

KITCHEN APPROVED



**THE GOODMAN**  
*Pub and Kitchen*

**THE PERFECT VENUE TO HOLD YOUR NEXT EVENT!**

Contact [events@thegoodmanpub.ca](mailto:events@thegoodmanpub.ca) for more details and to begin planning your next exciting event at The Goodman Pub and Kitchen!



# COOK'S PLATE

*of the day*

**MON** **\$10 STRAIGHT-UP BURGER & FRIES**  
ALL DAY

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**TUE** **MAC & CHEESE**  
Made-in-pub, peppery pub salad.

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**WED** **HONEY-SRIRACHA GLAZED PORK RIBS**  
chopped bacon, fried onions, pistachios, house-made chimichurri slaw,  
fresh hand-cut fries.  $\frac{1}{2}$  **RACK 17** | **FULL RACK 25**

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**THU** **PIEDAY**  
Fresh made-in-pub pie, peppery pub salad.

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**FRI** **FISH N' CHIPS**  
Mill St. Organic beer-battered haddock, made-in-pub tartar sauce,  
fresh hand-cut fries. **15**

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**SAT** **PINCH OF THIS, DASH OF THAT** *Chef's Getting Creative*  
MARKET PRICE. FROM 5PM - WHILE QUANTITIES LAST

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**SAT + SUN**  
**BEAT THE WINTER BLAH'S - HAPPY HOUR**  
ALL DAY

# BRUNCH

10:30AM – 2PM WEEKENDS & HOLIDAYS

*All of our breakfasts are prepared with free-run eggs and Fred's Breads.*

## BOARDWALK BREAKFAST

Two eggs any style, pork sausage, bacon, hash browns, multi-grain toast. **14**

## EGGS & AVOCADO ON TOAST

Two sunny egg, smashed avocado, arugula, multi-grain toast, Evoo. **13.5**  
ADD SMOKED SALMON +4

## CHILAQUILES

Sunny eggs, salsa, tortilla, black beans, sour cream, goat cheese, avocado. **15**

## FRENCH TOAST

Thick-cut challah, hazelnut chocolate, whipped cream, fresh berries. **12**

## EGGS BENEDICT

Smoked pork loin, hollandaise, English muffin, hash browns. **15**

## BOLOGNA N' EGG SANDWICH


Thick cut Bologna, sunny egg, cheddar cheese & fries. **16.5**

## KIDS BREAKFAST

One egg, bacon, hash brown, toast. **8**

### Beverages

Selection of juices. **3.5**

 Balzac's House Blend. **3.75**

 Selection of teas. **3.75**

## Sides

BACON STRIPS +3 | FARMER'S SAUSAGE +4 | GRAVY +3 | SMOKED PORK LOIN +3 | HASH BROWNS +3 | TOAST +2.5

## START HERE

### TOMATO SOUP

Pretzel, sea salt. **8**

### MEZZE BOARD

Hummus, Baba ganoush, marinated olives, fresh crudité, fried chickpeas, pita, EVOO. **15**

### SWEET POTATO FRIES

With chipotle aioli. **9**

### PARMESAN CHEESE AND TRUFFLE OIL FRIES

### SPINACH ARTICHOKE DIP

Crudité, cumin dusted chips. **14**

### KARAAGE CHICKEN

Soy, ginger & garlic marinated chicken, rice flour, Sriracha teriyaki, fresh lime garnish. **14**

### CAULIFLOWER BITES

Pretzel-crust, dill ranch drizzle, tossed in your choice of sauce: Buffalo / Korean BBQ / Gold Rush / Honey Garlic / General Tso. **13**

### MASALA CALAMARI

Chickpea & rice flour coating, crisp slaw, garam masala, cilantro, spiced lemon aioli drizzle, spicy mango dip. **16**

### LOADED VEGAN QUESADILLA

Fresh spinach, sliced mushroom, refried beans, jalapeños, smashed avocado, dairy free cheese, salsa. **13**

ADD LIGHTLIFE™ PLANT BASE CRUMBLE +5

## WINGS

*Choice of sauce:* BUFFALO | KOREAN BBQ | HONEY GARLIC | GOLD RUSH | GENERAL TSO

### CLASSIC WINGS

Dusted, carrots, dill ranch dip. **15**

## LOADED NACHOS

Cheese, jalapeños, bell peppers, green onions, black olives, black beans, sour cream, pico de gallo, smashed avocado. **REG. 20**

*There's more!*

ADD CHICKEN. +6  
ADD PULLED PORK. +5.5

## TACOS

*Inhale Tacos. Exhale Negativity.*

### GRILLED FISH TACOS (Two per order)

Haddock, Cotija cheese, avocado, pickled red onion, chipotle aioli, chimichurri slaw. **14**

### KOREAN BARBECUE JACKFRUIT

(Two per order)  
Avocado, mango, shredded cabbage, cilantro, yogurt, jalapeños. **12.5**

## P&K POUTINE

Pork gravy, veal jus, cheese curds. **12**

ADD PULLED PORK. +5.5

SUB TATER TOTS. +3

*What's better than poutine?*

*Nothing, except more poutine.*

## GREEN GOODNESS

ADD CHICKEN. +6 | SALMON. +10 | FALAFEL (5). +5

### CRISPY CHICKEN COBB SALAD

Chopped lettuce, crispy fried chicken, marinated tomatoes, cucumbers, avocado, blue cheese, bacon, egg, shallot vinaigrette. **18**

### HIPPIE BOWL

Crunchy kale, shaved Brussels sprouts, carrots, red cabbage, crisp cucumber, avocado, hummus, toasted sunflower seeds, lemon miso tahini dressing. **16**

### CLASSIC CAESAR

Parmesan, croutons, bacon, charred lemon. **14**  
SMALL. **8**

### PALEO SALAD

Roasted turkey, cauliflower rice, avocado, kale, spinach, almonds, mandarin orange, lemon poppyseed dressing. **18**

### PEPPERY PUB

Greens, pickled beets, roasted edamame, goat cheese, cucumber, tomato, balsamic vinaigrette. **15**  
SMALL. **8**

## FLAT-TOP BURGERS

Fresh Ontario chuck, hand-formed and cooked to order on the flat-top. Fred's Bread bun with fresh hand-cut fries.

SUB CUP OF SOUP, SIDE PEPPERY PUB, CAESAR SALAD, SWEET POTATO FRIES OR TATER TOTS. +3 CLASSIC POUTINE. +4

### STRAIGHT UP

Lettuce, tomato, shoestring pickles, Russian dressing. **17**

### THE PK EXPERIENCE

Double beef patty, beer battered onion ring, cheddar cheese sauce, mushroom, smoked bacon, beer mustard aioli, shoestring pickles. **24**

### TURKEY BURGER

Mayo, honey Dijon, baby arugula, salsa fresca, shoestring pickles, Havarti cheese, smashed avocado. **17.5**

### LIGHTLIFE™ BURGER

Vegan pesto, smashed avocado, vegan chipotle aioli, crisp cucumber, ripe tomato, arugula, red fife whole wheat bun. **18**

### Pile it on

ADD SAUTÉED MUSHROOM / ONIONS +1.5 EACH  
ADD CHEESE / BACON / AVOCADO +2 EACH  
SUB GLUTEN SENSITIVE BUN +2  
SUB ICEBERG LETTUCE BUN

## HAND-CRAFTED SANDWICHES

Fred's Bread with fresh hand-cut fries.

SUB CUP OF SOUP, SIDE PEPPERY PUB, CAESAR SALAD, SWEET POTATO FRIES OR TATER TOTS. +3 CLASSIC POUTINE. +4

### CRUNCHY CHICKEN

Eleven herbs and spices, pickled jalapeño, sweet and spicy pickle slaw, chipotle mayo. **18**

### P&K CLUBHOUSE

Toasted ancient grain, honey Dijon, grilled turkey tenderloin, bacon, lettuce, tomato, Havarti cheese. **18**

### FISH N' CHIPS

**Cooked to order!** Mill Street Organic Lager beer-battered haddock, made-in-pub tartar sauce, fresh hand-cut fries. **19**  
ADD SECOND PIECE OF HADDOCK. +8

### NOTORIOUS CHICKEN POT PIE

**Made-in-Pub every morning.** Roasted chicken, kale, bacon, carrots, onions. Served with peppery pub salad. **17**

### SHEPHERD'S PIE

Red wine braised lamb and beef, rustic vegetables, mashed potatoes, topped with beef gravy. Served with peppery pub salad. **18**

### ZEN BOWL

Fried brown rice, asparagus, kale, onions, Brussels sprouts, Sambal Oelek®, soy ginger sauce. Topped with a sunny-side up egg, sesame seeds, pineapple. **16**

ADD CHICKEN. +6  
ADD SALMON. +10


### THAI GREEN CURRY

Chicken, red pepper, basil, cilantro, pistachios, pomegranate seeds, cauliflower, brown rice. **18.5**

## SIGNATURE PLATES

 VEGAN

 VEGETARIAN

 GLUTEN SENSITIVE

Items as indicated 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 from our menu or let us know if you have a food allergy or sensitivity.

**DAILY TAP**

*All Day, Every Day*

ASK WHAT WE'RE POURING

**\$7**

(18 oz.)

**\$11**

(32 oz.)

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*The  
Daily Shot*  
*All Day, Every Day*

**\$4**

EVAN WILLIAMS BOURBON  
JOSE CUERVO TEQUILA  
BUSHMILLS IRISH WHISKEY  
(1 oz.)

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*Wine Down Wednesdays*

**1/2 PRICE**  
BOTTLES

~and~

**\$6 POURS**  
(6 oz.)

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*Thorogood Thursdays*

ASK WHAT  
WE'RE  
POURING

**\$11**

ONE BOURBON (1 oz.)  
ONE SCOTCH (1 oz.)  
ONE BEER (14 oz.)

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*Daily* **COOK'S** *Plate*

WE'RE SWITCHING IT UP EVERY DAY OF THE WEEK

# CHECK OUR BEVERAGE MENU FOR ALL OUR COCKTAIL OFFERINGS

— WEEKENDS 10:30AM - 2PM —

## Cocktails

### PEACH POM PUSH

Ketel One Botanical Peach & Orange Blossom / lime juice / simple syrup / pomegranate juice / soda water

**11 (1.5 oz.)**

### GRAPEFRUIT GINGER FIZZ

Ketel One Botanical Grapefruit & Rose / ginger syrup / lime juice / blackberries / soda water / rosemary sprig

**11 (1.5 oz.)**

## Create your "Perfect" \$5 CAESAR

### Do it Up for the Table! ONE BOTTLE OF BUBBLY + JUICE



Bottle of sparkling wine, grapefruit or orange juice. **30**

Sparkling wine (3 oz.), grapefruit or orange juice. **5**

## Too fresh FOR A PUB SMOOTHIES

### STRAWBERRY & BANANA

Fresh strawberries and banana, blended with ice. **8**

### FRUIT MESS

Fresh blueberries, blackberries, raspberries, blended with ice. **8**

### MANGO

Fresh mango pureé, kiwi, pineapple, blended with ice. **8**



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