



Chef de Cuisine

Miheer Shete



@jumprestaurant

jumprestaurant.com

o&b artisan

Our breads and pastries are prepared fresh daily in our in-house bakery.

b.y.o.w

Bring your own wine to Jump anytime! Corkage fee is 30. per bottle (not applicable for private dining events).

freshly squeezed

Ask us about our daily juice selection 6.

PRIVATE EVENTS

Jump offers private dining and semi-private spaces fit for any occasion. Exclusive openings Saturdays and Sundays—perfect for weddings and celebrations.

Soups

WILD & TAME MUSHROOM SOUP
assorted mushrooms, truffle (no cream or butter) 9.

THE DAILY SOUP 10.

Salads

add chicken +9. · add Gulf shrimp +15.

JUMP CAESAR

kale, romaine, double-smoked bacon,
Parmesan focaccia croutons 15.

GREEN SALAD

red leaf lettuce, arugula, frisée, Treviso,
shaved root vegetables, pomegranate vinaigrette 14.

CHOPPED SALAD

baby gem, red wine poached pears, shaved Brussels sprouts,
pickled squash, pumpkin seeds, buttermilk dressing 21.

Starters

BACON-WRAPPED SCALLOPS

pickled redcurrants, caramelized celeriac purée,
caper leaves 25.

YELLOWFIN TUNA TARTARE

green apple, charred green onion aioli, avocado,
sea salt and vinegar chips 21.

HALF DOZEN OF CANADA'S FINEST OYSTERS

nasty sauce, fresh horseradish, lemon 19.

Handmade Pasta

BAKED RICOTTA GNOCCHI

cheese curds, arrabbiata sauce, torn basil 18. / 26.

LAMB RAGÙ & SAFFRON CAVATELLI

Tamarack Farms lamb, roasted sunchokes,
pickled scapes, rosemary 26.

BEEF & BOAR BOLOGNESE

bucatini, Pecorino Romano, focaccia gremolata 26.

Mains

B.C. WILD SEARED SALMON

roasted heirloom carrots, creamy cauliflower,
salsa verde, green olive and raisin chutney 31.

MOLASSES-BRINED DUCK BREAST

pickled ramps, crispy polenta, parsley root purée,
caramelized plum gastrique 38.

THE JUMP BURGER

8oz house-ground and griddle-cooked,
smoked pimento cheese, mustard mayo, Jump fries 25.

BAY STREET BUDDHA BOWL

chickpea frittata, sprouted lentils, buckwheat,
stewed peppers, edamame, hemp seeds 23.

OFF THE GRILL

STEAK OSCAR

grass-fed strip loin, rock crab,
lobster aioli, russet potato wedges,
caramelized Romanesco 56.

8oz BEEF TENDERLOIN

pommes frites, black truffle butter,
charred broccolini, green peppercorns 50.

HALF GRILLED HERITAGE CHICKEN

buttermilk mashed potato, maple-glazed
baby carrots, foie gras gravy 32.

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

Parking 2. after 5:00pm