

SHAREABLES

WAGYU BEEF GYOZA ponzu, scallions, sesame seeds	13
BRUSCHETTA DIP 🍷 ricotta, cream cheese, grape tomato, basil, garlic, balsamic glaze extra virgin olive oil	17
TACOS	9
CHIPOTLE CHICKEN 🌶️ pico de gallo, lime crema, lettuce, feta, coriander	
BAJA FISH TACO guacamole, lettuce, chipotle mayo, pico de gallo, coriander	
CAULIFLOWER 🍷 pineapple salsa, honey, dill ranch, slaw	
BUFFALO CAULIFLOWER BITES 🍷 panko-crusted, tossed in Frank's Hot Sauce®, dill ranch drizzle	18
CHICKEN WINGS served with ranch dressing, choice of sauce: Buffalo, mild BBQ, honey garlic, cajun, spicy caesar	22
CRISPY THAI CALAMARI 🌶️ marinated in a coconut red curry, chili, lime, red curry aioli	22
BUTTERMILK CHICKEN TENDERS choice of sauce: Buffalo, mild BBQ, honey garlic, cajun, spicy caesar ADD fries +5	20.5
NACHOS 🍷🌶️ tortilla chips, 3 cheese blend, jalapeños, pickled onion, tomato salsa, beans, sour cream, pico de gallo, scallions ADD pulled beef brisket +6 chipotle chicken +5 guacamole + 4	24
CLASSIC POUTINE Quebec cheese curds, gravy ADD pulled brisket +6 chipotle chicken +5	16
SWEET POTATO FRIES 🍷 chipotle mayo	13
FRENCH FRIES 🌶️🍷 ADD beef gravy +3	11
TEMPURA SHRIMP yuzu aioli, sweet thai chili sauce, crispy vermicelli, chili	17
CRISPY BRUSSEL SPROUT pecan, parmesan, balsamic vinaigrette	16

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SALADS & BOWLS

ADD chicken +10 salmon+15 falafel (5) +7 tempura shrimp +8 karaage chicken +8	
SALMON POKE BOWL 🌶️	27
sushi rice, cucumbers, carrots, avocado, radish, jalapeño, pickled ginger, wasabi miso mayo, marinated raw salmon	
FALAFEL HIPPIE BOWL 🌶️🍷	23
crunchy kale, shaved brussels sprouts, carrots, red cabbage, crisp cucumber, avocado, hummus, toasted sunflower seeds, lemon miso tahini dressing	
BEET & GOAT CHEESE SALAD 🍷🌶️	19
heritage greens blend, candied pecans, chive vinaigrette, honey	
CLASSIC CAESAR	19
fresh grated parmesan, croutons, bacon, house dressing, lemon	
GOODMAN BOWL 🍷	19
organic quinoa, couscous, kale, apple, butternut squash, chickpeas, red pepper, feta, pumpkin seeds, maple dijon vinaigrette	

DESSERT

RASPBERRY & GREEK YOGURT CHEESECAKE	14
whipped cream, raspberry coulis	
CHOCOLATE CAKE	14
fudge icing, whipped cream	
WARM CHURRO	14
dulce de leche	

🌱 VEGAN | 🍷 VEGETARIAN | 🌶️ GLUTEN-SENSITIVE

Items as indicated are prepared with gluten-free ingredients, however we cannot
guarantee dishes are 100% free of gluten due to trace amounts crossing over within
our kitchen. Please consider this when ordering from our menu or let us know if you
have a food allergy or sensitivity.

A gratuity of 18% will be applied to groups of 8 or more guests

SIGNATURE PLATES

FISH & CHIPS beer-battered cod, hand-cut fries, dill tartar sauce	25
ZEN BOWL 🌱🍷 kale, snow pea, pineapple, red pepper, brussel sprout, mushroom, red onion, scallion, brown rice, sesame seed, soy-ginger sauce, sriracha ADD: chicken +10 salmon+15 karaage chicken +8 tempura shrimp +8 sunny up egg +1.5	21
HOMEMADE MEATLOAF Ontario beef & pork, Yukon mashed potato, seasonal vegetables, brown sugar & dijon BBQ glaze	27
PAN SEARED SALMON 🌶️ seasonal vegetables, mash potato, dill crema	33
HONEY SESAME CHICKEN LO MEIN crispy chicken, carrots, bell pepper, baby spinach, broccoli , sweet & spicy sauce, honey drizzle, sesame seed	26
CHICKEN PENNE rosé sauce, mushrooms, spinach, parmesan	26
VEGAN VERMICELLI NOODLES 🌱🍷 soy-sesame dressing, tofu, cabbage, onion, scallion, carrot, mushroom, ginger, garlic, red chili pepper, corn ADD: chicken +10 salmon+15 karaage chicken +8 tempura shrimp +8 sunny up egg +1.5	20
HANDHELDS SERVED WITH FRESH HAND-CUT FRIES	
SUB side greens +3 side Caesar +3 sweet potato fries +3 classic poutine +5 gluten free bun +2 bacon +3	
CHEESE BURGER SMASH 2 smash patties, American cheese, lettuce, tomato, secret sauce, pickle, brioche bun	23
TEX MEX SMASH 2 smash patties, American cheese, lettuce, chipotle aioli, fried jalapeño, bacon, brioche bun	25
GOODMAN BURGER 2 smash patties, Swiss cheese, lettuce, mushroom, caramelized onion, grainy mustard, brioche bun	26
SOUTHERN FRIED CHICKEN SANDWICH house slaw, dill pickle, spicy honey dijon, brioche bun	24
GRILLED PORTOBELLO BURGER 🍷 marinated portobello mushroom, smashed avocado, caramelized onion, arugula, brioche bun	26
SPICED LAMB SMASHED BURGER Ontario lamb patty, Indian curry spice, tzatziki, pineapple & jalapeño relish, brioche bun	28
CAJUN CLUB cajun chicken, crispy bacon, lettuce, tomato, cheddar, creole mayo, herb focaccia	27