

AGAINST THE GRAIN

U R B A N T A V E R N

BRUNCH

WEEKENDS & HOLIDAYS 10:30AM - 3PM

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
- GREEK BAGEL N' LOX** 14
Greek yogurt creamed cheese | cucumber | radish | capers | smoked salmon
- ADD**
-  Bacon strips +4
 -  Peameal slices +4
 -  Farmer's sausage +4

STARTERS


-  **HOMESTYLE MUSHROOM SOUP** 8
Trio of sautéed mushrooms / sherry / cream / fresh herbs
-  **FRESH GUAC N' CHIPS** 14
Smashed avocados / jalapeño / garlic / cilantro / Pico de Gallo / EVOO / root veg & tortilla chips
- AHI POKE BOWL** 16
Wasabi ponzu dressing / cilantro / macadamia nuts / chilies / pineapple / avocado / wonton crisps
- CHICKEN WINGS** 15
Dusted / carrots / blue cheese
CHOICE OF SAUCE: Buffalo Hot, Maple Chipotle bbq, Gochujang Chili, Honey Garlic, Koala Curry Dry Rub
- CRISPY ASIAN CALAMARI** 13
Savoy slaw / Thai chili dip / sesame ginger drizzle / 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 +5.5
 -  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 SALAD 17
Chicken breast / bell peppers / chilies / roasted peanuts / green onions / napa cabbage / carrots / spicy Szechuan dressing / crisp wontons

 **SEARED TUNA SALAD** 23
Green beans / tomato / parsley / olive tapenade / potato nest / sous vide egg / anchovy filet


 **HIPPIE SALAD** 14
Golden beets / Granny Smith apple / watercress / radicchio / fresh Mozzarella / roasted hemp seeds / crumbled black pepper meringue / honey & lime poppy seed dressing

 **ADD TO ANY SALAD**
 Grilled chicken +5.5 Grilled shrimp +5
 Smoked tofu +5 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 + 3 beef gravy +2

PRIME BURGER 19
Prime Canadian chuck, flat-top seared / artisan bun / Russian dressing / smoked Cheddar / lettuce / tomato / shoestring pickles / onion rings


 **ADD** bacon +2.5

BLACKENED FISH SANDWICH 17
Artisan bun / blackened haddock / dill tartar / mango jicama slaw / shoestring pickles / purple onion

TURKEY CLUB 16.5
Toasted multi-grain / honey Dijon / grilled turkey tenderloin / 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 / blackened haddock / avocado crema / shredded cabbage / Cotija cheese / cilantro / mango salsa / Tavern Salad

 **CRISPY CAULIFLOWER TACOS** 15
Flour tortillas / Gochujang chili sauce / avocado crema / shredded cabbage / Cotija cheese / cilantro / mango salsa / Tavern Salad

ENTRÉE

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.