jump
RESTAURANT

HOUSEMADE ROSEMARY FOCACCIA
roasted pepper spread, Pecorino Romano 11.

WARM MIXED OLIVES
roasted garlic, lemon, oregano 9.

JUMP FRIES
crisp Yukon Gold or sweet potatoes, tomato mayo 11.

JUMP POUTINE
crisp Yukon Gold fries, cheese curds, gravy 14.

BUCK-A-SHUCK

available Fridays from 2pm-close
with purchase of a bottle of wine*
nasty sauce, fresh horseradish, lemon
*Maximum 24 oysters per bottle while quantities last.

30TH ANNIVERSARY j 30TH ANNIVERSARY

join us in celebrating 30 years!
Look for the j to find iconic dishes that have been with us since the jump.

most items available for takeout

Please inform us of any allergies. We will do our utmost to accommodate, though we are unable to guarantee an allergen-free kitchen.

Appetizers

WILD & TAME MUSHROOM SOUP j
assorted mushrooms, truffle, no cream or butter 14.

JUMP CAESAR
kale, romaine, double-smoked bacon, Parmesan focaccia croutons 18.
add chicken +9. Gulf shrimp +15. wild B.C. salmon +24.

BURRATA
squash jam, salsa verde, pistachios, grilled focaccia 27.

HERITAGE BEET SALAD
pickled and roasted beets, blood orange, whipped goat feta, watercress, parsnip crisps 20.

CHICORY & APPLE SALAD
compressed Granny Smith apple, celeriac rémoulade, endive, radicchio, clothbound cheddar 19.

BEEF CARPACCIO
Jerusalem artichoke, pickled king oyster mushrooms, Parmigiano-Reggiano, Vertico Farms rocket 22.

HOKKAIDO SCALLOP CRUDO
tomatillo, yuzu kosho, avocado, crab apple, tapioca crisps 24.

TUNA TARTARE j
jalapeño, ginger, avocado, mesquite barbecue chips 23.

Handmade Pasta

PAPPARDELLE WITH LAMB RAGÙ BIANCO
slow-cooked lamb, sunchoke, marsala, Pecorino Romano 28.

RICOTTA & SQUASH GIRASOLI
stuffed pasta, heritage squash, toasted hazelnuts, brown butter, sage 27.

CHICKEN AL PESTO
fusilli, basil pesto, green beans, pine nuts 26.

BRAISED SAUSAGE RIGATONI
housemade sausage, tomato sugo, Pecorino Romano 27.

Mains

GRILLED CALAMARI j
brown butter, garlic, anchovies, olives, broccolini, lemon 28.

THE JUMP BURGER
house-ground and griddle-cooked patty, smoked pimento cheese, mustard mayo, Jump fries 28.

ROASTED CAULIFLOWER STEAK (vegan)
grilled portobello mushrooms, harissa hummus, Israeli couscous, snap peas, radish, zhug, garlic toum sauce 28.

SEARED SCALLOP & ARGENTINE SHRIMP
shellfish risotto, roasted celery root, Parmigiano-Reggiano, lemon 44.

SPECK-WRAPPED SMOKED PORK
pork tenderloin, white grits, maitake mushrooms, charred corn, braised greens, jus 39.

WILD B.C. SALMON
braised cannellini beans, Tuscan kale, Calabrian chili, preserved lemon relish 39.

BRICK-PRESSED HERITAGE HALF CHICKEN
soft polenta, rapini, roasted peppers, salmoriglio sauce 38.

SEARED WHOLE BONELESS BRANZINO
parsnip purée, green beans, squash and pine nut agrodolce 53.

7oz GRASS-FED TENDERLOIN
grilled broccolini, green peppercorn jus, Jump fries 54.

VADOUVAN-CRUSTED RACK OF LAMB
saffron risotto al salto, tandoori squash, charred shallot, yoghurt, mint gremolata 50.

12oz AAA RIB EYE
Béarnaise sauce, braised greens, jus, Jump fries 62.

Happy Hour

Mon–Fri from 2–5pm

WINE 9
Bubbles *5oz*
White, Red & Rosé *6oz*

LOCAL SPIRITS PINK GIN FIZZ 9
355ml can

DEJADO TEQUILA SODA 10
473ml can

SHOT-AND-A-BEER 12
Jameson Irish Whiskey *1oz*
Lost Craft 'Revivale' Lagered Ale *16oz*

Draught Beer

	16oz
Amsterdam Brewery '3 Speed' Lager, Ontario	9.25
Amsterdam Brewery 'Space Invader' IPA, Ontario	9.25
Bench Brewing 'Henderson's Best' Amber Ale, Ontario	9.25
Lost Craft 'Revivale' Lagered Ale, Ontario	9.25
Indie Alehouse 'Instigator' IPA, Ontario	9.25
Indie Alehouse 'Marco Polo' Pilsner, Ontario	9.25

Craft Beer & Cider

Heineken, Netherlands *341ml*	8.5
Michelob Ultra, United States *341ml*	8.5
Steam Whistle, Ontario *341ml*	8.5
Guinness, Ireland *440ml*	10
Lost Craft Cider, Ontario *473ml*	10

Classic Cocktails

AMERICANO *2oz* 16
Campari, Dolin sweet vermouth, soda

THE ELK'S OWN *2oz* 18
Crown Royal Northern Harvest, Graham's Late Bottled Vintage port, lemon, egg white, nutmeg

BOURBON SOUR *2oz* 21
Maker's Mark bourbon, lemon, Angostura bitters, egg white

PENICILLIN *2oz* 24
J&B scotch, Laphroaig Quarter Cask, honey ginger syrup, lemon

Signature Cocktails

GUILT & HONEY *2oz* 17
Dillon's Canoe rye, Amaro Montenegro, lemon, honey, rosemary

COCONUT & CHILI MOJITO *2oz* 17
Captain Morgan spiced rum, Malibu rum, lime, mint, red chili

BERRY BLISS *2oz* 17
Dillon's Selby berry bliss liqueur, berry infused Smirnoff vodka, cranberry

TANGERINE PALOMA *2oz* 18
Sauza Gold tequila, tangerine, lime, grapefruit bitters, Tajín

EARL GREY OLD FASHIONED *2oz* 19
Earl Grey infused Bulleit bourbon, lemon bitters

PINK SPRITZ *4oz* 21
Chambord, Lazzara Bianco Secco, elderflower cordial, Angostura bitters, soda

MEZCAL OLD FASHIONED *2oz* 22
Mezcal Amores Verde Momento, Sauza Gold tequila, orange and clove syrup, orange bitters

GINGER LIME COLLINS *2oz* 23
Tanqueray No. Ten gin, honey ginger syrup, lime, soda

Spirit Free

FRESHLY SQUEEZED JUICE 7
rotating selection

KOMBUCHA 8
Remedy Wild Berry *330ml*
Remedy Mango Passion *330ml*

BEER 8
Partake IPA (<0.5% ABV) *355ml*
Partake Blonde (<0.5% ABV) *355ml*

MANGO MULE 8
mango juice, ginger beer, lime

YUZU SPRITZ 10
Japanese yuzu juice, soda

BETWEEN THE WOODS 14
Kentucky 74 NA bourbon (<0.5% ABV), brown sugar syrup, lime