



STARTERS & SHAREABLES

- Daily Soup

9
- French Onion Soup

9
- Roasted Tomato Soup

9
- +5 Grilled Cheese | +2 Bacon
- Garlic Cheesy Bread

Toasted garlic bread topped with cheddar and mozzarella, side marinara sauce. 12 | vt
- +2 Bacon Strips | +2 Jalapeños
- Thai Bites

Battered cauliflower florets tossed in sweet Thai chili sauce, topped with sesame seeds and scallions. 19 | vt
- Panko Mozza "Bricks" NEW

Hand breaded panko mozzarella bricks made in-house and served with marinara sauce. 16 | vt
- Calamari Pump

Hand-cut and dusted calamari tossed with jalapeños and soy glaze with a side of curry aioli. 19
- Spicy Edamame NEW

Steamed soy bean pods tossed in chili oil and sesame seeds. 16 gf | vt
- Spare Ribs Pump

Seasoned in sea salt and cracked pepper. 24 | gf | df
- Focaccia & Brie Trio Dip NEW

Double cream brie and herbed focaccia, accompanied by a caramelized onion chutney, maple chili & pesto dip. 23 | vt
- Spinach & Artichoke Dip

House-made dip, corn chips. 19 | gf | vt | +3 Sub Naan

SALADS & BOWLS

- Additions: +3 Avocado | +3 Falafel | +6 Chicken | +7 Burrata
+8 Steak | +8 Shrimp | +12 Salmon Filet
- House Salad | gf | vt

8 | 13
- Caesar Salad

10 | 15
- Greek Salad | gf | vt

11 | 16
- Avocado Chicken Pump

Grilled chicken, baby spinach, arugula, fresh avocado, tomato, onion, cucumber, feta, honey balsamic vinaigrette. 24 | gf
- Cobb Pump

Mixed greens, grilled chicken, bacon, hard-boiled egg, avocado, cherry tomato, red onion, cucumber, feta cheese, ranch dressing. 23 | gf
- Salmon Citrus Salad NEW

Blackened salmon, sweet potato, lettuce, pickled red onions, cherry tomatoes, pepitas, citrus vinaigrette. 25 | gf
- Buddha Bowl NEW

Falafel, sweet potato, chickpeas, roasted broccoli, pickled onion cabbage, baby spinach and Buddha dressing. 22 | gf | v
- Shawarma Bowl NEW

Shawarma chicken, rice, chickpeas, tomato, lettuce, pickled turnip, red pepper hummus, pickled cabbage, toasted pita and garlic sauce. 24
- Greek Chicken Bowl Pump

Blackened chicken breast, rice, lettuce, tomato, onion, cucumber, feta cheese, tzatziki, toasted pita. 24
- Caribbean Bowl

Rice, mango salsa, fresh avocado, corn and black bean salsa, bell peppers, coleslaw, scallions. 22 | gf
+6 Jerk Chicken



Our signature burgers use a 7 oz patty made of 100% Canadian ground beef, hand pressed in-house and served on a fresh Cobs Challah Bun.

- Sides: Fries | House Salad | Daily Soup | Roasted Tomato Soup
Baked Potato | Coleslaw

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

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

House-made 7 oz beef patty, iceberg, tomato, onion, pickle and Pump Mac sauce. 19

+1 Cheese | +2 Bacon | +3 Avocado

Whiskey Burger

Caramelized onions, button mushrooms, Swiss cheese, Forty Creek BBQ sauce, crispy onions. 21

Double Smash Burger Pump

Two smashed patties, two slices of cheddar cheese, bacon, iceberg, onion, pickles, Pump Mac sauce. 22

Falafel Burger

Homemade falafel patty, topped with Buddha dressing, pickled onion cabbage, tomato and lettuce. 21 | v
- 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**. 20

Buffalo Wrap Pump

Fried chicken tossed in buffalo sauce, tex mex cheese, tomato, red onion, lettuce and ranch. 21
+3 Sub Grilled Chicken

Greek Chicken Pita Pump

Garlic toasted pita, blackened chicken, lettuce, tomato, onion, feta, tzatziki. 22

AAA Striploin Sandwich NEW

7 oz AAA Black Angus Striploin, double cream brie, caramelized onions, mushrooms, arugula, and truffle aioli, served on a garlic-buttered toasted baguette. 30

Birriarito NEW

Chipotle beef, rice, corn and black beans, pickled cabbage, bell peppers, tomato, tex mex cheese, lettuce and avocado crema in a flour tortilla. 22

Crispy Chicken Sandy NEW

Buttermilk battered chicken breast, Pump Sauce, dill pickle, lettuce and tomato. 23
Spice it Up! +1

Caprese Sandwich NEW

Prosciutto, fresh mozzarella, tomatoes, baby arugula, pesto aioli, balsamic drizzle on herbed focaccia. 22 | +6 Grilled Chicken
- gf = Gluten Friendly | vt = Vegetarian | v = Vegan
- Pump Pump Favourite

PASTA

Protein: +2 Pancetta | +2 Bacon | +6 Chicken | +7 Burrata
+8 Steak | +8 Shrimp | +12 Salmon Filet

Gluten-Free Penne + 4

Fettuccine Alfredo

Classic parmesan alfredo seasoned with fresh herbs. 19 | vt

Pesto Rigatoni

Mushrooms, sweet onions, sun dried tomatoes, baby spinach in basil pesto. 19 | v

Spicy Vodka Rigatoni

Seared pancetta in a spicy vodka rosé sauce. 24
+ 7 Burrata

Salmon Scampi Fettuccine

Jumbo shrimp, salmon, chipotle butter, sundried tomato, spinach, parmesan, lemon and chili tossed in a white wine garlic sauce. 26

ENTRÉES

Haddock & Chips

Prepared to order in our house-made English-style fish batter, fries, creamy coleslaw, tartar sauce, lemon.
One Fillet 23
Two Fillet 29

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

Baby Back Ribs

1/2 rack of fall off the bone pork back ribs glazed with Forty Creek BBQ sauce, served with creamy coleslaw and fries. 28

Steak Frites

10oz AAA Black Angus Striploin with chipotle butter, chimichurri sauce and white truffle herbed frites, garlic aioli. 38 | gf
+8 Shrimp Skewer

Maple Salmon

Pan-seared maple glazed salmon atop a sweet potato & broccoli hash. 26 | gf

Chicken Tenders

Fresh chicken fillets hand-breaded to order in a buttermilk batter served with your choice of side and sauce. 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
Sweet Thai Chili
Salt & Pepper
Jerk
Kansas City BBQ
5-Alarm

- 4 FINISH ON THE GRILL?

- 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

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

Cheese

Bianco base, mozzarella, cheddar, parmesan. 22 | vt

Canadian

Pomodoro sauce, mozzarella, pepperoni, bacon, mushrooms. 25

Kansas BBQ

Kansas BBQ base, mozzarella, cheddar, parmesan, chicken, red onion and bell peppers. 25

Prosciutto, Arugula & Burrata

Bianco base, mozzarella, prosciutto on a bed of basil and arugula, finished with a balsamic drizzle and a burrata ball. 28

Pesto Chicken

Pesto base, chicken, mozzarella, baby spinach, sundried tomato, red onion & feta cheese. 25

Classic Margherita

Pomodoro sauce, fresh mozzarella, fresh basil, extra virgin olive oil. 25 | vt | +4 Prosciutto

Pepperoni

Pomodoro sauce, mozzarella, pepperoni. 22

Spicy Pepperoni

Pomodoro sauce, mozzarella, pepperoni, jalapeños, red pepper flakes, honey drizzle. 25

Hawaiian

Pomodoro sauce, mozzarella, bacon, ham, grilled cinnamon dusted pineapple. 25

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

TEX & MEX

Macho Nachos

Hand-cut corn chips, grilled steak and chicken, chili con carne, tex mex cheese, lettuce, tomato, side queso, sour cream. 37 | gf

Veggie Nachos

Hand-cut corn chips, tex mex cheese, corn and black bean salsa, bell peppers, olives, onion, lettuce, tomato, jalapeños, side queso, sour cream. 29 | gf | vt

Quesadilla

Crispy flour tortilla loaded with tex mex cheese, corn and black bean salsa, peppers, onions, tomato, side sour cream and house-made salsa. 20 | +3 Chicken | +5 Steak

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. 24 | +3 Chicken +5 Steak

Baja Fish Tacos

Warm flour tortillas, crispy fried haddock, pickled onion cabbage slaw, pineapple mango salsa, avocado crema. 23 | +5.5 Extra Taco

Jerk Tacos

Warm flour tortillas, grilled jerk chicken, corn and black bean salsa, coleslaw, and green onions. 21
+5.5 Extra Taco

Birria Tacos

Crispy flour tortillas filled with chipotle braised beef and melted mozzarella cheese, served with consomé. 22 | +5.5 Extra Taco

POUTINE & CO.

Authentic Poutine

Fries topped with authentic Québécois cheese curds and gravy. 13 | gf | vt

Birria Poutine

Chipotle beef, cheese curds, gravy, avocado crema, fresh cilantro, green onions. 24 | gf

Chilli Cheese Fries

Homemade beef chili, tex mex cheese, queso, green onions and corn tortilla strips. 19 | gf

Buffalo Chicken Poutine

Crispy chicken strips tossed in a buffalo sauce, scallions, crispy onion, ranch drizzle, atop our authentic poutine. 22

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

Pump Favourite

*contains gluten

+0.25 for extra sauce