



@jumprestaurant
jumprestaurant.com

LUNCH COMBO*

*available from 12pm-3pm

DAILY INSPIRED SANDWICH
with soup & salad comboc 29.

MOLASSES WHOLE WHEAT BREAD
whipped butter, Osprey Bluffs honey,
Parmigiano-Reggiano 11.

WARM MIXED OLIVES
roasted garlic, lemon, oregano 9.

JUMP FRIES
crisp Yukon Gold or sweet potatoes, tomato mayo 9.

JUMP POUTINE
crisp Yukon Gold fries, cheese curds, gravy 12.

HAPPY HOUR

Buck-a-Shuck*

**available from 2pm-6pm with
purchase of a bottle of wine*

nasty sauce, fresh horseradish, lemon

Wing O'Clock*

**available from 2pm-8pm*

all wings served with ranch dressing
and house pickles

DRY RUBBED WINGS
ginger, espelette, white pepper, salt 16.

HOT & BUTTERED WINGS
hot sauce & butter 16.

SWEET & SOUR CHICKEN WINGS
gochujang, black sesame seeds 16.

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

Appetiz^{ers}

WILD & TAME MUSHROOM SOUP
assorted mushrooms, truffle (no cream or butter) 10.

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

CHARRED CABBAGE SALAD
avocado, apple, candied walnuts, blue cheese, romesco,
buttermilk dressing 17.

ONTARIO BURATTA SALAD
citrus, roasted pumpkin, bitter greens,
hazelnuts, vin cotto 28.

YELLOWFIN TUNA TARTARE
green apple, charred green onion aioli, avocado,
sea salt and vinegar potato chips 22.

Handmade Pasta

BEEF & BOAR BOLOGNESE
bucatini, Pecorino Romano, focaccia gremolata 27.

CHICKEN AL PESTO
rigatoni, basil pesto, roasted peppers, pine nuts 26.

LEMON RICOTTA GNOCCHI
La Bomba spicy tomato sauce,
Parmigiano-Reggiano 26.

SPAGHETTI ALLA VONGOLE
clams, white wine, fennel, Calabrian chili, garlic sauce 28.

Main^s

BLACKENED CATFISH
dirty rice, black beans, kohlrabi slaw, pico de gallo 26.

GRILLED CALAMARI
brown butter, garlic, anchovies, olives, broccolini, lemon 24.

ALBACORE TUNA POKE BOWL
quinoa pilaf, sesame soy dressing, edamame,
house pickles, togarashi aioli 30.

THE JUMP BURGER
house-ground and griddle-cooked patty,
smoked pimento cheese, mustard mayo, Jump fries 26.

SEARED WILD B.C. SALMON
creamed baby leeks, heritage squash, pickled cauliflower,
lemon fregola 39.

BUTTER CHICKEN
basmati rice, flatbread, yoghurt 29.

7oz GRASS FED TENDERLOIN
grilled broccolini, green peppercorn jus, Jump fries 52.

most items available for takeout