

# LUNCH

## SOUPS & SALADS

### SOUP OF THE DAY – 6

**MIXED GREENS** – seasonal harvest, dried cranberries, pumpkin seeds, maple sherry dressing – 9 GF V

**KALE & ROMAINE CAESAR** – bacon, croutons, Parmesan cheese – 10

*Add on a grilled chicken breast for – 5*

## LUNCH WRAPS

### 10

Flour tortilla, lettuce, tomato, onion, herb mayo. Served with kettle chips, fries, or potato salad.

Swap out for a Caesar salad, mixed greens salad, poutine, or soup for – 3

**BLT** – grilled pork belly, bacon, pickled onions

**FRIED CAULIFLOWER & SQUASH** –

cilantro, sour cream V

*\*vegan option available\**

**PULLED CAJUN CHICKEN** – pickled onions, coleslaw

## BOWLS

### 11

Ancient grains and kale salad bowl topped with your choice of:

**ROASTED SQUASH** – fried chickpeas, crushed nuts, pickled veg, maple sherry dressing GF V

**CRISPY POPCORN CHICKEN** – coleslaw, Sriracha mayo, sesame seeds, sweet soy glaze

**GREEK TURKEY COBB** – roasted turkey, feta, cucumber, tomato, olives, red onion, egg, tzatziki GF

**TEX MEX BOWL** – taco beef, black beans, corn, lettuce, tomato, sour cream, cheese, green onion GF

*\*vegan option available\**

GF – gluten free V – veg

# HANDHELDS

12

All sandwiches are served with kettle chips, potato salad, or fresh cut fries. Swap out for a Caesar salad, mixed greens salad, poutine, or soup for – 3

*\*gluten-free buns available\**

**CLASSIC BURGER** – all beef ground chuck, lettuce, tomato, onion, herb mayo

**VEGGIE BURGER** – house made beet, quinoa, and black bean patty, onion crisps, lettuce, tomato, herb mayo – Add Feta – 2

*\*vegan option available\**

**PULLED PORK** – Carolina BBQ sauce, coleslaw, pickled jalapeno

**MONTREAL SMOKED BRISKET** – 1/2 lb carved smoked meat, Swiss cheese, sauerkraut, yellow mustard

**TURKEY CLUB** – bacon, cheddar, roasted turkey, lettuce, tomato, herb mayo

**GRILLED CHEESE & TOMATO** – sliced tomato, multi-cheese blend, tomato soup dip   
– Add bacon – 3

# PUB FAVOURITES

**POUTINE** – real cheese curds, beer gravy, green onions – 10

**FISH & CHIPS** – 2 pieces of Cod breaded in crushed potato chips, coleslaw, tartar, fries – 13

**NACHOS** – house fried corn tortillas, olives, tomatoes, pickled jalapenos, sweet red onions, green onions, sour cream drizzle, salsa – 14

# WINGS

15

**WET** – apple butter mesquite, Carolina BBQ, classic Frank's, honey garlic, extra hot

**DRY** – dill pickle, cajun, chipotle mango, lemon pepper

THE  
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