STARTERS & SHAREABLES

Daily Soup French Onion Soup

Q 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

Spinach & Artichoke Dip

House-made dip, corn chips. 181/2 gf | vt

Chickpea Bruschetta

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

Lamb Kofta

Grilled lamb kofta skewers, toasted naan, kalamata olives, tzatziki, spicv 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 housemade 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. 181/2 +1 cheese | +2 bacon

Whiskey Burger 🙀

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

Sicilian Burger

Bruschetta, arugula, pancetta, spicy feta, balsamic reduction. 20

Bean Burger

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

Island Burger

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: +6 Chicken | +6 Lamb | +8 Steak | +8 Shrimp | +12 Salmon

 $12^{3/4}$ House Salad | vt | qf **Burro Bowl** Wild rice, iceberg, corn and black $14^{3/4}$ Caesar Salad $15^{3/4}$ Greek Salad | vt | gf pickled onion cabbage slaw, chipotle ranch, avocado crema. 21

Berry Bliss

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. 221/2 | gf

Avocado Chicken

Grilled chicken, baby spinach, arugula, fresh avocado, tomato. onion, cucumber, feta, honey balsamic vinaigrette. 221/2 gf

Cobb 🙀

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



bean salsa, fresh avocado, pico de gallo, bell peppers, tex mex cheese, gf | +protein

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

Udon Stir Fry

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.

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 caiun buttermilk breading, bacon, jalapeño havarti, pickled onion cabbage slaw, chipotle ranch. 22

+1 spice it up





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

Nachos 🙀

Hand-cut corn chips, tex mex cheese, lettuce, tomato, side con queso, sour cream...

Macho Toppings: Grilled steak and chicken, chili con carne | 33 | gf

Veggie toppings: Corn and black bean salsa, bell peppers, olives, onion, jalapeños 25 | gf | vt

Ultimate: Macho + Veggie toppings. 36 | qf

PASTA

Protein: +6 Chicken | +6 Lamb | +8 Steak | +8 Shrimp | +12 Salmon

Fettuccine Alfredo

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

Penne Fra Diavolo 🖫

Jumbo shrimp, lobster, roasted red peppers, baby spinach tossed in a spicy rosé sauce. 24^{1/2}

Blackened Steak 🙀

Blackened butler steak, balsamic onions, mushroom medley, sundried tomatoes, baby arugula, tossed in a cajun alfredo sauce. 241/2

Penne alla Vodka

Sake Plate

over white rice. 25

Mediterranean Platter

tzatziki, spicy feta. 30

Seared pancetta in a vodka rosé sauce. 21

Seared salmon, teriyaki sauce, baby

bok choy, julienne veg, mushrooms, toasted sesame seeds and scallions

Grilled lamb kofta skewers, white

rice, greek salad, toasted naan,

ENTRÉES

Haddock & Chips 🙀

Prepared to order in our housemade 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

Baja Fish Tacos

Warm flour tortillas, tempurabattered 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 1/2 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

PARMUM QUALE

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
5-Alarm

FINISH ON THE GRILL?

5 ADD SOME SIDES?

Celery & Carrots

Hand cut and served with **blue** cheese or ranch dip. 5 1/2

French Fries

Tossed in our seasoning salt. 8^{1/2} 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 handbreaded to order in a buttermilk batter. Served with your choice of side, 19

Treat.
FOOD.
FRIENDS.
TIMES.