





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 ROLL25

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 SANDWICH17

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

Roast chicken / 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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