

First Plates

Daily Bowl 6.00

Made by our chefs

Saganaki 13.00

Greek Kefalotiri cheese, pan-seared and flambéed with ouzo at your table

Mussels and Frites 14.00

Choice of sauce

* White wine, garlic and fresh herbs

* Thai green curry and coconut milk

Edamame Beans 5.00

Alderwood smoked salt. That's it

Urban Flatbread 14.00

Prosciutto, shrimp, arugula-basil and walnut pesto, goat cheese, parmesan

Fried Calamari 13.00

Cilantro and caper gremolata, tzatziki dipper

For the love of frites...

Smoked Mushroom Poutine 9.00

Our house made golden frites, portabilini mushrooms, chicken gravy, cheese curds

Garlic Parmesan Frites 7.00

Our house made golden frites, parmesan, fresh garlic, parsley

Sweet Potato Frites 7.00

With chipotle mayo

Golden Frites 6.00

House made frites with garlic aioli

Salads

Urban Greens SMALL 6.00 LARGE 8.00

Leaf lettuce, bacon lardons, chopped egg, beet angel hair, roasted apple Dijon vinaigrette

Urban Caesar SMALL 7.00 LARGE 9.00

Heart of romaine, bacon lardons, garlic confit, balsamic crostini, creamy garlic dressing

Gables Wedge Salad 14.00

Iceberg, herbed chicken breast, goat cheese, pickled carrots, roasted corn nibs, sliced apples, buttermilk ranch dressing

Honey Roasted Squash Salad 12.00

Leaf lettuce, butternut and acorn squash, pumpkin seed sprinkle, red onion, balsamic crostini, scorched beet vinaigrette

Big Eye Tuna Nicoise 19.00

Seared rare, edamame beans, new potatoes, capers, red onion, crispy noodles, wasabi maple soy vinaigrette

Enhance your salad

Herbed chicken breast 5.00

Shrimp 6.00

Salmon 9.00

Sandwiches

Served with choice of golden frites or daily soup. Substitute urban greens, Caesar or sweet potato frites for 2.00. Chipotle mayo 0.75

Pulled Pork 12.00

Slow roasted, cabbage slaw, fried onions, house-made bbq sauce, country bun

Sharp Cheddar Grilled Cheese 12.00

Sliced tomato, cheddar, toasted sunflower multigrain bread, side fried pickles and roasted garlic aioli

Philly-Style Steak 14.00

Pan-seared flat iron steak, traditional garniture, chimichurri dressing, toasted country loaf

Chicken Panini 13.00

Grilled herbed chicken breast, goat cheese, grapes, balsamic mayo, toasted country loaf

Not so *Urban* Beef Burger 13.00

Grandma's corn relish, fried onions, cheddar, smoked tomato ketchup

Or forget grandma. Straight up burger 11.00 Add bacon 2.00. Cheese 1.50

Urban Favourites

Yianni's Chicken Souvlaki 15.00

Herb marinated chicken breast, tomatoes, lettuce, red onion, tzatziki, garlic buttered pita, side garlic parmesan frites

Mac & Cheese 16.00

Noodles, roasted cauliflower, double-smoked bacon, béchamel sauce, parmesan cheese

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Pasta

Grilled Venison Sausage 17.00

Ratatouille, parmesan, pappardelle pasta

Seafood Puttanesca 19.00

Medley of seafood, capers, portabilini mushroom, Kalamata olives, roasted garlic, caramelized shallots, chili flakes, tomatoes, linguine

Mac & Cheese 16.00

Noodles, roasted cauliflower, double-smoked bacon, béchamel sauce, parmesan

Mains

Maple & Ginger Glazed Salmon 20.00

Pan-seared Jail Island salmon with root vegetable hash, grainy mustard, caper cream

Roasted Supreme of Chicken 18.00

Creamed portabilini mushroom gravy, golden frites, roasted carrots

NY Strip Loin 28.00

10 oz certified Angus beef strip loin, signature rub, horseradish bacon butter, roasted carrots, red potato country mash

Add roasted mushrooms 4.00. Add demi-glace 2.00

Beef Ribs 27.00

Espresso rubbed beef short ribs braised in Mill Street Tankhouse Ale, cheddar polenta, roasted acorn squash

Seafood Pot Aux Feu 22.00

Medley of seafood, roasted tomato and saffron broth, corn nibs, red potatoes, baked garlic country loaf

Ahi Tuna 23.00

Seared rare, wild rice, jardinière vegetables, celery root, daikon radish salsa

Liver and Varietal Onion Jam 18.00

Red potato country mash, veal reduction

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