



THE GOODMAN
Pub and Kitchen

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START HERE

TOMATO SOUP 🍲

Pretzel bites. **8**

MASSIVE PRETZEL

Sea salt, grainy Dijon. **10**

FRESH HANDCUT FRIES

7

ADD PARMESAN CHEESE AND TRUFFLE OIL +2

CALIFORNIA ROLL

Avocado, cucumber, wasabi, pickled ginger, carrots, roasted sweet potatoes, soya sauce, black & white sesame seeds, Korean BBQ drizzle. **12**

SPINACH AND ARTICHOKE DIP

Crudité, Parmesan cheese, chips cumin dusted. **12.5**

BUFFALO CAULIFLOWER BITES

Pretzel-crusted, Frank's Hot Sauce, dill ranch drizzle. **13**

P&K DIP

Chick peas, sour cream, pomegranate seeds, mint, chili flakes, hummus, charred lemon, EVOO, naan, crudité. **13**

FISH TACO

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

MASALA CALAMARI

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

GREEN GOODNESS

ADD GRILLED CHICKEN. +6 | ADD SALMON. +10

PEPPERY PUB 🍷🌿

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

CAESAR SALAD

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

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**

P&K POUTINE

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

ADD EXTRA CHEESE CURDS +3

ADD PULLED PORK. +5.5

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. **18**

There's more!

ADD GRILLED CHICKEN. +6

ADD PULLED PORK. +5.5

ADD SIDE GRAVY. +3

BERRIES N KALE SUPER FOOD

Quinoa, strawberries, blueberries, sunflower seeds, pomegranate seeds, goat cheese, charred lemon, poppy seed dressing. **17**

SPICY THAI NOODLE

Savoy cabbage, chow mein, grape tomatoes, mango, green onions, mint, basil, cilantro, greens, baby arugula, carrots and avocado, peanuts, Thai chili dressing. **15**



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**
Go with halibut. +7

CHICKEN POT PIE

Kale, bacon, root vegetables, onions, peppery pub salad. **17**

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

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

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

THE ELK EXPERIENCE

Korean BBQ glazed bacon, onion ring, Cheddar cheese, sriracha aioli, lettuce, tomato, shoestring pickles. **22**

BLACK BEAN VEGGIE BURGER

Smashed avocado, chipotle mayo, baby arugula, shoestring pickles, tomato, smoked Mozzarella. **16**

CRUNCHY CHICKEN

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

FISH SANDWICH

Blackened haddock, dill tartar, red onions mango jicama slaw, shoestring pickles. **18**

P&K CLUBHOUSE

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

LALA'S "WHERE'S THE BEEF" VEGAN PHILLY

Dairy free cheese, bourbon BBQ Sauce, mushroom, caramelized onion, sautéed peppers, soy beef strips, soy sauce. **17**

Pile it on

**ADD sautéed mushrooms | onions | cheese | bacon | smoked pork loin | avocado. +3 each
gluten sensitive bun available. +1**

Daily Pour

ASK WHAT WE'RE

Pouring

\$7 TAP

(16/18 oz.)

MONDAY-FRIDAY

(EXCEPT HOLIDAYS)

~ 3-6 PM ONLY ~

*Wine Down
Wednesdays*

**1/2 PRICE
BOTTLES
& POURS**

Until 6pm

*Therogood
Thursdays*

~ FROM 3-6PM ~

ONE BOURBON (1 oz.)

ONE SCOTCH (1 oz.)

ONE BEER (14 oz.)

\$10

ASK WHAT WE'RE POURING



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THEGOODMANPUB.CA   THEGOODMANPUB