



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.

Appetiz^{ers}

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.

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

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

Handm^{ade} Pasta

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^s

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.

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.

WINTERLICIOUS^{OM}
JAN 26 - FEB 08, 2024

Produced by TORONTO

three-course lunch 41.
choice of appetizer, main and dessert
excludes tax and gratuity

ROASTED SWEET POTATO SOUP **vg**
coconut, smoked chili crema, plantain crisps

HERITAGE SQUASH TARTINE
whipped goat feta, toasted pecans

SALMON GRAVLAX
radish, pickled fennel, citrus gel, rye crisps, everything seasoning, dill

CHICORIES & APPLE
Granny Smith, celeriac rémoulade, endive

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BEEF TENDERLOIN SPIEDINI
orzo, roasted mushrooms, squash & pine nut agrodolce, pangrattato

PORCHETTA SANDWICH
pickled onion, salsa verde, Calabrian chili aioli, hero roll

ARCTIC CHAR
stewed du Puy lentils, root vegetable hash, verjus beurre blanc

MUSHROOM STROGANOFF CAVATELLI **vg**
wild & tame mushrooms, pearl onion, gherkins, vegan sour cream

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BANOFFEE PIE TRIFLE
caramelized banana, dulce de leche, pastry cream, graham crumble

BLACK FOREST CAKE
brandy cherries, Chantilly cream

APPLE UPSIDE-DOWN CAKE **vg**
coconut toffee, toasted walnuts, caramelized apple

vg vegan

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