



Take-out MENU

To Start

SPINACH ARTICHOKE DIP

Crudit , cumin dusted chips. 12.5

CAULIFLOWER BITES

Pretzel-crusted, 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



Take-out MENU

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 Oelek, soy ginger sauce. Topped with a sunny-side up egg, sesame seeds, pineapple. 15

ADD CHICKEN. +6 ADD SALMON. +8.5

POGUE MAHONE

Pub and Kitchen

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