



ELEPHANT & CASTLE[®]

PUB AND RESTAURANT

pub classics

All of our Pub Classics are made from traditional British recipes.

-  **Shepherd's Pie 10.5**
Seasoned ground beef, red skin garlic mashed potatoes and gravy. With Balsamic-tossed greens.
- Roast Beef Stuffed Yorkshire 12**
Roast beef and caramelized onions stuffed in a Yorkshire pudding, topped with rich gravy. With mashed potatoes and vegetables.
- E&C Fish 'n Chips** *Halibut 15.5 Cod 12.5*
Prepared in a light and crispy beer batter. With English chips, creamy coleslaw and tartar sauce.
- Chicken Pot Pie 10.5**
Chunks of chicken and vegetables in a creamy stew; baked with a pastry crust. With Balsamic-tossed greens.
-  **Chicken OR Vegetable Curry 11.5**
A traditional Indian curry with grilled chicken breast or fresh vegetables over jasmine rice with mango chutney.
-  **Bangers 'n Mash 11**
Broiled English sausages, red skin garlic mashed potatoes, baked beans, rich gravy and apple chutney.
- Guinness Stew 11.5**
Tender beef braised in Guinness with root vegetables and herbs, garlic mashed potatoes and crispy onion.
- Burgundy Beef Stew 12**
Beef simmered tender with pearl onions and peas in a rich red wine gravy. Served in a fluffy Yorkshire pudding with red skin garlic mashed potatoes.

salads

-  **Thai Chicken Salad 12**
Grilled chicken with peanut sauce, crisp greens, water chestnuts, cashews, crisp noodles, cilantro and purple onions; tossed in vinaigrette.
- Steak & Blue Cheese Salad 13.5**
Grilled New York Steak topped on crisp greens with crumbled blue cheese, peppers, mushrooms, purple onions and cherry tomatoes. With Balsamic vinaigrette.
-  **Chicken Caesar Salad 11.5**
Grilled chicken breast and crisp romaine lettuce tossed in creamy caesar dressing, croutons and aged parmesan cheese.
- Salmon Caesar Salad 15**
Blackened salmon fillet on crisp romaine lettuce tossed with creamy caesar dressing, croutons and aged parmesan cheese.
- Balsamic-Tossed Greens** side 5 large 9.5
Add side to any Main plate > 4
- Side Caesar Salad 5.5**
Add to any Main plate > 4.5

starters

-  **E&C Spinach Dip 9.5**
Spinach, artichoke and cream cheese dip slow baked with tortilla chips for dipping.
- Calamari 10**
Crispy fried with lemon aioli for dipping.
- Shrimp 10**
Hand battered jumbo shrimp with sweet chili sauce for dipping.
- Curry Chips 6.5**
English chips and a rich Indian curry sauce, a British pub favourite.
-  **Pub Pretzels 6.5**
Jumbo pretzels steaming hot with Bass mustard sauce.
- Chicken OR Beef Quesadilla 10**
Flour tortilla stuffed with grilled chicken OR spicy beef, cheese, black beans, corn and peppers. With guacamole, sour cream and salsa.
-  **Bruschetta 7**
Grilled flat bread, parmesan cheese with marinated roma tomatoes and fresh basil.
Add chicken > 2.5
- Crispy Dry Ribs 9**
Pork rib pieces deep fried, tossed in our own seasoning. Served with Guinness BBQ sauce.
- E&C Nachos 14.5**
Tortilla chips with melted cheese, peppers, onions, tomatoes, olives and jalapenos, salsa, sour cream and guacamole. Topped with grilled chicken or spicy beef.
- Chicken Fingers & Chips 11.5**
Breaded chicken breast strips with English chips and dip.
Sub Caesar salad or Pub onion soup > 2
Sub Sweet potato fries > 2.5
- Chicken Wings 10.5**
Deep fried and tossed in Buffalo hot sauce, blue cheese dip and veggie sticks.
Add a pound > 9.5

soup & lunch combos

-  **Chipotle Chicken Flatbread & Salad 12.5**
BBQ chipotle chicken, roasted onions and havarti cheese.
With Caesar salad or Pub onion soup > add 2
- Pub Onion Soup 6**
Sweet onions simmered with English ale, beef broth and herbs; topped with a crostini, swiss and parmesan cheese.
Add to any Main plate > 5
- Today's Soup 5**
Please ask your server!
Add to any Main plate > 4
- Soup & Caesar** *Today's Soup 10.5 Pub Onion Soup 12*
Meal-sized Caesar salad with grilled flat bread..
- Today's Sandwich 11**
With Today's soup, Balsamic greens or English chips.
Sub Pub Onion soup or Caesar salad add > 2
Sub Sweet potato fries and dip add > 2.5

Please inform your server of any known food allergies.

Take-Out available for portable menu items > Ask for our To Go menu!

Our Favourites



sandwiches & wraps

With your choice of English chips, Balsamic greens or Today's soup.

Sub Pub Onion soup or Caesar salad > **add 2**

Sub Sweet potato fries and dip > **add 2.5**

Loaded Beef Dip 11.5

Thinly sliced roast beef loaded with onions and jack cheese.

Au jus for dipping.

New York Steak Sandwich 13.5

6 oz. New York steak grilled to your liking, served open face on a toasted baguette.

Load it up with jack cheese and caramelized onions > add 2

Hot Turkey Sandwich 10.5

House-roasted turkey breast on toasted French bread with gravy and cranberry sauce.

E&C Club Sandwich 10.5

Loaded with roasted turkey, tomatoes, crisp bacon, lettuce and mayo on toasted multi-grain OR as a wrap in a tomato tortilla.

With Cheddar cheese > add 1

Chicken Bruschetta Wrap 10

Grilled chicken breast wrapped in a tomato tortilla with lettuce, bruschetta tomatoes, pesto mayo and harvarti cheese.

Buffalo Chicken Wrap 10

Grilled chicken breast in hot sauce, creamy blue cheese, tomato and lettuce wrapped in a flour tortilla.

Sonoma Chicken Wrap 10.5

Grilled Chicken breast wrapped with havarti cheese, jalapeno peppers, salsa, black beans, guacamole and chipotle mayo.

beef, chicken & fish on a bun

With your choice of English chips, Balsamic greens or Today's soup.

Sub Pub Onion soup or Caesar salad > **add 2**

Sub Sweet potato fries and dip > **add 2.5**

Union Jack Beef Burger 10

Basted with Guinness BBQ sauce, topped with crisp bacon and jack cheese.

Blue Cheese & Bacon Burger 10.5

Topped with melted blue cheese and crisp bacon.

Cheddar Burger 9.5

Charbroiled and topped with cheddar cheese.

With sautéed mushrooms > add 1

Bruschetta Chicken Sandwich 10.5

Grilled chicken breast topped with melted jack cheese and bruschetta tomatoes, on a focaccia bun with pesto mayo.

Union Jack Chicken 10.5

Chicken breast with Guinness BBQ sauce, crisp bacon, jack cheese and mayo.

Cod & Cheddar Burger 10

Beer battered cod with cheddar cheese and tartar sauce.

Veggie Burger 10

A savory blend of vegetables, herbs and spices in a grilled patty, topped with Bruschetta tomatoes on focaccia with pesto mayo.



lunch entrees

Guinness Meatloaf 15

House-made meatloaf with Guinness-braised vegetables, green beans, red skin garlic mashed potatoes, BBQ sauce and sautéed mushrooms.

Grilled Salmon 17

Grilled, cider-glazed salmon fillet with sautéed spinach, bruschetta tomatoes and red skin garlic mashed potatoes.

Castle Stir-fry 12.5

Fresh crunchy vegetables and cashews stir-fried in a tangy sauce. Served over jasmine rice with crisp wontons.

Add chicken breast > 2.5

Jameson's Chicken 15

Grilled chicken breasts smothered in mushroom-whiskey cream sauce, with red skin garlic mashed potatoes and green beans.

Pepper Steak Tips 16

Grilled New York steak sliced and tossed in a red wine pepper sauce, with garlic mashed potatoes and vegetables.

New York Strip Steak 23

10 oz. center cut New York Striploin with sautéed mushrooms, red skin garlic mashed potatoes and vegetables.

Steak & Chips 14.5

A British steak tradition. 6 oz. New York steak grilled to your liking. With English chips and baked beans.

adj. British Slang. Excellent. Exact. Right On.

Bang On!
... eat ... drink ... enjoy!