




AGAINST THE GRAIN

U R B A N T A V E R N

STARTERS

-  **MEDITERRANEAN VEGETABLE SOUP**8
Hearty vegetables / orzo pasta / lentils / Parmesan / fresh herbs
 -  **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
 - BLACKENED FISH TACOS** 13.5
Flour tortillas /avocado crema / shredded cabbage / Cotija cheese / 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
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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 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
- ==== **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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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
- 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

ENTRÉES

- 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
- 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
- 🍷 **KOLAPORE SPRINGS RAINBOW TROUT** 27
 Pan seared / mushroom trio / roasted asparagus /
 roasted fingerlings / grape tomatoes / herb butter
- LOCAL STRIPLOIN** 37
 AAA 10 oz. NY antibiotic & hormone free skillet seared /
 browned butter kissed / roasted fingerlings / Brussels sprouts



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.



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