / Parmesan / fresh herbs
-  **TABLESIDE GUAC 'N CHIPS**13
Freshly smashed avocados / jalapeño / garlic / pico de gallo / cilantro / lime / fresh ground pepper
- AHI POKE BOWL**16
Wasabi ponzu dressing / cilantro / macadamia nuts / chilies / pineapple / avocado / wonton crisps
-  **FIESTA AVOCADO TOAST**11
Multi-grain / roasted corn / black beans / salsa fresca / Cotija cheese / creamy garlic mojo / radish / jalapeño / cilantro
- CRISPY ASIAN CALAMARI**13
Savoy slaw / Thai chili dip / sesame ginger drizzle / cilantro
- SMOKED TROUT 'N CRACKERS**15
Kolapore Springs smoked trout spread / charred shallots / grapefruit geleé / flat bread crackers
- CRISPY DUCK DRUMMIES**17
Sticky ginger sauce / heirloom carrot slaw / sesame seeds

FROM THE GARDEN

- CLASSIC CAESAR**13
Chopped romaine / house-made eggless dressing / bacon / Challah croutons / Grana Padano
 -   **TAVERN SALAD**14
Kale / house greens / pickled beets / roasted edamame / grape tomatoes / goat cheese / maple balsamic vinaigrette
 - KUNG PAO CHOPPED SALAD**17
Chicken breast / bell peppers / chilies / roasted peanuts / green onions / napa cabbage / carrots / spicy Szechuan dressing / crisp wontons
 -   **TUNA NICOISE**23
Seared ahi tuna / greens / lemon & wasabi vinaigrette / sweet soy / green beans / fingerling potatoes / egg / olive tapenade
 - BEETROOT SALAD**16
Red & golden beets / spinach / kale / black radish / Granny Smith apple / goat cheese / candied walnuts / pomegranate / pickled onion / raspberry dressing
 -  **TABOULEH SALAD**15
Bulgur wheat / parsley / mint / shredded kale / cucumbers / tomatoes / scallions / cilantro / lemon vinaigrette dressing / carrot ribbons
 -  **SPAGHETTI SALAD**14
Soba noodles / spicy Thai vinaigrette / shredded carrots / zucchini / snap peas / red bell peppers / green onions / cashews / cilantro
-  **ADD TO ANY SALAD**
- | | |
|--|---|
|  Grilled chicken +5 |  Crispy chicken +5 |
|  Grilled shrimp +5 |  Smoked tofu +5 |
|  Bistro filet +8 |  Grilled salmon +8.5 |



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.




AgainstGrainTO



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FLAT BREADS

Gluten sensitive crust available +4










-  **WILD MUSHROOM**16
Beer & cheese sauce / cremini / king oyster / shiitake /
Mozzarella / EVOO / chives
- ANGRY BEE**17
San Marzano tomato sauce / Mozzarella / spicy soppressata /
fresh garlic / Calabrian chilies / local honey
- DUCK CONFIT**17
Garlic oil / fig jam / Mozzarella cheese / caramelized
shallots / dressed baby arugula

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 +2 beef gravy +2

- LOBSTER ROLL**25
Butter grilled brioche bun / Old Bay spiced lobster /
dill caper sauce / Bibb lettuce / gherkin
- PRIME BURGER**19
Prime Canadian chuck, flat-top seared / artisan bun /
Russian dressing / smoked Cheddar / lettuce / tomato /
shoestring pickles / onion rings
-  **ADD** double-smoked wild boar bacon +4
- BLACKENED FISH SANDWICH**17
Artisan bun / blackened haddock / dill tartar /
mango jicama slaw / shoestring pickles / purple onion
- DUCK REUBEN**19
Grilled marble rye / Gruyère cheese / Russian dressing /
sauerkraut / house-smoked duck pastrami / slaw / pickle
- TAVERN CLUBHOUSE** 16.5
Toasted multigrain / honey Dijon / grilled turkey tenderloin /
wild boar bacon / lettuce / tomato / Havarti cheese
- CRISPY CHICKEN BANH MI** 16.5
Marinated chicken thigh / grilled bread / mayo / pâté /
sriracha / spicy mayo / pickled vegetables / cilantro / jalapeño
-  **VEG BURGER**15
Artisan bun / black bean and corn patty / smoked Cheddar /
baby arugula / radish sprouts / avocado / tomato / shoestring
pickles / chipotle mayo
- BRISKET GRILLED CHEESE**15
Thick sliced grilled Challah / house-smoked beef brisket /
Cheddar / smoked Gouda / bbq drizzle
- BLACKENED FISH TACOS** 16.5
Flour tortillas / avocado crema / shredded cabbage /
Cotija cheese / cilantro / mango salsa / Tavern Salad

ENTRÉES

- LOCAL STEAK FRITES** 19
Antibiotic and hormone free 6 oz. Bistro Filet / fresh-cut
frites / Béarnaise sauce
- FISH & CHIPS** 18
Haddock battered in-tavern using Mill Street Original
Organic Lager / fresh hand-cut fries / dill tartar sauce
-  **CHANGE IT UP** Halibut +5
-  **THAI GREEN CURRY** 17
Sautéed chicken breast / red bell peppers / potatoes / basil /
cilantro / jasmine rice / pistachio
-  **ROASTED CARROT TAGINE** 15
Chick peas / roasted carrots / butternut squash / apricots /
raisins / turmeric & cumin spiced tomato broth / couscous /
candied ginger / cilantro / Sambal Oelek / lemon
-   **NASI GORENG** 15
Indonesian fried rice / green peas / scallions / soy /
Sambal Oelek / corn / sunny-side egg / yogurt raita
-  **ADD**
 Grilled chicken +5  Grilled shrimp +5  Grilled salmon +8.5

AGAINST THE GRAIN




U R B A N T A V E R N

~ D I N N E R ~

STARTERS

-  **MEDITERRANEAN VEGETABLE SOUP**8
Hearty vegetables / orzo pasta / lentils / Parmesan / fresh herbs
 -  **TABLESIDE GUAC 'N CHIPS**13
Freshly smashed avocados / jalapeño / garlic / pico de gallo / cilantro / lime / fresh ground pepper
 - AHI POKE BOWL**16
Wasabi ponzu dressing / cilantro / macadamia nuts / chilies / pineapple / avocado / wonton crisps
 - CRISPY DUCK DRUMMIES**17
Sticky ginger sauce / heirloom carrot slaw / sesame seeds
 - CRISPY ASIAN CALAMARI**13
Savoy slaw / Thai chili dip / sesame ginger drizzle / cilantro
 - SMOKED TROUT 'N CRACKERS**15
Kolapore Springs smoked trout spread / charred shallots / grapefruit geleé / flat bread crackers
 - BLACKENED FISH TACOS** 13.5
Flour tortillas /avocado crema / shredded cabbage / Cotija cheese / cilantro
 -  **MEZZE**15
Cauliflower dip / roasted carrot hummus / tzatziki / tabouleh / marinated olives / falafel / herb roasted flat bread
 -  **FIESTA AVOCADO TOAST**11
Multi-grain / roasted corn / black beans / salsa fresca / Cotija cheese / creamy garlic mojo / radish / jalapeño / cilantro
 -  **NACHOS**17
Loaded with cheese / jalapeño / peppers / green onions / black olives / black beans / sour cream / pico de gallo / smashed avocado
- ==== **ADD** Mill St. Organic brined chicken +5
==== Smoked BBQ Brisket +7

FROM THE GARDEN

- CLASSIC CAESAR** 13
Chopped romaine / house-made eggless dressing / bacon / Challah croutons / Grana Padano
 -   **TAVERN SALAD** 14
Kale / house greens / pickled beets / roasted edamame / grape tomatoes / goat cheese / maple balsamic vinaigrette
 - KUNG PAO CHOPPED SALAD** 17
Chicken breast / bell peppers / chilies / roasted peanuts / green onions / napa cabbage / carrots / spicy Szechuan dressing / crisp wontons
 - BEETROOT SALAD** 16
Red & golden beets / spinach / kale / black radish / Granny Smith apple / goat cheese / candied walnuts / pomegranate / pickled onion / raspberry dressing
 -  **TUNA NICOISE** 23
Seared ahi tuna / greens / lemon & wasabi vinaigrette / sweet soy / green beans / fingerling potatoes / egg / olive tapenade
- ==== **ADD TO ANY SALAD**
==== Grilled chicken +5 Crispy chicken +5
==== Grilled shrimp +5 Smoked tofu +5
==== Bistro filet +8 Grilled salmon +8.5



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
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Beer & cheese sauce / cremini / king oyster / shiitake /
Mozzarella / EVOO / chives
- ANGRY BEE**17
San Marzano tomato sauce / Mozzarella / spicy soppressata /
fresh garlic / Calabrian chilies / local honey

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 +2 beef gravy +2

- LOBSTER ROLL**25
Butter grilled brioche bun / Old Bay spiced lobster /
dill caper sauce / Bibb lettuce / gherkin
- PRIME BURGER**19
Prime Canadian chuck, flat-top seared / artisan bun /
Russian dressing / smoked Cheddar / lettuce / tomato /
shoestring pickles / onion rings
-  **ADD** double-smoked wild boar bacon +4
- BLACKENED FISH SANDWICH**17
Artisan bun / blackened haddock / dill tartar /
mango jicama slaw / shoestring pickles / purple onion

ENTRÉES

- BRINED PORK CHOP** 25
Five-day brined 14 oz. bone-in chop / fresh ground pepper /
shallot brown butter / roasted carrot & cauliflower puree /
heirloom carrot slaw
- RIBS & BRISKET** 26
House-smoked texas beef brisket and pork side ribs /
baked beans / slaw / fresh-cut fries / B&B pickles /
jalapeño cheddar biscuit / **While it lasts**
- CHICKEN & TABOULEH** 18
Beer-brined chicken supreme / bulgur wheat / parsley /
onion / cucumber / citrus / tomatoes / mint / tzatziki
- FISH & CHIPS** 18
Haddock battered in-tavern using Mill Street Original
Organic Lager / fresh hand-cut fries / dill tartar sauce
-  **CHANGE IT UP** Halibut +5
-  **KOLAPORE SPRINGS RAINBOW TROUT** 27
Pan seared / mushroom trio / roasted asparagus /
roasted fingerlings / grape tomatoes / herb butter
- LOCAL STRIPLIN** 37
AAA 10 oz. NY antibiotic & hormone free skillet seared /
browned butter kissed / roasted fingerlings / Brussels sprouts
-  **THAI GREEN CURRY** 17
Sautéed chicken breast / red bell peppers / potatoes / basil /
cilantro / jasmine rice / pistachio
-  **ROASTED CARROT TAGINE** 15
Chick peas / roasted carrots / butternut squash / apricots /
raisins / turmeric & cumin spiced tomato broth / couscous /
candied ginger / cilantro / Sambal Oelek / lemon
- JFC RAMEN** 17
Japanese Fried Chicken / chicken broth / seasoned egg /
garlic / Sambal Oelek / smoked tofu / enoki mushroom /
edamame / roasted corn
-   **NASI GORENG** 15
Indonesian fried rice / green peas / scallions / soy /
Sambal Oelek / corn / sunny-side egg / yogurt raita
-  **ADD**
 Grilled chicken +5  Grilled shrimp +5  Grilled salmon +8.5