



THE GOODMAN

Pub and Kitchen

THE GOODMAN

Pub and Kitchen

BAR BITES

EDAMAME 🌱
Salt, sesame oil. **6**

TATER TOTS 🍟
Dusted in Fire Salt, Served
With a side Garlic Tabasco®. **6**

MASSIVE PRETZEL 🍩
Rock salt, grainy Dijon. **9**

START HERE

TOMATO SOUP 🍲
Pretzel bites. **8**

FRESH HANDCUT FRIES 🍟 **7**
**ADD PARMESAN CHEESE AND
TRUFFLE OIL +2**

SWEET POTATO FRIES 🍟
Served with chipotle aioli. **8**

SPINACH AND ARTICHOKE DIP 🍷
Crudité, Parmesan cheese,
chips cumin dusted. **12.5**

BUFFALO CAULIFLOWER BITES 🍟
Pretzel-crusting, Frank's RedHot®
Sauce, dill ranch drizzle. **13**

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

WINGS

Choice of sauce:
Buffalo | Korean BBQ | Honey Garlic

CLASSIC WINGS
Dusted, dill ranch dip. **15**

BONELESS BUFFALO WINGS
Fresh cut fries, dill ranch dip. **14**

GREEN GOODNESS

CAESAR SALAD
Parmesan, bacon, charred lemon,
croutons. **14**

KALE & BERRY SUPERFOOD 🌱
Quinoa, strawberries, blueberries,
sunflower seeds, pomegranate seeds,
goat cheese, poppy seed dressing. **17**

PEPPERY PUB 🍷 🌱
Greens, pickled beets, roasted edamame,
goat cheese, cucumber, tomato,
balsamic vinaigrette. **14**

P&K POUTINE

Pork gravy, veal jus, cheese curds. **11**

ADD EXTRA CHEESE CURDS +3

SUB TATOR TOTS +3

ADD PULLED PORK. +5.5

*What's better than poutine?
Nothing, except more poutine.*

TACOS *Inhale Tacos. Exhale Negativity.*

(Two per order)

FISH TACO

Grilled haddock, Monterey Jack
cheese, chipotle aioli, avocado,
pickled red onion, cilantro,
chimichurri slaw. **14**

TIKI PORK TACO

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

LOADED NACHOS

Cheese, jalapeños, bell peppers,
green onions, black olives, black beans,
sour cream, pico de gallo,
smashed avocado. **18**

LIL' NACHO

Same stuff as our regular loaded
Nacho but "Lil". **10**

*There's
more!* **ADD CHICKEN. +6**
ADD PULLED PORK. +5.5

ADD CHICKEN. +6 | ADD SALMON. +10

FORBIDDEN BOWL

Forbidden rice, crispy chick peas,
crisp cabbage, fresh sliced avocado,
ripe tomato, crunchy kale, falafel,
turmeric tahini dressing. **18**

CRISPY CHICKEN COBB SALAD

Chopped lettuce, shallot vinaigrette,
crispy fried chicken, marinated tomatoes,
cucumbers, avocado, blue cheese,
bacon, egg. **16**



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, tartar sauce, charred lemon, fresh hand-cut fries. **18**
ADD second piece of Haddock. +8
GO with halibut. +7

NOTORIOUS CHICKEN POT PIE

Roasted chicken, kale, bacon, root vegetables, onions, 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**

THAI GREEN CURRY

Chicken, red pepper, basil, cilantro, pistachios, pomegranate seeds, cauliflower, brown rice. **18**

ZEN BOWL

Fried brown rice, asparagus, kale, onion, red peppers, snow peas, garlic, brussels sprouts, sambal oelek, soy ginger sauce, sunny egg, sesame seeds, pineapple. **15**
ADD Grilled Chicken. +6 *ADD Salmon. +10*

STEAK FRITES

AAA 8 oz. top sirloin, veal jus, fresh hand-cut fries. **24**

FLAT-TOP BURGERS & HAND-CRAFTED SANDWICHES

**Fresh Ontario chuck, hand-formed and cooked to order on the flat-top.
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

STRAIGHT UP

100% Fresh Ontario chuck, lettuce, tomato, shoestring pickles, Russian dressing. **15**

THE ELK EXPERIENCE

Korean BBQ glazed bacon, onion ring, Cheddar cheese, Sriracha aioli, shoestring pickles. **20**

THE TURDUCKEN BURGER

Stuffing, chicken, turkey, duck bacon, cranberry mayo. **20**

BLACK BEAN VEGGIE BURGER 🌱

Black bean & corn patty, vegan pesto, smashed avocado, vegan chipotle aioli, crisp cucumber, ripe tomato, red fife whole wheat bun. **16**

CRUNCHY CHICKEN

Eleven herbs and spices, pickled jalapeño, sweet and spicy pickle slaw, chipotle mayo. **17.5**

P&K CLUBHOUSE

Toasted multigrain, crispy bacon, honey Dijon, grilled turkey tenderloin, lettuce, tomato, Havarti cheese. **18**

Pile it on

ADD sautéed mushrooms / onions / cheese / bacon / peameal bacon / avocado. **+2.5 each**
Side gravy. **+3**
Gluten sensitive bun available. **+1**



COOK'S PLATE *of the day*

Monday

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

Tuesday

\$4 TACO TUESDAY
3pm - Close

Wednesday

\$10 WINGS
3pm - Close

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 Pour

ASK WHAT WE'RE

Pouring

\$7 TAP (18 oz.)

\$11 STEIN (32oz.)

The Daily Shot

\$4 (1 oz.)

All Day, Every Day

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

Wine Down Wednesdays

1/2 PRICE
BOTTLES
~and~

\$6 POURS 6 oz.

Therogood Thursdays

ONE BOURBON (1 oz.)

ONE SCOTCH (1 oz.)

ONE BEER (14 oz. sleeve)

\$11

ASK WHAT WE'RE POURING

