



THE GOODMAN
Pub and Kitchen

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Something to have while you're deciding what to have!

EDAMAME 🌱

Salt, sesame oil. **7**

MASSIVE PRETZEL 🌱

Salt, grainy Dijon. **9**

TATER TOTS 🌱

Dusted in fire salt. Served with a side of garlic-jalapeño Tabasco. **6**

SUBSTITUTE as a side. **+3**

START HERE

MAMA'S TOMATO SOUP 🌱

Pretzel bites. **7.5**

P&K DIP 🌱

Hummus, pistachio pesto, chili flakes with naan, carrots, celery. **13**

SWEET POTATO FRIES 🌱

With chipotle aioli. **9**

MASALA CALAMARI

Chickpea & rice flour coating, crisp slaw, garam masala, cilantro, spiced lemon aioli drizzle, spicy mango dip. **15**

SMASHED AVOCADO TOAST 🌱 *Think of it as pub flatbread.*

Ricotta cheese, cherry tomatoes, radish, cilantro, sunflower oil drizzle on toasted multi-grain. (Four pieces) **13.5**

NOT YOUR AVERAGE WRAP 🌱

Romaine lettuce cups, quinoa, roasted vegetables, carrots, dried cherries, made-in-Pub green curry dressing. **13**

BUFFALO CAULIFLOWER BITES 🌱

Pretzel-crusted, tossed in Frank's Hot Sauce, dill ranch drizzle. **12**

WINGS

Choice of sauce:

Buffalo | Korean BBQ | Maple Chipotle | Jerk | Honey Garlic

CLASSIC WINGS

Dusted. Carrots and dill ranch dip. **15**

BONELESS BUFFALO WINGS

Crispy chicken, fresh-cut fries, carrots, dill ranch dip. **14**

P&K POUTINE

Montréal classic. **9**

Substitute Tater Tots. **+3**

ADD PULLED PORK & SLAW. +5

ADD WILD BOAR CHILI & CRISPY-FRIED ONIONS. +5

What's better than poutine?

Nothing, except more poutine.

LOADED NACHOS 🌱

Cheese, jalapeños, bell peppers, green onions, black olives, black beans, sour cream, pico de gallo, smashed avocado. **17.5**



ADD GRILLED CHICKEN. +5.5

ADD WILD BOAR CHILI OR PULLED PORK. +5.5

TACOS *Inhale Tacos. Exhale Negativity.*

(Two to an order)

TIKI PORK

Slow-cooked smoky pork, mango, shredded cabbage, cilantro, spicy mayo. **12.5**

GRILLED FISH

Tilapia, Monterey Jack cheese, chipotle aioli, chimichurri slaw. **14**

GREEN GOODNESS

ADD GRILLED CHICKEN. +5.5 | ADD SALMON. +8.5

CLASSIC CAESAR

With bacon. **14**

SPICY THAI NOODLE

Greens, savoy cabbage, chow mein, grape tomatoes, mango, avocado, green onions, mint, basil, cilantro, peanuts, Thai chili dressing. **15**

PEPPERY PUB 🌱

Greens, pickled beets, roasted edamame, goat cheese, cucumber, tomato, balsamic vinaigrette. **14**

SUPERFOOD

Baby kale, quinoa, dried cranberries, sunflower and pomegranate seeds, made-in-Pub green curry dressing. **15.5**

CRISPY CHICKEN COBB SALAD

Chopped lettuce, shallot vinaigrette, crispy fried chicken, marinated tomatoes, cucumbers, avocado, blue cheese, bacon, egg. **20**



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.

WE BRINE OUR CHICKEN IN
MILL ST. ORGANIC LAGER BECAUSE WE
LOVE BEER AND IT MAKES EVERYTHING
TASTE EVEN BETTER.

SIGNATURE PLATES

FISH N' CHIPS

Cooked to order! Mill St. Organic beer-battered haddock, made-in-Pub tartar sauce, fresh hand-cut fries. **18**
Go with halibut. +6

NOTORIOUS CHICKEN POT PIE

Made-in-Pub every morning. Roasted chicken, kale, bacon, carrots, onions. Served with mashed potatoes topped with beef gravy. **17**

THAI GREEN CURRY 🌿

Roasted chicken, red pepper, basil, cilantro, pistachios, potatoes, pomegranate seeds, jasmine rice. **18**

ZEN BOWL 🍵

Fried brown rice, asparagus, kale, onion, Brussels sprouts, sambal oelek, soy ginger sauce. Topped with a sunny-side egg, sesame seeds, pineapple. **15**
ADD Grilled Chicken. +5.5 ADD Salmon. +8.5

SHEPHERD'S PIE

Red wine braised lamb and beef, rustic vegetables, mashed potatoes, topped with beef gravy. Served with Peppery Pub Salad. **18**

SAUSAGE LINGUINE

Fennel sausage sautéed with EVOO, confit garlic, blistered tomatoes, roasted leeks, mushrooms and baby spinach.
Topped with Grana Padano parmesan. **18**

STEAK FRITES

AAA 8 oz. top sirloin, veal jus, fresh hand-cut fries. **23**

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.

Substitute cup of soup, side Peppery Pub, Caesar Salad or sweet potato fries. +3
Classic Poutine. +4

STRAIGHT UP

Lettuce, tomato, shoestring pickles, Russian dressing. **15**

TURKEY BURGER

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

P&K SPECIAL BURGER

Russian dressing, smoked Cheddar, battered onion rings, lettuce, tomato, shoestring pickles. **18**

THE ELK EXPERIENCE

Korean BBQ glazed bacon, onion ring, Cheddar cheese, sriracha aioli, lettuce, tomato, shoestring pickles. **20**

MOROCCAN VEG BURGER 🌿

Black-bean corn patty, hummus aioli, tabouleh salad, Moroccan red pepper sauce, shoestring pickles, pickled turnips. **16**

NONNA'S PIZZA BURGER

Mozzarella cheese, basil aioli, Nonna's secret tomato sauce, crispy fried pepperoni, parmesan cheese. **17**

Pile it on

ADD sautéed mushrooms | onions | cheese | bacon | peameal bacon | avocado. **+2.5 each**
gluten sensitive bun available. +1

HAND-CRAFTED SANDWICHES

Fred's Bread with fresh hand-cut fries.

Substitute cup of soup, side Peppery Pub, Caesar Salad or sweet potato fries. +3
Classic Poutine. +4

CRUNCHY CHICKEN

Eleven herbs and spices, pickled jalapeño, sweet and spicy pickle slaw, chipotle mayo. **17**

WILD BOAR SLOPPY JOE

Crispy-fried onions, green peppers, pickled jalapeños, sunny-side egg, bourbon BBQ sauce. **16**

P&K CLUBHOUSE

Toasted multi-grain, honey Dijon, grilled turkey tenderloin, bacon, lettuce, tomato, Havarti cheese. **17**

BLACKENED FISH SANDWICH

Artisan bun, blackened haddock, dill tartar, mango jicama slaw, shoestring pickles and purple onion. **17**



COOK'S PLATE *of the day*

Monday

**\$10 STRAIGHT-UP
BURGER & FRIES**

~ ALL DAY ~

Tuesday

MAC & CHEESE

Made-in-pub,
Peppery Pub Salad.

Wednesday

**NASHVILLE
FRIED CHICKEN**

Marinated chicken thighs,
Nashville style cayenne
pepper sauce, white toast,
B&B pickles, macaroni
salad slaw **19**

Thursday

PIEDAY

Fresh made-in-pub pie,
Peppery Pub Salad.

Friday

FISH N' CHIPS

Mill St. Organic
beer-battered haddock,
made-in-Pub tartar sauce,
fresh hand-cut fries. **15**

Saturday

**PINCH OF THIS,
DASH OF THAT**
*Chef's Getting
Creative*

~ MARKET PRICE ~

Sunday

**1/2 PRICE BONELESS
BUFFALO WINGS**

~ AFTER 4PM ~
(with beverage purchase)

DAILY TAP

Every Day, After 5pm

\$7 ASK WHAT WE'RE
Pouring
(16/18 oz.)

The Daily Shot

\$3.50 (1 oz.)

Every Day, After 5pm

Jack Daniel's Tennessee Whiskey
Jack Daniel's Honey
El Jimador Reposado Tequila
Crown Royal Apple

Wine Down Wednesdays & Sundays

1/2 PRICE
**BOTTLES
& POURS**
After 5pm

Thorogood Thursdays

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

\$10

ASK WHAT WE'RE POURING

Daily **COOK'S** *Plate*

WE'RE SWITCHING IT UP
EVERY DAY OF THE WEEK!



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THEGOODMANPUB.CA   THEGOODMANPUB