



STARTERS & SHAREABLES

- Daily Soup** 9
- French Onion Soup** 10
- Roasted Tomato Soup** 9
+5 Grilled Cheese | +2 Bacon
- Panko Mozza "Bricks"**
House-Made Mozzarella Bricks Served With Marinara. 17 | vt
- Cauli Bites**
Battered And Fried Florets Tossed In Our House-Made Sweet & Spicy Ginger Sauce. 19 | vt
- Spare Ribs**
Fried And Seasoned In Sea Salt And Cracked Pepper. 24 | gf | df
- Spinach & Artichoke Dip**
House-made Dip Served With Corn Chips or Naan or Both. 19 | gf | vt | +3 Sub Naan
- Calamari**
Dusted To Order And Fried Alongside Jalapeños Served With A Bang Bag Dip. 20
- Edamame**
Steamed Soy Bean Pods Tossed in Olive Oil and Kosher Salt. 16 | gf | vt
- Wagyu Potstickers**
Pan-Seared and Topped with Pickled Cabbage, Sesame Seeds and House-Made Spicy Ginger Soy Sauce. 16
- Esquites Dip**
Roasted Corn Esquites, Red Onion, Feta, Lime, Cilantro with Corn Chips to Dip. 15 | gf | vt
- Steak & Brie Crostini**
5 Ounces Of AAA Black Angus Striploin, House-Made Bacon Onion Jam, Double Cream Brie On Crostinis. 29



Our Signature Burgers Use 100% Canadian AAA Ground Beef From Elmwood Meats In Port Credit. They're Hand-Pressed In-House And Served On A Fresh Cobs Challah Bun.

Sides: Fries | House Salad | Daily Soup | Smashed Red Potatoes
Coleslaw

+3 Upgrade: Sweet Potato Fries | Parm Fries | Truffle Parm Fries
Roasted Tomato Soup | Caesar Salad

+5 Upgrade: Poutine | Greek Salad | Onion Rings | French Onion Soup

Double Smash Burger
AAA Beef Patties, American Cheese, Iceberg, Onion, Pickle, House-made Mac Sauce, Fresh Cobs Bun. 23 +2 Bacon

Falafel Burger
House-made Falafel Patty, Pickled Onion Cabbage Slaw, Tomato, Iceberg, Buddha Dressing, Fresh Cobs Bun. 22

Pump Burger
AAA Beef Patty, Iceberg, Onion, Pickle, Tomato, House-made Mac Sauce, Fresh Cobs Bun. 20 +1 American or Jalapeño Havarti Cheese

SALADS & BOWLS

Additions: +3 Avocado | +3 Falafel | +7 Blackened Chicken | +8 Shrimp | +9 Steak | +12 Blackened Salmon

- Caesar Salad** 11 | 16
- Avocado Chicken**
Grilled Chicken, Fresh Avocado, Feta, Tomato, Cucumber, Onion, Baby Spinach, Arugula, Honey Balsamic. 24 | gf
- Cobb**
Grilled Chicken, Bacon, Hard-boiled Egg, Avocado, Feta, Cherry Tomato, Cucumber, Red Onion, Romaine, Ranch 23 | gf
- Pear & Goat Cheese Salad**
Sliced Pear and Apple, Candied Walnuts, Goat Cheese, Red Onion, Cucumber, Baby Spinach, Arugula, Poppyseed Yogurt Dressing. 22 | gf | vt
- Fajita Bowl**
Sautéed Peppers and Onion, Avocado, Pico, Corn & Black Bean Salsa, Iceberg, Tex Mex Cheese, Mexican Rice, Avo Crema. 20 | gf | vt
- Greek Salad** gf | vt 12 | 17
- Bang Bang Salmon Bowl**
Flaked Salmon, Chickpeas, Feta, Edamame, Cucumber, Pickled Onion Cabbage Slaw, Roasted Corn, Rice, Avo Crema, Bang Bang. 26 | gf
- Buddha Bowl**
House-made Falafel, Sweet Potato, Chickpeas, Roasted Broccoli, Pickled Onion Cabbage Slaw, Baby Spinach, Buddha Dressing. 22 | gf | v
- Shawarma Bowl**
Shawarma Chicken, Chickpeas, Iceberg, Tomato, Pickled Onion Cabbage Slaw, Rice, Garlic Suace, Toasted Pita. 24
- Greek Chicken Bowl**
Blackened Chicken, Feta, Tzatziki, Iceberg, Tomato, Onion, Cucumber, Rice, Toasted Pita. 24

SANDWICHES & HANDHELDS

Our Sandwiches Are Served On Fresh Cobs Bread And Come With Your Choice Of Side (Look A Little To The Left).

- Club Sandwich**
Grilled Chicken, Bacon, Avocado, Jalapeño Havarti, Tomato, Lettuce, Garlic Aioli, Ciabatta. 22
- Chicken Ciabatta**
Grilled Chicken, Double Cream Brie, Bacon Onion Jam, Arugula, Ciabatta. 22
- Sweet n' Spicy Chix**
Crispy Chicken Thigh, Sweet & Spicy Mustard Sauce, Jalapeño Havarti, Pickled Onion Cabbage Slaw, Fresh Cobs Bun. 23
- Braised Beef Dip**
Shredded Braised Beef, Sautéed Mushrooms and Onions, Jalapeño Havarti, Ciabatta, Au Jus. 29
- Greek Chicken Pita**
Blackened Chicken, Feta, Tzatziki, Iceberg, Tomato, Garlic Toasted Pita. 23
- Buffalo Wrap**
Fried Chicken, Buffalo Sauce, Tex Mex Cheese, Iceberg, Tomato, Red Onion, Ranch. 22
+3 Sub Grilled Chicken
- AAA Striploin Sandwich**
5oz AAA Black Angus Striploin, Double Cream Brie, Pesto, Baby Arugula, Garlic Aioli, Ciabatta. 31
- Steaks And Braising Beef From Elmwood Meats In Port Credit.*

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

Pump Favourite

PASTA

Protein: +2 Pancetta | +2 Bacon | +7 Blackened Chicken
+8 Shrimp | +9 Steak | +12 Blackened Salmon

Gluten-Free Penne + 4

Fettuccine Alfredo

Classic Parmesan Alfredo, Fresh Herbs. 20 | vt

Fettuccine Fra Diavolo

Jumbo Shrimp, Salmon, Roasted Red Peppers, Baby Spinach, Spicy Rose Sauce. 28

Spicy Vodka Rigatoni

Seared Pancetta, Spicy Vodka Rose Sauce. 25

Butternut Squash Ravioli

Butternut Squash Ravioli, Grape Tomato, Sauteed Onion, Brown Butter Herb Sauce. 22 | vt



Chicken Tenders

Hand-Breaded Buttermilk Fried Chicken Tenders, Side. 24

1 CHOOSE YOUR SIZE.

[1 lb]	19
[2 lb]	34
[5 lb]	76

2 DUSTED OR NOT?

3 SAUCE EM UP.

- Forty Creek*
- Honey Garlic*
- Hot / Honey*
- Mild
- Medium
- Hot
- Buffalo Butter
- Dry Cajun
- Lemon Pepper
- Salt & Pepper
- Garlic Parmesan
- 5-Alarm

4 FINISH ON THE GRILL?

+0.25 for extra sauce

5 ADD SOME SIDES?

Celery & Carrots

Hand Cut And Served With Blue Cheese Or Ranch Dip. 6

French Fries

Tossed In Our Seasoning Salt. 9 | gf | vt +3 Gar Parm

Sweet Potato Fries

Side Cajun Mayo. 10 | gf | vt

Truffle Parmesan Fries

White Truffle And Parmesan Herbed Fries Served With A Garlic Aioli. 12 | gf | vt

Onion Rings

Served Crispy With Forty Creek BBQ sauce. 12 | vt

Authentic Poutine

Fries, Québécois Cheese Curds, Gravy. 13 | gf | vt

Buffalo Chicken Poutine

Fries, Crispy Buffalo Chicken, Scallions, Ranch, Québécois Cheese Curds, Gravy. 22

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 +5 | Dairy-Free Cheese +4

Dipping Sauces (4oz) +3: Creamy Garlic | Marinara | 40 Creek BBQ

Classic Margherita

Pomodoro, Fresh Mozzarella, Fresh Basil, EVOO. 25 | vt

Canadian

Pomodoro, Mozzarella, Cup & Char Pepperoni, Bacon, Mushrooms. 26

Pepperoni

Pomodoro, Mozzarella, Cup & Char Pepperoni. 24

Vodka Pesto

Vodka Rose, Fresh Mozzarella, Sundried Tomatoes, Pesto. 27 | vt

Spicy Pepperoni

Pomodoro, Mozzarella, Cup & Char Pepperoni, Fresh Jalapeños, Hot Honey. 25
+2 Sub Vodka Rose Base

Pear & Goat Cheese

Bianco, Mozzarella, Goat Cheese, Shaved Pear, Fresh Arugula, Candied Walnuts, Balsamic Glaze. 26 | vt

Mediterranean Pizza

Pesto, Mozzarella, Feta, Sundried Tomato, Roasted Red Pepper, Artichoke, Olives, Spinach. 26 | vt

ENTRÉES

Haddock & Chips

Prepared To Order In Our House-Made English-Style Fish Batter Served With Fries, Creamy Coleslaw, Tartar Sauce And Lemon. One Fillet 23
Two Fillet 29

Steak Frites

10oz AAA Black Angus Striploin Topped With Chipotle Butter, Served Over Truffle Parmesan Fries, With Chimichurri. 45 | gf +8 Garlic Shrimp

Pump Pad Thai

Chicken, Sauteed Onions, Bell Peppers Tossed With Rice Noodles In Our House-Made Pad Thai Sauce. Finished With Cilantro, Fresh Lime And Bean Sprouts. 21 | gf +2 Sub Shrimp

Choose Your Spice Level



Mild Super Spicy

Branzino

Mediterranean Seabass Filet Oven Roasted With Pesto, Black Olives And Sundried Tomatoes, Served With Smashed Baby Red Potatoes And Wilted Spinach. 36 | gf

Striploin Dinner

10oz AAA Black Angus Striploin Topped With Chipotle Butter, Served With Smashed Potatoes And Seasonal Vegetables. 45 | gf

Panko Salmon

Panko Crusted Salmon With Lemon Thyme Butter, Served Over Rice And Seasonal Vegetables. 26

Chicken Parmesan

Hand-Breaded Chicken Cutlet, Fried And Topped With Tomato Sauce And Mozzarella, Served Over Fettuccine Alfredo. 30

TEX & MEX

Macho Nachos

Hand-cut Corn Chips, Tex Mex Cheese, Iceberg, Tomato, Grilled Steak and Chicken, Chili Con Carne, Side Queso, Salsa, Sour Cream. 38 | gf

Fajitas

Sizzling Skillet with Bell Peppers and Onions, Corn Tortillas, Pico, Avo Crema, Salsa, Iceberg, Tex Mex Cheese. 24
+3 Chicken | +5 Steak

Veggie Nachos

Hand-cut Corn Chips, Tex Mex Cheese, Iceberg, Tomato, Corn & Black Bean Salsa, Bell Peppers, Olives, Onion, jalapeños, Side Queso, Salsa, Sour Cream. 29 | gf | vt

Quesadilla

Crispy Flour Tortilla, Tex Mex Cheese, Corn & Black Bean Salsa, Peppers, Onion, Tomato, Sour Cream & Salsa Dip. 20
+3 Chicken | +5 Steak

Baja Fish

Fried Haddock, Pickled Onion Cabbage Slaw, Pico, Avo Crema, Corn Tortilla. 24
+5.5 Extra Taco

Quesabirria

Chipotle Braised Beef, Melted Mozzarella, Cripsy Corn Tortilla, Consome. 26 | gf
+5.5 Extra Taco

Blackened Shrimp

Blackened Shrimp, Roasted Corn, Feta, Pickled Onion Cabbage Slaw, Avo Crema, Corn Tortilla. 25 | gf
+5.5 Extra Taco

Corn & Sweet Potato

Sweet Potato, Roasted Corn, Avocado, Onion, Bang Bang, Corn Tortilla. 18 | v | gf
+5.5 Extra Taco

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Pump Favourite