



STARTERS & SHAREABLES

**Daily Soup** 9  
**French Onion Soup** 9 1/2  
**Mozzarella Sticks**  
Double battered mozzarella cheese, marinara sauce. 16 | vt

**Thai Bites**  
Battered cauliflower florets tossed in sweet Thai chili sauce, topped with sesame seeds and scallions. 16 vt

**Spinach & Artichoke Dip**  
House-made dip, corn chips. 18 1/2 gf | vt

**Chickpea Bruschetta** NEW  
Garbanzo beans, sun-dried tomatoes, feta cheese, balsamic reduction, EVOO, fresh basil. 16 | vt

**Lamb Kofta** NEW  
Grilled lamb kofta skewers, toasted naan, kalamata olives, tzatziki, spicy feta. 22

**Calamari**   
Hand-cut and dusted in a cajun breading, side sriracha aioli and lemon. 18

**Smashed Guac**  
Guac topped with pico de gallo, corn chips. 15 | gf | v

**Edamame Beans**  
Steamed soy bean pods tossed in EVOO and kosher salt, side sesame hoisin sauce. 14 | vt

**Spare Ribs**   
Seasoned in your choice of **sea salt and cracked pepper** or our house-made **jerk sauce**. 21 | gf

**Panko Crusted Brie**  
Hand-crusted double cream brie, craisins, grapes, berries, candied walnuts, cashews, crostinis, sweet thai chili, pesto, bacon jam. 22



Our signature burgers use a 1/2 lb patty made of 100% Canadian ground beef, hand pressed in-house and served on a fresh Cobs Challah Bun.

**Choose:** Fries | House Salad | Daily Soup | Baked Potato | Coleslaw

**Upgrade:** Sweet Potato Fries +3 1/2 | Parm Fries +2 1/2 | Poutine +5 1/2  
Onion Rings +4 1/2 | Caesar +3 1/2 | Greek +4 1/2 | French Onion Soup +5 1/2

**Pump Burger**  
House-made 1/2 lb beef patty, iceberg, tomato, onion, pickle. 18 1/2  
**+1 cheese | +2 bacon**

**Whiskey Burger**   
Caramelized onions, button mushrooms, Swiss cheese, Forty Creek BBQ sauce, crispy onions. 20

**Sicilian Burger** NEW  
Bruschetta, arugula, pancetta, spicy feta, balsamic reduction. 20



**Bean Burger** NEW  
Bean-based patty, vegan ancient grain bun, iceberg, fresh avocado, pickled cabbage, pineapple mango salsa, garlic aioli. 20 | v | gf

**Island Burger** NEW  
Prosciutto, honey avocado sauce, pineapple mango salsa, iceberg, mozzarella cheese. 21

**Double Smash Burger**  
Two smashed patties, two slices of cheddar cheese, bacon, iceberg, onion, pickles, house-made mac sauce. 21

SALADS & BOWLS

**Protein:** Chicken | Lamb | Steak | Shrimp | Salmon

**House Salad** | vt | gf 12 3/4  
**Caesar Salad** 14 3/4  
**Greek Salad** | vt | gf 15 3/4

**Berry Bliss** NEW  
Baby spinach, arugula, strawberries, blueberries, sunflower seeds, candied walnuts, craisins, goat cheese, honey avocado dressing. 19 vt | gf | **+protein**

**Roasted Beet & Chicken**  
Grilled chicken, arugula, roasted beets, butternut squash, candied walnuts, red onion, goat cheese, honey balsamic vinaigrette. 22 1/2 | gf

**Avocado Chicken**   
Grilled chicken, baby spinach, arugula, fresh avocado, tomato, onion, cucumber, feta, honey balsamic vinaigrette. 22 1/2 | gf

**Cobb**   
Mixed greens, romaine, grilled chicken, fresh avocado, bacon, hard-boiled egg, butternut squash, roasted beets, tomato, red onion, goat cheese, ranch dressing. 23 | gf



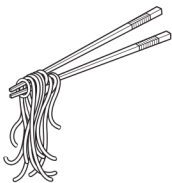
**Tuna Poke Bowl** NEW  
Tuna poke, pineapple mango salsa, fresh avocado, cucumber, julienne veg, pickled ginger, white rice, sriracha aioli, house-made gochujang chili sauce. 26

**Caribbean Bowl**   
Wild rice, pineapple-jalapeño chutney, fresh avocado, corn and black bean salsa, bell peppers, coleslaw, house-made jerk sauce, scallions. 21 | gf | **+protein**

**Burro Bowl**  
Wild rice, iceberg, corn and black bean salsa, fresh avocado, pico de gallo, bell peppers, tex mex cheese, pickled onion cabbage slaw, chipotle ranch, avocado crema. 21 gf | **+protein**

**Jambo's Curry**  
Yellow curry, chicken, coconut milk, onion, bell pepper, fresh lime, coriander, white rice, naan bread. 24 1/2 | gf w/o naan

**Udon Stir Fry** NEW  
Baby bok choy, mushroom medley, julienne veg, house-made gochujang chili sauce, cashews, toasted sesame seeds, scallions. 21 vt | **+protein**



SANDWICHES & HANDHELDS

Our sandwiches are served on fresh Cobs bread and come with your choice of side (**look a little to the left**).

**Pump Club**  
Grilled chicken, bacon, black forest ham, cheddar cheese, tomato, lettuce, mayo on **white, multigrain,** or **marble rye**. 19 1/2

**Pastrami Reuben**  
Pastrami, Swiss cheese, sauerkraut, pickles, house sauce on marble rye. 19 1/2

**Chicken Ciabatta**  
Grilled chicken breast, double cream brie, baby arugula, bacon onion jam, balsamic reduction on a sea salt & herb ciabatta bun. 20

**Pump House Sliders**   
Roast beef, caramelized onions, mushrooms, mozzarella on a toasted garlic baguette, side au jus and horseradish ranch. 26

**Buffalo Wrap**  
Fried chicken tossed in buffalo sauce, tex mex cheese, tomato, red onion, lettuce, ranch sauce. 19 1/2  
**+3 sub grilled chicken**

**Greek Chicken Pita**   
Garlic toasted pita, blackened chicken, lettuce, tomato, onion, feta, tzatziki, hot sauce. 20  
**+2 sub lamb kofta skewer | +2 chickpea bruschetta**

**Crispy Chicken Sandwich**   
Prepared to order in a cajun buttermilk breading, bacon, jalapeño havarti, pickled onion cabbage slaw, chipotle ranch. 22  
**+1 spice it up**

gf = Gluten Friendly | vt = Vegetarian | v = Vegan

Pump Favourite



PASTA

Fettuccine Alfredo

Classic parmesan alfredo sauce seasoned with fresh herbs. 18  
+protein

Penne alla Vodka

Seared pancetta in a vodka rosé sauce. 21

Penne Fra Diavolo

Jumbo shrimp, lobster, roasted red peppers, baby spinach tossed in a spicy rosé sauce. 24½

Roasted Butternut Squash

Mushroom medley, baby spinach, red onion, shaved parmesan, candied walnuts, fettuccine, aglio e olio. 22

Blackened Steak

Blackened butler steak, balsamic onions, mushroom medley, sun-dried tomatoes, baby arugula, tossed in a cajun alfredo sauce. 24½

ENTRÉES

Haddock & Chips

Prepared to order in our house-made tempura batter, fries, creamy coleslaw and tartar sauce. 23

Baby Back Ribs

Fall off the bone pork back ribs glazed with 40 Creek BBQ sauce, served with creamy coleslaw and fries. 30

Steak Frites

10oz AAA Black Angus Striploin, sun-dried tomato butter, white truffle & parmesan herbed frites, sriracha aioli to dip. 32 | gf

Sake Plate

Seared salmon, teriyaki sauce, baby bok choy, julienne veg, mushrooms, toasted sesame seeds and scallions over white rice. 25

Mediterranean Platter

Grilled lamb kofta skewers, white rice, greek salad, toasted naan, tzatziki, spicy feta. 30

Short Rib

English cut, slow braised in a red wine mushroom sauce, yukon mashed potatoes, glazed carrots. 34 | gf



1 CHOOSE YOUR SIZE.

- Single [10] 17
- Double [20] 30
- Party [50] 69

2 BREADED OR NOT?

3 SAUCE EM UP.

- Forty Creek\*
- Honey Garlic\*
- Hot / Honey\*
- Mild
- Medium
- Hot
- Buffalo Butter
- Buffalo Blue
- Dry Cajun
- Lemon Pepper
- Sweet Thai Chili
- Salt & Pepper
- Jerk
- Tequila Lime
- Mango Habanero
- 5-Alarm

4 FINISH ON THE GRILL?

5 ADD SOME SIDES?

Celery & Carrots  
Hand cut and served with blue cheese or ranch dip. 5½

French Fries  
Tossed in our seasoning salt. 8½ gf | vt | +3 Gar Parm

Sweet Potato Fries  
Side cajun mayo. 10 | gf | vt

Onion Rings  
Served crispy with 40 Creek BBQ sauce. 10 | vt

Authentic Poutine  
Fries topped with authentic Québécois cheese curds and gravy. 12 | gf | vt

Buffalo Chicken Poutine  
Crispy chicken strips tossed in a buffalo sauce, scallions, crispy onion, ranch drizzle, atop our authentic poutine. 17

Chicken Tenders  
Fresh chicken fillets hand-breaded to order in a buttermilk batter. Served with your choice of side. 19

PIZZA

Our dough arrives fresh each day from Cobs and each pizza is baked to order in an authentic Moretti Stone Deck Oven.

Gluten-Free Crust +4 | Dairy-Free Cheese +4

Four Cheese

Pomodoro sauce, mozzarella, cheddar, feta, parmesan. 18

Ultimate Pepperoni

Pepperoni and more pepperoni with pomodoro sauce, mozzarella. 18

Spicy Pepperoni

Pepperoni, jalapeños, red pepper flakes, honey drizzle, pomodoro sauce, mozzarella. 22

Hawaiian

Bacon, ham, grilled cinnamon dusted pineapple, pomodoro sauce, mozzarella. 22

Meat Lovers

Bacon, sausage crumble, ham, pepperoni, pomodoro sauce, mozzarella. 22

Margherita

Fresh mozzarella, fresh basil, extra virgin olive oil, pomodoro sauce. 22  
+4 prosciutto

Garden

Baby spinach, mushrooms, bell peppers, cherry tomatoes, black olives, goat cheese, pomodoro sauce, mozzarella. 22

Southwest Chicken

BBQ sauce, mozzarella, chicken, bacon, roasted red peppers, red onion, scallions, southwest chipotle drizzle. 24

Pierogi

Shaved potato, bacon, caramelized onion, spicy sour cream, cheddar cheese, scallions. 24

Dipping Sauces (4oz) +3: Creamy Garlic | Vegan Garlic | Sriracha Aioli  
Marinara | Chipotle Ranch | 40 Creek BBQ

TEX & MEX

Quesadilla

Crispy flour tortilla loaded with tex mex cheese, corn and black bean salsa, peppers, onions, tomato, side sour cream and house-made salsa. 18 | +3 chicken | +5 steak

Baja Fish Tacos

Warm flour tortillas, tempura-battered haddock, pickled onion cabbage slaw, mango pineapple salsa, avocado crema. 23

Street Tacos

Warm flour tortillas, guac, pico de gallo, corn and black bean salsa, pickled onion cabbage slaw, avocado crema. 18 Avocado | +3 chicken | +5 steak | +5 ½ add taco

Fajitas

Bell peppers and onions served on a sizzling skillet, accompanied by warm flour tortillas, pico de gallo, avocado crema, house-made salsa, shredded lettuce and tex mex cheese. 22 | +3 Chicken | +5 Steak



Treat.  
FOOD.  
FRIENDS.  
TIMES.

\*contains gluten

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Pump Favourite