

AGAINST THE GRAIN

U R B A N T A V E R N

~ L U N C H ~

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
- CRISPY ASIAN CALAMARI** 13
Savoy slaw / Thai chili dip / sesame ginger drizzle / cilantro
- CHICKEN WINGS** 15
Dusted / carrots / blue cheese
CHOICE OF SAUCE: Buffalo Hot, Maple Chipotle bbq,
Gochujang Chili, Honey Garlic, Koala Curry Dry Rub
-  **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 CHOPPED 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



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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SPECIALTY PIZZAS

Gluten sensitive crust available +4

- BIG MICK**19
Russian dressing / ground beef / Cheddar cheese /
iceberg lettuce / shoestring pickles / onions / sesame seeds
- CHORIZO SAUSAGE**19
Chorizo / Poblano avocado ranch / fresh Mozzarella /
cotija cheese / Pico de Gallo / green onions
- ANGRY BEE**18
San Marzano tomato sauce / EVOO / fresh Mozzarella /
spicy soppressata / confit garlic / calabrian chili's /
local honey
- PEPPERONI**17
San Marzano tomato sauce / dry cured beef pepperoni /
fresh Mozzarella / confit garlic / oregano / basil
-  **MARGHERITA**15
San Marzano tomato sauce / EVOO / fresh Mozzarella /
basil
-  **MUSHROOM**18
Beer and cheese sauce / cremini / king oyster / shiitake /
fresh Mozzarella / EVOO / chives

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
- CRISPY BUFFALO CHICKEN**17
Crispy fried / Frank's Hot Sauce / bandito salad /
Mexi-ranch dressing
-  **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

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
-  **THAI GREEN CURRY**17
Roast chicken / red bell peppers / potatoes / basil /
cilantro / jasmine rice / pistachio
VEGETARIAN OPTION AVAILABLE
-  **NASI GORENG**15
Indonesian fried rice / green peas / scallions / soy /
Sambal Oelek / corn / sunny-side egg / yogurt raita
-  **ADD**
 Grilled chicken +5.5 Grilled shrimp +5 Grilled salmon +8.5

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~ D I N N E R ~

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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

- CRISPY ASIAN CALAMARI**13
Savoy slaw / Thai chili dip / sesame ginger drizzle / cilantro

- BLACKENED FISH TACOS** 13.5
Flour tortillas / blackened haddock / avocado crema / shredded
cabbage / Cotija cheese / cilantro / mango salsa

-  **CRISPY CAULIFLOWER TACOS**12
Flour tortillas / Gochujang chili sauce / avocado crema /
shredded cabbage / Cotija cheese / cilantro / mango salsa

- CHICKEN WINGS**15
Dusted / carrots / blue cheese
CHOICE OF SAUCE: Buffalo Hot, Maple Chipotle bbq,
Gochujang Chili, Honey Garlic, Koala Curry Dry Rub

-  **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

-   **HIPPIE SALAD** 14
Golden beets / Granny Smith apple / watercress /
radicchio / fresh Mozzarella / roasted hemp seeds / crumbled
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baby arugula / radish sprouts / avocado / tomato / shoestring
pickles / chipotle mayo
- BLACKENED FISH SANDWICH**17
Artisan bun / blackened haddock / dill tartar /
mango jicama slaw / shoestring pickles / purple onion

ENTRÉES

- CHICKEN & TABOULEH** 18
Beer-brined chicken supreme / bulgur wheat / parsley /
onion / citrus / roasted root vegetables / 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
- MAPLE CHIPOTLE GLAZED SALMON** 23
Marinated Atlantic salmon / maple chipotle BBQ glaze /
roasted root veg with wilted spinach / pan seared
fingerling potatoes
- STEAK FRITES** 23
8oz. AAA Bavette / sous vide & cast iron seared /
fresh-cut fries / béarnaise
-  **THAI GREEN CURRY** 17
Roast chicken / red bell peppers / potatoes / basil /
cilantro / jasmine rice / pistachio
VEGETARIAN OPTION AVAILABLE
- DUCK BOLOGNESE** 19
Pappardelle / duck and beef Bolognese / touch of cream /
confit garlic /fresh basil & tarragon / goat cheese /
garlic baguette
-   **NASI GORENG** 15
Indonesian fried rice / green peas / scallions / soy /
Sambal Oelek / corn / sunny-side egg / yogurt raita
-  **ADD**
 Grilled chicken +5.5 Grilled shrimp +5 Grilled salmon +8.5