



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



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 | 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

Double Smash Burger
Two smashed patties, two slices of American cheese, iceberg, onion, pickles, Pump Mac Sauce. 22 | +2 Bacon

Falafel Burger
Homemade falafel patty, topped with Buddha dressing, pickled onion cabbage, tomato and lettuce. 21 | v

Calamari
Hand-cut and dusted calamari tossed with jalapeños with a side of pesto aioli. 19

Spicy Edamame
Steamed soy bean pods tossed in chili oil and sesame seeds. 16
gf | vt

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

Pump Burger
House-made 7 oz beef patty, American cheese, iceberg, onion, pickles, and Pump Mac sauce. 19

SALADS & BOWLS

Additions: +3 Avocado | +3 Falafel | +6 Chicken
+8 Steak | +8 Shrimp | +12 Salmon Filet

Caesar Salad 10 | 15

Greek Salad | gf | vt 11 | 16

Avocado Chicken
Grilled chicken, baby spinach, arugula, fresh avocado, tomato, onion, cucumber, feta, honey balsamic vinaigrette. 24 | gf

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

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

Shawarma Bowl
Shawarma chicken, rice, chickpeas, tomato, lettuce, pickled cabbage, toasted pita and garlic sauce. 24

Greek Chicken Bowl
Blackened chicken breast, rice, lettuce, tomato, onion, cucumber, feta cheese, tzatziki, 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**).

Pump Club
Grilled chicken, bacon, black forest ham, cheddar cheese, tomato, lettuce, mayo on **white, multigrain, or marble rye**. 20

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

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

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

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

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

Pump Favourite

PASTA

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

Gluten-Free Penne + 4

Fettuccine Alfredo

Classic parmesan alfredo seasoned with fresh herbs. 19 | vt

Salmon Scampi Fettuccine

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

Spicy Vodka Rigatoni

Seared pancetta in a spicy vodka rosé 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
Salt & Pepper
5-Alarm

4 FINISH ON THE GRILL?

+0.25 for extra sauce

Chicken Tenders

Fresh chicken fillets hand-breaded to order in a buttermilk batter served with your choice of side and sauce. 24

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

POUTINE & CO.

Authentic Poutine

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

Buffalo Chicken Poutine

Crispy chicken strips tossed in a buffalo sauce, scallions, crispy onion, ranch drizzle, atop our authentic poutine. 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 sauce, fresh mozzarella, fresh basil, extra virgin olive oil. 25 | vt

Spicy Pepperoni

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

Canadian

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

Pepperoni

Pomodoro sauce, mozzarella, pepperoni. 22

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

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

TEX & MEX

Macho Nachos

Hand-cut corn chips, grilled steak and chicken, chili con carne, tex mex cheese, lettuce, tomato, side con 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 con 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**

Baja Fish Tacos

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

Birria Tacos

Crispy flour tortillas filled with chipotle braised beef and melted mozzarella cheese, served with consommé. 22 | +5.5 **Extra 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. 24 | +3 **Chicken** | +5 **Steak**

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 Pump Favourite