



# Menu

**MORE of Your Old Favourites PLUS Some New Ones!**



**THIS SYMBOL INDICATES THAT THE ITEM IS ALSO AVAILABLE AS GLUTEN FREE**



**SENIOR PORTIONS AVAILABLE WHERE INDICATED  
TAKE-OUT • LIVE MUSIC • 24 ON TAP**

## STARTERS

<b>PUB COMBO</b> ..... 24.95 <i>THE ORIGINAL SHARING PLATTER!</i>	<b>STUFFED PORTABELLO MUSHROOM</b> ..... 11.25
⊗ <b>POTATO SKINS</b> ..... 14	<b>CRAB STUFFED MUSHROOM</b> ..... 10.99
<b>MOZZARELLA STICKS</b> ..... 15.50	<b>COCONUT SHRIMP</b> ..... 16.95
<b>GARLIC BREAD with CHEESE</b> ..... 12.75	<b>SKINNY DIPPERS</b> ..... 10.95 //lb <i>seasoned, shaved potato skins deep fried and served with choice of dip</i>
<b>BRUSCHETTA BREAD with CHEESE</b> ..... 13.99	⊗ <b>CHICKEN WINGS</b> ..... 16.75 //lb <i>hot, medium, mild, cajun, honey garlic, lemon pepper, curry sauce or naked</i>
<b>ARMADILLO EGGS</b> ..... 10.99	⊗ <b>PUB NACHOS</b> ..... Sm 17.25 • Lg 23.25 <i>Add Chicken or Chili</i> ..... 5
⊗ <b>PIRI PIRI SHRIMP</b> ..... 13.99	
<b>SPAGHETTI BALLS</b> ..... 10.75	

## MUNCHIES

⊗ <b>BASKET OF FRIES</b> ..... 6.50	⊗ <b>CURRY FRIES</b> ..... 6.95
⊗ <b>BASKET OF SWEET POTATO FRIES</b> ..... 7.25	⊗ <b>CHILI CHEESE FRIES</b> ..... 7.95
<b>BASKET OF ONION RINGS</b> ..... 6.75	⊗ <b>POUTINE</b> ..... 7.95

## SOUP & SALAD

⊗ <b>COCK A LEEKIE</b> ..... Sm 6.95 • Lg 8.50	⊗ <b>CAESAR SALAD</b> ..... Sm 10.95 • Lg 15.50
<b>SOUP OF THE DAY</b> ..... Sm 6.95 • Lg 8.50	⊗ <b>CITRUS CHICKEN SALAD</b> ..... Sm 14.50 • Lg 18.50
⊗ <b>FRENCH ONION SOUP</b> ..... 9.75	⊗ <b>GREEK SALAD</b> ..... Sm 12.95 • Lg 18.25
⊗ <b>FIELD GREENS</b> ..... Sm 9 • Lg 14 <b>Sr 7.95</b>	<b>SALAD ADD-ONS</b> ..... 4.95 ea <i>Chicken Breast, Steak, Shrimp (available with Salad options only)</i>
⊗ <b>SPINACH SALAD</b> ..... Sm 10.95 • Lg 15.50	

## SANDWICHES, WRAPS & FLATBREADS

*Sandwiches are served on your choice of white, whole wheat, rye bread, kaiser bun or ciabatta bun. Prices do not include side dishes.*

⊗ <b>WESTERN SANDWICH</b> ..... 9.75	<b>6oz STEAK SANDWICH</b> ..... 15.50
⊗ <b>B.L.T.</b> ..... 11.50	<b>VEGGIE CAESAR WRAP</b> ..... 11.50
⊗ <b>TUNA MELT</b> ..... 12.75	<b>CHICKEN CAESAR WRAP</b> ..... 13.75
<b>CLUB SANDWICH</b> ..... 14.75	<b>VEGGIE QUESADILLA</b> ..... 13.75
<b>CHICKEN PARMESAN</b> ..... 14.75	<b>CHICKEN QUESADILLA</b> ..... 15.25
<b>PHILLY CHEESE STEAK</b> ..... 14.25	<b>CHICKEN SANTA FE</b> ..... 14.50
⊗ <b>WELLINGTON DIP</b> ..... 14.25	<b>CALIFORNIA CHICKEN FLATBREAD</b> ..... 14.95 <i>Chipotle ranch, chicken, bacon, avocado, red pepper &amp; cilantro. Topped with Monterey Jack cheese</i>
<b>CLASSIC REUBEN</b> ..... 14.25	<b>GYRO FLATBREAD</b> ..... 14.95 <i>Lamb, tzatziki sauce, lettuce, sliced tomato, sliced red onion</i>
<b>SHRIMP &amp; CRAB MELT</b> ..... 14.50	

**MONDAY NIGHT WINGS**  
**Half Price Wings**

*1lb. Minimum • Dine-in Only • Starting @ 8pm*

**CURRY FRIDAY**

*Our famous English style curry made fresh every week.*

**BEEF • CHICKEN • LAMB**

*A different flavour every Friday.*

**MENU  
ONLINE**

*For Menu Descriptions  
and more please visit:*

[www.upsndowns.net/menus/](http://www.upsndowns.net/menus/)



## ●●●●● **PUB BURGERS** ●●●●●

*All our burgers are grilled over an open flame, 6oz. of Angus Beef and hand-made. Topped with lettuce, tomato and pickle. All burgers are gluten free. Served on toasted rustic bun or gluten free bun. Prices do not include side dishes.*

<p><b>TRADITIONAL</b>..... 11.75</p> <p><b>BRIT</b> • bacon, sautéed onions, HP, old cheddar &amp; onion ring..... 13.25</p> <p><b>SPINACH</b> • old cheddar &amp; spinach pattie..... 12.75</p> <p><b>MUSHROOM SWISS</b>..... 12.75</p> <p><b>BANQUET</b> • bacon, cheddar &amp; mushrooms..... 13.25</p> <p><b>BIG SMOKIE</b> • BBQ sauce &amp; mozzarella ..... 13.25</p>	<p><b>PEANUT BUTTER &amp; BACON</b>..... 13.25</p> <p><b>VEGETARIAN</b> • sautéed onions &amp; mushrooms..... 13.25</p> <p><b>LAMB</b> • cabbage marmalade &amp; cucumber relish ..... 13.25</p>
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**4oz Sr. BURGER & SIDE**..... 13.95

Add Premium Side (available for Sr. Burger only) ..... 1.75

## ●●●●● **PUB GRUB** ●●●●●

<p>🍷 <b>FISH &amp; CHIPS</b> ..... 1pc 17.95 • 2pc 19.50 <span style="border: 1px solid black; padding: 2px;">Sr 14.95</span></p> <p>🍷 <b>CHICKEN FINGERS</b> ..... 17.75 <span style="border: 1px solid black; padding: 2px;">Sr 14.95</span></p> <p>🍷 <b>BANGERS &amp; MASH</b> ..... 17.75 <span style="border: 1px solid black; padding: 2px;">Sr 14.95</span></p> <p>🍷 <b>SHEPHERD'S PIE</b> ..... 17.75 <span style="border: 1px solid black; padding: 2px;">Sr 14.95</span></p> <p><b>STEAK &amp; KIDNEY PIE</b> ..... 17.75 <span style="border: 1px solid black; padding: 2px;">Sr 14.95</span></p> <p>🍷 <b>BABY BEEF LIVER</b> ..... 17.75 <span style="border: 1px solid black; padding: 2px;">Sr 14.95</span></p>	<p><b>PASTA BAKE</b>..... 17.75 <span style="border: 1px solid black; padding: 2px;">Sr 14.95</span></p> <p>🍷 <b>VEGGIE CURRY</b>..... 17.75</p> <p><b>CORNISH PASTIE</b> ..... 15.95</p> <p>🍷 <b>RIB WING COMBO</b>..... 27.50</p> <p>🍷 <b>BBQ RIBS</b> ..... Half 23.95 • Full 28.95</p>
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## ●●●●● **ENTRÉES** ●●●●●

<p>🍷 <b>CHICKEN TIKKA MASALA</b> ..... 20.75 <i>The number one curry dish in the U.K. Tender chunks of chicken and onion simmered in a mild curry sauce on a bed of basmati rice. Served with naan bread and onion bahjee</i></p> <p><b>BEEF STUFFED YORKSHIRE PUDDING</b> ..... 23.50 <i>Traditional Yorkshire pudding filled with thinly sliced roast beef and smothered with rich gravy. Served with creamy whipped potatoes and fresh vegetable medley</i></p> <p>🍷 <b>MEDITERRANEAN BAKED COD</b> ..... 16.95 <i>Cod pan fried in butter and topped with a lemon-lime, cherry tomato and button onion compote. Served with choice of potato and fresh vegetable</i></p>	<p>🍷 <b>GRILLED LEMON DILL SALMON LOIN</b>..... 21.75 <i>A prime cut of boneless salmon grilled and topped with a lemon dill cream sauce Served with your choice of side dish and fresh vegetable medley. Also available poached</i></p> <p>🍷 <b>PAD THAI</b>..... 21.95 <i>Stir fried chicken, shrimp, and vegetables simmered with rice noodles in a classic Thai sauce and topped with cashews</i></p> <p>🍷 <b>CURRIED SHRIMP</b>..... 21.95 <i>Plump, juicy jumbo Tiger shrimp, pan seared with onion, red and green peppers and simmered in a spicy curry sauce. Served on a bed of basmati rice with naan bread</i></p>
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### **EXTRAS**

*Ask your server about gluten free options.*

<b>GRAVY, CURRY SAUCE</b> .....	4oz • 1.95 ea
<b>EXTRA SAUCE</b> .....	2oz • 1.50 ea
<i>mayo, ranch, hot, medium, mild, honey garlic, sour cream</i>	
<b>EXTRA TOPPINGS</b> .....	1.95 ea
<i>cheddar, swiss, mozzarella, bacon, salsa, jalapeños, sautéed mushrooms, sautéed onions</i>	

### **SIDE DISHES**

*Complete your meal with any of the following:  
Ask your server about gluten free options.*

<b>ADD A SIDE</b> .....	4.50 ea
<i>soup, coleslaw, french fries, potato salad, mashed potato, field greens, cottage cheese</i>	
<b>ADD A PREMIUM SIDE</b> .....	6.25 ea
<i>sweet potato fries, onion rings, greek salad, spinach salad, caesar salad</i>	

## ●●●●● **KIDS** ●●●●●

*Kids meals come with a small pop, a scoop of ice cream with a topping of their choice. Available to children 10yrs and younger.*

<p><b>HOT DOG &amp; FRIES</b>..... 8.95</p> <p><b>GRILLED CHEESE &amp; FRIES</b>..... 9.95</p> <p>🍷 <b>HAMBURGER &amp; FRIES</b> ..... 9.95</p> <p>🍷 <b>SMALL CHEESE NACHOS</b>..... 9.95</p>	<p><b>HAM &amp; CHEESE PIZZA with FRIES</b>..... 9.95</p> <p>🍷 <b>CHICKEN FINGERS &amp; FRIES</b>..... 9.95</p> <p><b>SPAGHETTI &amp; TOMATO SAUCE</b> ..... 9.95</p> <p>🍷 <b>1PC FISH &amp; CHIPS</b>..... 9.95</p>
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## ●●●●● **DESSERT** ●●●●●

<p>🍷 <b>ICE CREAM</b> ..... 1scop 4.75 • 2scops 6.50 <i>chocolate, raspberry or caramel syrup</i></p> <p>🍷 <b>RICE PUDDING</b>..... 7.25</p> <p><b>KEY LIME PIE</b> ..... 7.25</p> <p><b>SOUTHERN PECAN PIE</b>..... 7.95</p>	<p><b>CHOCOLATE GUINNESS CAKE</b> ..... 7.95</p> <p><b>STICKY TOFFEE PUDDING</b>..... 7.95</p> <p>🍷 <b>REESES PEANUTBUTTER CUP</b>..... 8.95</p> <p>🍷 <b>DOUBLE CHOCOLATE TORTE</b> ..... 8.95</p> <p>🍷 <b>TURTLE CHEESECAKE</b>..... 8.95</p>
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