TAP & BARREL
RESTAURANT | BAR

FALL FRESH SHEET

AVAILABLE SEPT 8-OCT 20

food features

Spiced Butternut Squash Soup 12.95 (GF)
butternut squash, carrot, ginger, cream,
chermoula, pumpkin seeds, parsley

Crispy Fried Brussels Sprouts 14.95 (GF)
crispy bacon, smoked paprika aioli, bacon vinaigrette,
crispy shallot, everything spice, parmesan

Chicken Korma 25.95 (GFO)
coconut korma sauce, marinated chicken thigh,
roasted butternut squash, sautéed spinach, spiced basmati rice,
cilantro, curried cashews, paratha flatbread
(vegetarian option available)

Honey Glazed Harissa Salmon 32.95 (GF)
herb-roasted beets and carrots, baby kale, red quinoa,
garlic and tahini labneh, walnut dukkah, cilantro

Pumpkin Pie 14.95
caramel, vanilla whip, chai spice
(big enough to share)

drink features

Apricot Cobbler 14.95
j.p. wiser's deluxe canadian whisky, apricot brandy, orgeat,
lemon, apricot, thyme *(contains almonds)* • 2oz

Brown Sugar Espresso Martini 16.95
absolut vodka, kahlúa, baileys, cookie syrup, fresh espresso,
topped with a Biscoff® cookie • 2oz

(GF) GLUTEN FRIENDLY	PRICE DOES NOT INCLUDE TAX OR GRATUITY
(GFO) GLUTEN FRIENDLY OPTION - *ASK FOR DETAILS*	

start & share

Seafood Chowder 14.95
new england style chowder, cod, clams, potatoes, corn, old bay seasoning
⊕ **garlic bread 1pc** 4.50 | **2pc** 7.50

b **Peruvian Ahi Tuna Ceviche** 19.50
aji amarillo leche de tigre, avocado, green onion, pickled shallots, fresno chili, micro cilantro, corn nuts, cumin-dusted tortilla chips

b **Bang Bang Shrimp** 19.50
crispy tempura tail-on shrimp, bang bang aioli, green onion, sesame

Stracciatella Bruschetta 18.95
creamy stracciatella cheese, sun-dried tomato and red pepper bruschetta, pickled shallots, garlic crostini, fresh basil

Gyoza 15.50
pan-fried chicken and veggie dumplings, korean sesame sauce, green onion, sriracha mustard

Chicken Wings 19.95
choice of frank's hot, spicy korean, maple bacon or salt and pepper

Chicken Strips & Fries 19.95
crispy breaded chicken strips, fries
choice of honey mustard or buttermilk ranch

b **Jumbo Prawn Cocktail** 21.95
half a dozen prawns, creole remoulade, harissa cocktail sauce, lemon

Hummus & Za'atar Flatbread 17.50
hummus, chermoula, feta, harissa, crispy chickpeas, parsley, baked to order za'atar flatbread

Truffle Waffle Fries 12.95
parmesan, parsley, garlic aioli

Crispy Humboldt Squid 19.95
fried banana peppers, micro greens, jalapeño mayo, lemon

Calabrian Chili & Garlic Prawns 20.95
sautéed prawns, spicy calabrian chili crunch, garlic shallot butter, white wine, lemon, grape tomatoes, garlic baguette

Fresh Guac & Chips 15.50
guacamole, roasted pumpkin seeds, cilantro, pico de gallo, feta, cumin-dusted tortilla chips

Nachos 23.95
cumin-dusted tortilla chips, cheddar, feta, smoked mozzarella, pickled jalapeños, black olives, pico de gallo, green onion, cilantro, sour cream
⊕ **guacamole** 4.50
⊕ **extra cheese** 4.50
⊕ **chicken tinga** 5.50

bowls & salads

b **Hot Seafood Caesar Salad** 32.95
sautéed garlic prawns, scallops, salmon, romaine hearts, crispy capers, parmesan, house-baked croutons, caesar dressing

Ranchero Rice Bowl 24.50
spiced rice, pico de gallo, avocado, pickled cabbage, corn and bean salsa, charred fresno aioli, tortilla strips, cilantro
choice of grilled cajun chicken, sautéed creole prawns or cajun bbq tofu

Ahi Tuna Poke Bowl 26.50
gochujang soy marinade, sushi rice, tobiko, miso mayo, roasted pineapple, seaweed salad, pickled ginger, avocado, radish, sunomono cucumber, cilantro, crispy onion furikake

Mediterranean Power Bowl 26.50
chermoula pearl couscous, kale, spinach, hummus, feta, grape tomatoes, cucumber, castelvetrano olives, pickled cabbage, crispy chickpeas, micro cilantro, charred fresno aioli
choice of moroccan chicken, crispy falafel or seared halloumi cheese

Korean Fried Chicken Bowl 25.50
gochujang-glazed fried chicken, sushi rice, kimchi pickles, kewpie mayo, chili lime slaw, avocado, green onion, crispy onion furikake

Field Greens Salad 17.50
hearty field greens, feta, cucumber, radish, grape tomatoes, crispy chickpeas, green goddess vinaigrette, roasted pumpkin seeds

Roasted Garlic Caesar Salad 17.50
romaine hearts, crispy capers, parmesan, caesar dressing, house-baked croutons

add to your salad

⊕ **grilled half avocado** 3.95
⊕ **sautéed creole prawns** 7.95
⊕ **grilled garlic chicken** 6.95
⊕ **grilled cajun chicken** 6.95
⊕ **seared halloumi cheese** 6.95
⊕ **crispy falafel** 6.50
⊕ **cajun bbq tofu** 5.95
⊕ **oven-roasted salmon** 12.95

mains

Miso Sablefish 38.95
miso-marinated sablefish, bok choy, roasted shiitake mushrooms, chili oil, coconut ginger broth, furikake, sesame scallion rice, green onion

Caper Dill Salmon 32.95
oven-roasted steelhead, crispy potatoes, caper dill aioli, seasonal vegetables, dill, parsley

Prawn & Scallop Spaghettini 29.95
pan-seared scallops and prawns, parmesan, lobster lemon cream sauce, parsley, parmesan breadcrumbs, garlic baguette

Truffle Mushroom Mac & Cheese 25.95
local wild mushrooms, cavatappi noodles, arugula, sharp cheddar béchamel, parmesan breadcrumbs, parsley

Fried Chicken Mac & Cheese 25.95
buttermilk fried chicken, cavatappi noodles, bacon, sharp cheddar béchamel, parsley, parmesan breadcrumbs

Lobster Mac & Cheese 32.95
canadian lobster, cavatappi noodles, lobster and sharp cheddar béchamel, parmesan breadcrumbs, parsley, lemon

Fish & Chips
two pieces of craft beer-battered fish, fries, slaw, tartar sauce
cod 25.50 | **halibut** 34.50

Forager Chicken 31.95
roasted chicken breast, local wild mushrooms, porcini peppercorn demi-glace, roasted garlic mashed potatoes, seasonal vegetables

Steak Frites
grilled steak, peppercorn sauce, fries, truffle arugula
7oz sirloin 34.95 | **10oz ribeye medallion** 43.95
⊕ **canadian lobster tail** 19.95

Creole Steak
grilled steak, creole butter, roasted garlic mashed potatoes, seasonal vegetables
7oz sirloin 35.95 | **10oz ribeye medallion** 44.95
⊕ **canadian lobster tail** 19.95

add to your main

⊕ **peppercorn sauce** 2.95
⊕ **sautéed creole prawns** 7.95
⊕ **sautéed local wild mushrooms** 3.95
⊕ **canadian lobster tail** 19.95
⊕ **garlic bread 1pc** 4.50 | **2pc** 7.50

pizzas

GLUTEN FREE CRUST AVAILABLE 3.50

Margherita 22.50
parmesan, fresh mozzarella, fresh basil, pomodoro sauce

Local Wild Mushroom 23.50
local wild mushrooms, mozzarella, truffle arugula, roasted garlic cream sauce

Double Pepperoni 23.50
dry-cured pepperoni, mozzarella, fresh parmesan, pomodoro sauce

Hot Honey Calabrese 24.50
calabrese salami, bacon, fresh mozzarella, spicy honey, pomodoro sauce, fresh basil

Fennel Sausage & Stracciatella 26.50
fennel sausage, creamy stracciatella cheese, smoked mozzarella, kale, pickled peppers, roasted garlic cream sauce, lemon

add a dip

⊕ **buttermilk ranch** 1
⊕ **jalapeño mayo** 1
⊕ **garlic mayo** 1
⊕ **hot honey** 2

LOOKING FOR OPTIONS TO ACCOMMODATE DIETARY NEEDS?
SCAN HERE TO FILTER THE MENU BY DIET.
POWERED BY honeycomb.ai

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handhelds

GLUTEN FREE BUNS AVAILABLE 2.50

all handhelds are served with fries
substitute green salad, caesar salad or tots 1.95 | **substitute seafood chowder** 5.95
substitute truffle waffle fries or waffle fry poutine 3.95

Tap Burger 23.95
100% canadian beef, aged white cheddar, lettuce, caramelized onions, tomato, house mayo, pickles, brioche bun

PB&J Burger 24.50
100% canadian beef, chipotle peanut butter, bacon jam, house mayo, lettuce, tomato, pickles, brioche bun

Spicy Tuna Burger 23.95
seared ahi tuna, sesame lemongrass panko crust, smashed avocado, cucumber, lettuce, crispy onions, spicy miso mayo, pickled onions, brioche bun

Falafel Veggie Burger 22.95
house-made falafel, charred fresno aioli, garlic tahini labneh, hummus, tomato, arugula, pickled cabbage, cucumber, brioche bun

Southern Fried Chicken Burger 23.50
buttermilk fried chicken, pickles, shredded iceberg, pickled onions, honey cayenne mayo, brioche bun

Cajun Chicken Burger 23.50
blackened chicken, smashed avocado, bacon, lettuce, tomato, house mayo, brioche bun

West Coast Clubhouse 24.50
grilled chicken breast, bacon, arugula, aged white cheddar, smashed avocado, charred fresno aioli, tomato, toasted brioche

Porcini-Crusted Beef Dip 26.95
hand-carved porcini-crusted beef, truffle jack cheese, tiger horseradish sauce, caramelized onions, french onion jus, crispy onions, baguette

b **Lobster Roll** 31.95
canadian lobster, crab, prawns, celery, lemon aioli, green onion, micro greens, old bay seasoning, butter-toasted milk bun

Crispy Fish Tacos 2pc 22.95
crispy battered cod, pineapple salsa, slaw, spicy miso mayo, pickled red cabbage, micro cilantro, valentina, flour tortillas

add to your handheld

- ⊕ **bacon** 3.50
- ⊕ **fried egg** 2.95
- ⊕ **smashed avocado** 1.95
- ⊕ **sautéed local wild mushrooms** 3.95
- ⊕ **aged white cheddar** 1.95

plant-based

PLEASE INFORM YOUR SERVER WHEN ORDERING FROM THIS SECTION

Vegan Fresh Guac & Chips 15.50
guacamole, roasted pumpkin seeds, cilantro, pico de gallo, cumin-dusted tortilla chips

Vegan Hummus & Za'atar Flatbread 17.50
hummus, chermoula, crispy chickpeas, parsley, harissa, baked to order za'atar flatbread

Vegan Field Greens Salad 17.50
hearty field greens, cucumber, radish, grape tomatoes, crispy chickpeas, green goddess vinaigrette, roasted pumpkin seeds
- ⊕ **grilled half avocado** 3.95
- ⊕ **cajun bbq tofu** 5.95
- ⊕ **crispy falafel** 6.50

Vegan Mediterranean Falafel Bowl 26.50
crispy falafel, chermoula pearl couscous, spinach, kale, hummus, grape tomatoes, cucumber, castelvetrano olives, pickled cabbage, crispy chickpeas, micro cilantro, charred fresno aioli

Cajun BBQ Tofu Ranchero Rice Bowl 24.50
spiced rice, pico de gallo, avocado, pickled cabbage, corn and bean salsa, charred fresno aioli, tortilla strips, cilantro

Vegan Falafel Burger 25.45
house-made falafel, charred fresno aioli, hummus, tomato, pickled cabbage, arugula, cucumber, vegan bun
choice of fries, tots, or green salad without feta

b **BRIDGES EXCLUSIVE** | Available at this location only

PEOPLE WHO REALLY CARE **DO IT BETTER**

CANADA'S BEST MANAGED COMPANIES

weekend & holiday brunch

AVAILABLE UNTIL 2PM

Double Bacon Benny 19.50
bacon, bacon jam, poached eggs,
cajun spice, hollandaise, english muffin,
garlic mayo, micro greens
choice of crispy potatoes or green salad

Smashed Avocado Benny 18.95
avocado, tomato, poached eggs, hollandaise,
english muffin, garlic mayo, micro greens
choice of crispy potatoes or green salad

Seafood Benny 29.95
canadian lobster, crab, prawns,
garlic butter, butter lettuce, english muffin,
lemon aioli, old bay seasoning, parsley
choice of crispy potatoes or green salad

Caramelized French Toast 17.50
brûléed thick-cut brioche, maple syrup,
coconut graham crumb, icing sugar,
vanilla whip

Breakfast Clubhouse 20.50
two fried eggs, bacon, arugula,
aged white cheddar, smashed avocado,
charred fresno aioli, tomato, toasted brioche
choice of crispy potatoes or green salad

Bacon & Eggs 17.50
bacon, scrambled eggs, toasted sourdough
choice of crispy potatoes or green salad

Avocado Toast 19.95
toasted sourdough, avocado, feta,
poached egg, oven-dried tomato,
pickled cherry peppers, arugula,
pickled shallots, parsley, walnut dukkah
choice of crispy potatoes or green salad

Hearty Hash Bowl 20.50
crispy potatoes, red onion, tomato,
red peppers, sautéed spinach,
poached eggs, hollandaise, parsley
choice of southern fried chicken,
bacon or grilled avocado

Breakfast Burger 22.50
100% canadian beef, bacon, fried egg,
aged white cheddar, garlic mayo,
arugula, jalapeño mayo, brioche bun
choice of crispy potatoes or green salad

add to your brunch

- ⊕ **egg** *(any style)* 2.95
- ⊕ **two strips of bacon** 3.50
- ⊕ **hollandaise** 1.95
- ⊕ **toasted brioche** 2.95
- ⊕ **grilled half avocado** 3.95
- ⊕ **sautéed local wild mushrooms** 3.95

BRUNCH HAPPY HOUR

$4 OFF ALL BRUNCH ITEMS

AVAILABLE WEEKENDS & HOLIDAYS UNTIL 12PM

brunch drink features

AVAILABLE WEEKENDS & HOLIDAYS UNTIL 2PM

Signature Caesar 12
polar ice vodka, signature hot sauce,
clamato, dill pickle pepperoni,
pepperoncini • 2oz
ALWAYS A DOUBLE

Red Sangria 9
red wine, d'eaubonne brandy,
triple sec, pineapple, cranberry,
pomegranate, orange,
lemon • 1oz spirit + 3oz wine

Aperol Spritz 11
aperol, sparkling wine, soda,
orange • 2oz spirit + 3oz wine

Espresso Martini 13
absolut vodka, kahlúa, fresh espresso,
crème de cacao • 2oz

Mimosa 6
sparkling wine, orange juice • 3oz

Half Price Bottles of Sparkling Wine
applies to all 750ml bottles
⊕ **orange juice** 8

TAP & BARREL IS PROUDLY **BC OWNED & OPERATED**

HAPPY HOUR

MONDAY-FRIDAY 3PM-5PM | EVERY DAY 9PM-CLOSE

HAPPY HOUR FOOD

SNACKS & SWEETS $5+

PIZZAS & MAINS $15+

Tots or Fries 5

Truffle Waffle Fries 8

HH **Tap Snack Burger** 10
100% canadian beef, caramelized onions, aged white cheddar, pickles, house mayo, potato roll *(snack-size, burger only)*

HH **Fried Chicken Snack Burger** 10
southern fried chicken, pickles, tangy mayo, potato roll *(snack-size, burger only)*

Gyoza 10

Fresh Guac & Chips 11

Hummus & Za'atar Flatbread 13.50

Chicken Wings 15
choice of frank's hot, spicy korean, maple bacon or salt and pepper

Bang Bang Shrimp 16.50

Oreo Cheesecake 10

HH **Mac & Cheese** *(no protein)* 15

Margherita Pizza 16.50

Double Pepperoni Pizza 17.50

Local Wild Mushroom Pizza 17.50

Hot Honey Calabrese Pizza 18.50

Fennel Sausage & Stracciatella Pizza 20.50

Ranchero Rice Bowl 19
choice of grilled cajun chicken, sautéed creole prawns or cajun bbq tofu

Ahi Tuna Poke Bowl 21

Caper Dill Salmon 26

7oz Sirloin Steak Frites 29

HH HAPPY HOUR EXCLUSIVE

HAPPY HOUR DRINKS

Well Highballs 1oz • 5 | 2oz • 8

LOLO Tequila Paloma Fizz 1oz • 7

Pink Lemonade Slush 2oz • 8
or add a side to any drink 2

Cherry Blaster 2oz • 10

Classic Margarita 2oz • 10

Aperol Spritz 2oz spirit + 3oz wine • 11

Phillips Tilt Lager 16oz • 5 | 20oz • 6.50

Red Truck La Strada Pilsner
16oz • 5 | 20oz • 6.50

Phillips Blue Buck Ale
16oz • 5.50 | 20oz • 7

BREWHALL Hall Pass IPA
16oz • 6.25 | 20oz • 7.75

Red Sangria 1oz spirit + 3oz wine • 9

Rosé Sangria 1oz spirit + 4oz wine • 10

Stone Road White or Red
6oz • 6 | 9oz • 9

Château Pesquié 1912 Blanc or Rouge
6oz • 8.50 | 9oz • 12.75

JoieFarm A Noble Blend
6oz • 11.50 | 9oz • 17.25

Modest Wines Rosé 6oz • 10 | 9oz • 15

Poplar Grove Generation Merlot
6oz • 13 | 9oz • 19.25

Sour Cherry Lemonade 4.50 *(non-alc)*

Corona Cero 6 *(non-alc)*

Non-Alc Mionetto Spritz 10.50

HAPPY HOUR 50% OFF BOTTLES OF WINE

Quinta da Lixa Vinho Verde 22

Stoneleigh Sauvignon Blanc 27

Claude Val Rosé 26

Campo Viejo Reserva Red 27

Take It To The Grave Shiraz 30

prices reflect the discount

DAILY FEATURES

MONDAY
$10 Off Cantaritos Pitchers

TUESDAY & WEDNESDAY
Half Price Bottles of Wine *(750ml only)*

THURSDAY
$2 Off Stella Artois & Corona Extra

SATURDAY & SUNDAY
Brunch Happy Hour & Drink Features

KIDS MENU

AGES 12 AND UNDER

all kids' meals come with a small drink and dessert
choice of mario's vanilla bean gelato or apples and caramel

Kids' Cheeseburger 13.95
100% canadian beef, white cheddar, toasted bun, ketchup
choice of fries, green salad or caesar salad
GLUTEN FREE BUN AVAILABLE 2.50

Kids' Cheese Pizza 13.95
pomodoro sauce, mozzarella
GLUTEN FREE CRUST AVAILABLE 3.50

Kids' Fish & Chips 1pc 13.95
crispy battered fish, fries, tartar sauce, ketchup

Kids' Chicken Strips 13.95
crispy breaded chicken strips
choice of honey mustard or ranch dip
choice of fries, green salad or caesar salad

Kids' Mac & Cheese 13.95
cavatappi noodles, sharp cheddar béchamel,
garlic baguette, side of ketchup

Kids' Pasta 11.95
cavatappi noodles, parmesan, garlic baguette
choice of butter or tomato sauce

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dessert

Sticky Toffee Pudding 12.95
warm date and molasses cake, toffee sauce,
mario's vanilla bean gelato, candied walnuts

Oreo Cheesecake 12.95
new york style cheesecake, oreo whip, chocolate sauce, oreo crumble

Key Lime Parfait 12.50
key lime custard, coconut graham crumb,
vanilla whip, lime zest

Matilda's Chocolate Cake 16.95
four-layer chocolate cake, chocolate sauce,
vanilla whip, shaved dark chocolate
(big enough to share)

Affogato 10.95
mario's vanilla bean gelato, espresso

espresso bar

Espresso 5 | **Americano** 5 | **Latte** 5.75
Cappuccino 5.75 | **Mocha** 6.25 | **Hot Chocolate** 4.75
substitute oat milk 1

after dinner drinks

Espresso Martini 14.95
absolut vodka, kahlúa, fresh espresso, crème de cacao • 2oz

Virgin Espresso Martini 9.95
fresh espresso, noa non-alc coffee liqueur, vanilla

Shanky's Coffee 13.50
shanky's whip irish whiskey liqueur, licor 43,
whipped cream, coffee • 2oz

Baileys & Chai 13.50
baileys, vanilla chai tea, cinnamon stick • 2oz