



Chef de Cuisine | MiheerShete

Off the Grill

Mon & Tues from 5-9pm · Wed-Fri from 4-8pm

BUCK-A-SHUCK OYSTERS *

finest Canadian oysters, nasty sauce

*with purchase of a wine, beer or cocktail per guest

GRILLED OCTOPUS

salsa verde, charred lemon, charred vegetables, grain pilaf 17.

ALBACORE TUNA MELT NACHOS

avocado, sour cream, cheddar cheese 18.

BEEF SLIDERS

pimento cheese, mini pain au lait 17.

FRIED CHICKEN

buffalo sauce, buttermilk ranch sauce 16.

Desserts

JUMP WHITE CHOCOLATE CHEESECAKE

phyllo pastry, blueberry yoghurt, lemon, thyme 11.

LEMON TART

marshmallow anglaise, fresh raspberries 10.

ASSORTED CHEESES

selection of Italian, American and local cheeses, seasonal fruit compote 20.

ICE CREAMS & SORBETS

daily selection 10.

JUMP FRIES

crisp Yukon Gold or sweet potatoes, tomato mayo 9.

JUMP DAILY FLATBREAD

layered paratha, beetroot yoghurt, housemade pickles 9.

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

assorted mushrooms, truffle (no cream or butter) 9.

GREEN SALAD

red leaf lettuce, arugula, frisée, Treviso, shaved fennel, fresh strawberries, lemon vinaigrette 14.

JUMP CAESAR

kale, romaine, double-smoked bacon, Parmesan focaccia croutons 15.
add chicken +9. · add Gulf shrimp +15. · add salmon +18.

YELLOWFIN TUNA TARTARE

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

Handmade Pasta

BEEF & BOAR BOLOGNESE

bucatini, Pecorino Romano, focaccia gremolata 26.

CHICKEN AL PESTO

O&B Artisan pasta, basil pesto, roasted peppers, pine nuts 24.

LEMON BUFFALO RICOTTA GNOCCHI

La Bomba arrabbiata sauce, grilled zucchini, gremolata 25.

Mains

BLACKENED CATFISH

dirty rice, wheat berries, kohlrabi, pico de gallo 26.

GRILLED CALAMARI

brown butter, garlic, anchovies, olives, broccolini 22.

BUTTER CHICKEN & GARLIC NAAN WRAP

cucumber raita, basmati rice pilaf, masala fries 22.

BBQ LAMB SHAWARMA BOWL

chickpea hummus, housemade pickles, tahini, mixed grain tabbouleh 29.

THE JUMP BURGER

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

B.C. WILD SEARED SALMON

grilled corn fondue, crushed chickpeas, roasted zucchini, salsa verde 31.

HALF HERITAGE CHICKEN

pommes Dauphinoise, sugar snap peas, Swiss chard, foie gras gravy 32.

8oz GRASS FED TENDERLOIN

grilled broccolini, green peppercorn jus, Jump fries 49.