



# IT'S NOT JUST A BRUNCH BUT

## BRUNCHY

WEEKENDS & HOLIDAYS 9AM - 3PM

All of our breakfasts are served with free-run eggs and Fred's Breads.

-  **CHARRED ONION & RICOTTA QUICHE** 16  
charred spring onion, ricotta, spinach, grape tomato, thyme & tavern salad
-  **RICOTTA AVOCADO TOAST** 15  
sunny-side egg, crushed chili peppers, sea salt, olive oil, ricotta cheese
- TRADITIONAL BREAKFAST** 14  
two eggs any style, bacon, peameal, home fries, multigrain toast
- CHALLAH FRENCH TOAST** 16  
spiked strawberry maple syrup, whipped cream
- CLASSIC BENEDICT** 16  
peameal bacon, poached eggs, hollandaise, English muffin, home fries and fresh fruit
- JFC & WAFFLES** 19  
Karaage chicken, plum agrodolce, sunny-side egg, togarashi, green onion, maple syrup, chipotle hot sauce
- ☰ **ADD** Bacon strips **+3** Peameal slices **+3**  
Farmer's sausage **+4** Toast **+2.5**

## SMALL PLATES

-   **SPICY SESAME EDAMAME** 9  
ponzu nuoc cham, lime
-  **FAR EAST HUMMUS** 15  
toasted fennel and coriander, roasted edamame, curried garbanzo, fried curry leaf, mustard seed caviar, kecap manis, warm pita
- SESAME GINGER CALAMARI** 15  
cabbage slaw, Thai chili dip, sesame ginger drizzle, cilantro, sesame
- BLACKENED FISH TACOS** 14  
mango jicama slaw, queso, chipotle hot sauce, shredded lettuce
-  **JACKFRUIT TACOS** 14.5  
smoked jackfruit, street corn salsa, shredded lettuce, cabbage, guajillo BBQ sauce

AgainstTheGrainTO



AgainstGrainTO



Vegetarian



Gluten Sensitive



Plant Based

Items 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.

# TORONTO BROWN BREAD

## HANDHELDS

Our burgers are cooked to order, fresh, never frozen 100% Ontario prime chuck.  
Our burger buns and bread are baked fresh everyday by Fred's Bread, one of Toronto's remaining family owned & operated bakeries. There are no preservatives used in our breads.

**ATG BURGER** 17

100% Ontario prime chuck, lettuce, tomato, mayonnaise, shoestring pickles, toasted brioche bun

**CHARLESTON CHEESEBURGER** 21

100% Ontario prime chuck, pimento cheese, spicy mango pepper jelly, shredded lettuce, bacon, toasted brioche bun

**NAAN CHICKEN CLUB** 18

marinated chicken breast, shredded lettuce, tomato, cucumber, bacon, chipotle yogurt

**FRIED CHICKEN SANDWICH** 21

swiss cheese, bread and butter pickles, spicy slaw, buttermilk ranch, creole mustard, toasted brioche bun

 **LIGHTLIFE BURGER** 21

baked kale chips, pickled beets, fried halloumi, poblano pepper relish, corn "aioli", red fife bun

Served with French fries. Gluten sensitive bun available +2  
Substitute tavern salad, classic Caesar or sweet potato fries +3 beef gravy +3

## SALADS

 **TAVERN** 14

mesclun greens, kale, goat cheese, roasted edamame, pickled beets, tomato, cucumber

**CAESAR** 14

eggless sumac Caesar dressing, Challah croutons, bacon, parmesan, charred lemon

 **SUGAR BEACH SALAD** 25

lobster, crab, baby shrimp, smashed avocado, bacon, egg, tomato, arugula, tarragon mustard vinaigrette, coriander aioli

 **NOODLE BUDDHA BOWL** 16

edamame, corn, shredded carrot, cucumber, avocado, red cabbage, garbanzo beans, chilled udon noodles, black bean vinaigrette, furikake

 **ADD TO ANY SALAD**  
marinated chicken +6 falafel +5 pan seared salmon +10

## DESSERT

**CHOCOLATE CAKE** 10

chocolate fudge icing, shaved dark chocolate, whipped cream

**5 LAYER CARROT CAKE** 10

cream cheese icing, shredded coconut