



# Take-out MENU

## *To Start*

### **SPINACH ARTICHOKE DIP**

Crudit , cumin dusted chips. 12.5

### **CAULIFLOWER BITES**

Pretzel-cruste, dill ranch drizzle. 12

Tossed in your choice of sauce: BUFFALO | KOREAN BBQ | HONEY GARLIC | GOLDRUSH | GENERAL TSO

### **MEZZE BOARD**

Hummus, Baba ganoush, marinated olives, fresh Crudit , fried chickpeas, pita, EVOO. 15

### **CLASSIC WINGS**

Dusted, carrots, dill ranch dip. 15

Choice of sauce: BUFFALO | KOREAN BBQ | HONEY GARLIC | GOLDRUSH | GENERAL TSO

## *Green Goodness*

### **CRISPY CHICKEN COBB SALAD**

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

### **PALEO SALAD**

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

### **HIPPIE BOWL**

Crunchy kale, shaved Brussels sprouts, carrots, red cabbage, crisp cucumber, avocado, hummus, toasted sunflower seeds, lemon miso tahini dressing. 15

### **CLASSIC CAESAR**

Parmesan, croutons, bacon, charred lemon. 14

### **PEPPERY PUB**

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

**ADD CHICKEN +6 | SALMON +8.5 | FALAFEL (5) +5**

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## *Flat-Top Burgers & Sandwiches*

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

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

### **STRAIGHT UP**

Lettuce, tomato, shoestring pickles, Russian dressing. 15.5

### **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. 17

### **CRUNCHY CHICKEN**

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

## *Signature Dishes*

### **FISH N' CHIPS**

Cooked to order! Mill Street Organic Lager beer-battered haddock, made-in-pub tartar sauce, fresh hand-cut fries. 18

### **ZEN BOWL**

Fried brown rice, asparagus, kale, onions, Brussels sprouts, Sambal Delek, soy ginger sauce. Topped with a sunny-side up egg, sesame seeds, pineapple. 15

**ADD CHICKEN. +6 ADD SALMON. +8.5**

**POURHOUSE**  
*Pub and Kitchen*

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