

# AGAINST THE GRAIN

## U R B A N T A V E R N

### ~ LUNCH ~

#### 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 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

#### 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
  -  **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 |



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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## FLAT BREADS

Gluten sensitive crust available +4










-  **WILD MUSHROOM** . . . . .16  
Beer & cheese sauce / cremini / king oyster / shiitake /  
Mozzarella / EVOO / chives
- ANGRY BEE** . . . . .17  
San Marzano tomato sauce / Mozzarella / spicy soppressata /  
fresh garlic / Calabrian chilies / local honey
- DUCK CONFIT** . . . . .17  
Garlic oil / fig jam / Mozzarella cheese / caramelized  
shallots / dressed baby arugula

## 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
- DUCK REUBEN** . . . . .19  
Grilled marble rye / Gruyère cheese / Russian dressing /  
sauerkraut / house-smoked duck pastrami / slaw / pickle
- 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
- BRISKET GRILLED CHEESE** . . . . .15  
Thick sliced grilled Challah / house-smoked beef brisket /  
Cheddar / smoked Gouda / bbq drizzle
- BLACKENED FISH TACOS** . . . . . 16.5  
Flour tortillas / avocado crema / shredded cabbage /  
Cotija cheese / cilantro / mango salsa / Tavern Salad

## ENTRÉES

- LOCAL STEAK FRITES** . . . . . 19  
Antibiotic and hormone free 6 oz. Bistro Filet / fresh-cut  
frites / Béarnaise sauce
- 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

# AGAINST THE GRAIN





## U R B A N T A V E R N

### ~ D I N N E R ~

#### 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
  - CRISPY DUCK DRUMMIES** . . . . .17  
Sticky ginger sauce / heirloom carrot slaw / sesame seeds
  - 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
  - BLACKENED FISH TACOS** . . . . . 13.5  
Flour tortillas /avocado crema / shredded cabbage / Cotija cheese / cilantro
  -  **MEZZE** . . . . .15  
Cauliflower dip / roasted carrot hummus / tzatziki / tabouleh / marinated olives / falafel / herb roasted flat bread
  -  **FIESTA AVOCADO TOAST** . . . . .11  
Multi-grain / roasted corn / black beans / salsa fresca / Cotija cheese / creamy garlic mojo / radish / jalapeño / 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

#### FROM THE GARDEN

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Chopped romaine / house-made eggless dressing / bacon / Challah croutons / Grana Padano
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Kale / house greens / pickled beets / roasted edamame / grape tomatoes / goat cheese / maple balsamic vinaigrette
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Red & golden beets / spinach / kale / black radish / Granny Smith apple / goat cheese / candied walnuts / pomegranate / pickled onion / raspberry dressing
  -  **TUNA NICOISE** . . . . . 23  
Seared ahi tuna / greens / lemon & wasabi vinaigrette / sweet soy / green beans / fingerling potatoes / egg / olive tapenade
- ==== **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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
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Prime Canadian chuck, flat-top seared / artisan bun /  
Russian dressing / smoked Cheddar / lettuce / tomato /  
shoestring pickles / onion rings
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- BLACKENED FISH SANDWICH** . . . . .17  
Artisan bun / blackened haddock / dill tartar /  
mango jicama slaw / shoestring pickles / purple onion

## ENTRÉES

- BRINED PORK CHOP** . . . . . 25  
Five-day brined 14 oz. bone-in chop / fresh ground pepper /  
shallot brown butter / roasted carrot & cauliflower puree /  
heirloom carrot slaw
- RIBS & BRISKET** . . . . . 26  
House-smoked texas beef brisket and pork side ribs /  
baked beans / slaw / fresh-cut fries / B&B pickles /  
jalapeño cheddar biscuit / **While it lasts**
- 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
-  **KOLAPORE SPRINGS RAINBOW TROUT** . . . . . 27  
Pan seared / mushroom trio / roasted asparagus /  
roasted fingerlings / grape tomatoes / herb butter
- LOCAL STRIPLIN** . . . . . 37  
AAA 10 oz. NY antibiotic & hormone free skillet seared /  
browned butter kissed / roasted fingerlings / Brussels sprouts
-  **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
- JFC RAMEN** . . . . . 17  
Japanese Fried Chicken / chicken broth / seasoned egg /  
garlic / Sambal Oelek / smoked tofu / enoki mushroom /  
edamame / roasted corn
-   **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