




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.



join us in celebrating 30  
years!  
Look for the  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.

### 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


### Cocktails

MANGO MULE  
mango juice, ginger beer, lime 8.

YUZU SPRITZ  
Japanese yuzu juice, soda 10.

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

Appetiz<sup>ers</sup>

WILD & TAME MUSHROOM SOUP   
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.


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

Handmade Pasta

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

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


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

RICOTTA GNOCCHI   
wild and tame mushrooms, porcini cream sauce 27.

SEAFOOD SPAGHETTI PUTTANESCA  
squid, baby scallops, mussels, blistered cherry tomatoes, capers,  
olives, anchovies 28.

Main<sup>s</sup>

BLACKENED CATFISH  
dirty rice, black beans, kohlrabi slaw, pico de gallo 29.

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

BAY STREET POKE BOWL  
choice of albacore tuna or marinated tofu, snap peas, radish, soybeans,  
sprouts, shredded nori, house pickles, sesame soy dressing,  
togarashi aioli 32.

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

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

SEARED COD & SMOKED HADDOCK CHOWDER  
prawns, bay scallops, roasted root vegetables, pearl onions, puff pastry 36.

FISH & SHRIMP CAKE  
haddock, seared prawns, sauce gribiche, fennel and cucumber salad 32.

CHICKEN PICCATA  
fregola, charred broccolini, capers, heirloom garlic, mizuna,  
spring peas, lemon butter sauce 32.

JUMP'S CLASSIC PEPPERCORN STEAK  
grilled broccolini, green peppercorn jus, Jump fries  
choice of 8oz sirloin coulotte 39. 7oz grass-fed tenderloin 54.