

EAST^{OF} BRUNSWICK
Pub and Kitchen

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

EDAMAME 🌱

Salt, sesame oil. **6**

MASSIVE PRETZEL 🍷

Rock salt, grainy Dijon. **9**

TATER TOTS 🍷

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

START HERE

TOMATO SOUP 🍷

Pretzel bites. **7.5**

P&K DIP 🍷

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

SWEET POTATO FRIES 🍷

With chipotle aioli. **8**

FRESH HANDCUT FRIES 7

ADD PARMESAN CHEESE AND TRUFFLE OIL +2

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

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

SPINACH ARTICHOKE DIP

Crudité, cumin dusted chips. **12.5**

BUFFALO CAULIFLOWER BITES 🍷

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

MASALA CALAMARI

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

CALIFORNIA ROLL

Avocado, cucumber, wasabi, pickle ginger, Soya sauce. **12**

WINGS

Choice of sauce:

Buffalo | Korean BBQ | Honey Garlic

CLASSIC WINGS

Dusted, carrots, dill ranch dip. **15**

BONELESS BUFFALO WINGS

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

P&K POUTINE

Pork gravy, veal jus, cheese curds. **10**

ADD PULLED PORK. +5.5

SUB TATER TOTS. +3

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**

LIL'NACHO

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

There's more!

ADD CHICKEN. +6

ADD PULLED PORK. +5.5

TACOS *Inhale Tacos. Exhale Negativity.*

(Two per order)

GRILLED FISH TACOS

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

TIKI PORK TACO

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

GREEN GOODNESS

ADD CHICKEN. +6 | ADD SALMON. +8.5

CLASSIC CAESAR

Charred lemon, parmesan, croutons, bacon. **14**
SMALL. **8**

KALE & SUMMER BERRY SUPERFOOD

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

SPICY THAI NOODLE

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

CRISPY CHICKEN COBB SALAD

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

PEPPERY PUB 🍷🌱

Greens, pickled beets, roasted edamame, goat cheese, cucumber, tomato, balsamic vinaigrette. **14**
SMALL. **8**



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**

ADD SECOND PIECE OF HADDOCK. +8

GO WITH HALIBUT. +6

NOTORIOUS CHICKEN POT PIE

Made-in-Pub every morning.

Roasted chicken, kale, bacon, carrots, onions.

Served with peppery pub salad. **17**

3 YOLKS & A PIG

3 Eggs, pork sausage, bacon, Tater Tots. **12**

THAI GREEN CURRY 🌿

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

VEGAN MORROCCAN PIE 🌱

Phyllo pastry, stewed lentils, cauliflower purée, red pepper, coulis, balsamic reduction. **17**

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.

SUB CUP OF SOUP, SIDE PEPPERY PUB, CAESAR SALAD, SWEET POTATO FRIES OR TATER TOTS. +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, smashed avocado. **17.5**

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, smoked mozzarella. **16**

Pile it on

ADD SAUTÉED MUSHROOMS / ONIONS / CHEESE / BACON / AVOCADO. +2.5 EACH
SUB GLUTEN SENSITIVE BUN. +2

HAND-CRAFTED SANDWICHES

Fred's Bread with fresh hand-cut fries.

SUB CUP OF SOUP, SIDE PEPPERY PUB, CAESAR SALAD, SWEET POTATO FRIES OR TATER TOTS. +3 CLASSIC POUTINE. +4

CRUNCHY CHICKEN

Eleven herbs and spices, pickled jalapeño, sweet and spicy pickle slaw, chipotle mayo. **16.75**

P&K CLUBHOUSE

Toasted multi-grain, honey Dijon, grilled turkey tenderloin, bacon, lettuce, tomato, Havarti cheese. **16.25**

BLACKENED FISH SANDWICH

Blackened haddock, dill tartar, mango jicama slaw, shoestring pickles, lemon and purple onion. **17**

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

Dairy free cheese, mushroom, caramelized onions, sautéed peppers, soy marinated tofu. **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

All Day, Every Day,

\$5 ASK WHAT WE'RE
Pouring
(14 oz.)

The Daily Shot

\$3.50 (1 oz.)

All Day, Every Day,

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

Wine Down Wednesdays

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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EASTOFBRUNSWICK.CA   EASTBRUNSWICKTO