

AGAINST THE GRAIN

U R B A N T A V E R N

BRUNCH

WEEKENDS & HOLIDAYS 10:30AM - 3PM

'THROW IT BACK' DJ SUNDAYS @ 11AM

FOR THE TABLE



MIMOSAS FOR THE TABLE 29
Bottle of sparkling wine / grapefruit or orange
juice / seasonal fruit.


BRUNCH

All our breakfasts are served with
free-run eggs and Fred's Breads.


TAVERN BREAKFAST 13
Two eggs your way / choice of bacon, peameal bacon or
sausage / seasoned tater tots / toast

DUCK BENNY 15
Toasted English muffin / house-smoked duck pastrami /
poached eggs / hollandaise sauce / mixed greens /
farmhouse potatoes.

CLASSIC EGGS BENNY 13.5
Toasted English muffin / peameal bacon / poached eggs /
hollandaise sauce / mixed greens / farmhouse potatoes




 **RED VELVET PANCAKES** 15
Stacked straight from the griddle / sweet whipped cream
cheese / Chantilly cream / fresh berries / sprinkles

SMASHED BREAKIE 13
Ancient Grains toast / smashed avocado / smoked
bacon / poached eggs / dressed arugula / pomegranate
seeds / caramelized lemon

 **SHAKSHUKA** 15
Stewed Moroccan spice tomato sauce / baked eggs /
feta / gremolata / tomato relish / crisp chickpeas /
mixed greens / toast


KOLAPORE SPRINGS SMOKED TROUT PLATTER 15
Toasted everything bagel / smoked trout spread / cucumbers /
cherry tomatoes / shaved purple onion / dill pickles / capers

PORK & BEANS 15.5
Baked beans / maple stout glazed pork belly / poached
eggs / chipotle hollandaise / mixed greens / toast


 **ADD**
 Bacon strips +4 Farmer's sausage +4
 Peameal slices +4

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 DUCK DRUMMIES 17
Sticky ginger sauce / heirloom carrot slaw / sesame seeds

CRISPY ASIAN CALAMARI 13
Savory slaw / Thai chili dip / sesame ginger drizzle / cilantro

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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 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

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

TAVERN CLUBHOUSE 16.5

Toasted multigrain / honey Dijon / grilled turkey tenderloin / wild boar bacon / lettuce / tomato / Havarti cheese

VEG BURGER 15

Artisan bun / black bean and corn patty / smoked Cheddar / baby arugula / radish sprouts / avocado / tomato / shoestring pickles / chipotle mayo

BLACKENED FISH TACOS 16.5

Flour tortillas / avocado crema / shredded cabbage / Cotija cheese / cilantro / Tavern Salad

ENTRÉES

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



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.