

At Catalyst, we believe that sustainability leads to longevity. This applies to our health and fitness goals and for our environment and our planet. That's why we've chosen to use locally sourced grass-fed beef raised without antibiotics or added hormones. Our Halal Certified Chicken is gluten, nitrate, additive, and hormone-free — air-chilled in Georgetown, Ontario. Our Tuna is sourced from fisheries governed by the Fishing and Living Initiative. Our Ocean Wise approved Arctic Char is the Best Choice from Monterey Bay Aquarium's Seafood Watch. Our West Coast Humboldt squid is Ocean Wise recommended.

SHAREABLES

- Chickpea Falafel** 🌱🌱 15⁹⁵
Mint Cilantro Yogurt
- Asian Style Chicken Wings** 18⁹⁵ / 32⁹⁵
Toasted Sesame, Green Onion
- Edamame Dip** 🌱🌱 15⁹⁵
Fried Onion, Pomegranate, Spiced Tostada
- Catalyst Cauliflower Bites** 🌱🌱 15⁹⁵
Catalyst Spice, Vegetable Kimchi, Togarashi
Chipotle Mayo
- Butter Chicken Nachos** 23⁹⁵
Pickled Red Onion, Mint Cilantro Yogurt, Cilantro,
Lime, Tortilla Chips
- Roasted Butternut Squash Flatbread** 🌱 18⁹⁵
Pepita Seed Pesto, Sauteed Mushrooms, Pickled Red
Onion, Arugula, Cotija Cheese

SALADS & BOWLS

- Spicy Kale Caesar** 16⁹⁵
Romaine and Kale, Pickled Red Onions,
Crispy Chickpeas, Almond Parmesan,
Lemon, Harissa Caesar Dressing
- Buddha Bowl** 🌱🌱 18⁹⁵
Edamame Spread, Brown Rice, Corn & Black Bean
Salsa, Arugula, Kale, Carrot & Roasted Squash,
Miso Dressing
- Catalyst Cobb Salad** 23⁹⁵
Avocado Mash, Cherry Tomato, Bacon, Hard Boiled
Egg, Grilled Chicken Breast, Mixed Greens, Blue
Cheese Dressing

SIDE VEGETABLES

- Roasted Carrots** 🌱🌱 9⁹⁵
Sherry Vinegar Gastrique, Maple Syrup, Seed Mix
- Steak House Roasted Baby Potatoes** 🌱🌱 8⁹⁵
Green Onion, Steak House Seasoning, Cheddar &
Cotija Cheese, Jalapeno Lime Crema
- Grilled Broccolini** 🌱🌱 9⁹⁵
Toum Garlic Sauce, Lime, Toasted Almonds

HAND-HELDS

**CHOOSE TWICE-COOKED FRIES, SWEET POTATO FRIES,
LEMON DRESSED MICROGREENS SALAD, OR CAESAR SALAD**

**SUBSTITUTE ANY OF OUR HAND HELDS WITH MULTI GRAIN
SOURDOUGH OR LETTUCE WRAP**

- Chicken Avocado Club** 18⁹⁵
Applewood Smoked Bacon, Pickled Onions,
Roasted Cherry Tomatoes, Avocado, Arugula,
Sourdough
- Catalyst Burger** 20⁹⁵
4-Peppercorn Aioli, Caramelized Onion,
Bacon, Gouda, Arugula, Brioche Bun
SUBSTITUTE BLACK BEAN PATTY
- Grilled Cheese** 🌱 16⁹⁵
Brie, Cheddar, Granny Smith Apple, Caramelized
Onion, Sourdough
- Jerk Fish Tacos** 21⁹⁵
Light Breaded Cod, Mango, Pineapple Salsa,
Cabbage Slaw, Jalapeno, Cilantro, Flour
Tortilla, Jerk Spiced Crema, Lime Wedge
SUBSTITUTE JERK SPICED JACKFRUIT 🌱
- Fried Chicken** 20⁹⁵
Pickled Apple, Kimchi, Cabbage Slaw, Togarashi
Chipotle Mayo, Brioche Bun

CHEF'S PLATES

- Slow Braised Beef Brisket** 26⁹⁵
Sauteed Mixed Mushrooms, Radish, Grilled Scallion
Relish, Grilled Sourdough
- Pan Seared Atlantic Salmon** 26⁹⁵
Brown Butter, Roasted Brussel Sprouts, Confit Cherry
Tomato, Jalapeno Lime Crema
- Steak & Fries** 33⁹⁵
8oz Striploin Steak, Red Wine Jus, Fries
- Mac & Cheese** 🌱 21⁹⁵
Jalapeno, Herbed Bread Crumbs, Squash &
Cauliflower Coulis, Vegan Cheddar
- Daily Pasta** 22⁹⁵
Ask your server for details

- + **GRILLED CHICKEN BREAST** 6⁹⁵
- + **GRILLED SALMON** 10⁹⁵
- + **GRILLED STEAK** 15⁹⁵
- + **HARD-BOILED EGG** 1⁹⁵
- + **PAN SEARED TOFU** 4⁹⁵
- + **FRESH BOCCONCINI** 3⁹⁵

Please advise your server of any allergies or dietary restrictions prior to ordering. Catalyst is not a nut-free establishment. Ask your server how to make your meal gluten-free, vegetarian, or vegan.

🌱 **GLUTEN-FRIENDLY** 🌱 **VEGETARIAN** 🌱 **VEGAN**



BEER

ON TAP

16 oz.

- Rotating Sour** 9 45
Something in the Water
- Vermont Blond** 9 45
Burdock
- Fat Tire Amber Ale** 9 45
Steam Whistle
- Mexican Lager** **LOW CAL** 8 95
Ace Hill
- Trail Blazer** 8 95
Golden Ale **ELECTROLYTES**
Rally
- Captain's Log Lager** 8 95
Cameron's

BOTTLES & CANS

- Tuesday Saison** 8 95
Burdock - 355 mL
- Original Pilsner** 8 95
Steam Whistle - 341 mL
- Dry Cider** **GLUTEN-FREE** 9 45
Liberty Village - 473 mL
- Light** **CARB FREE** 8 95
Ace Hill - 355 mL
- Flavoured Seltzer** **CARB FREE** 8 95
Cottage Springs - 355 mL
- Pub Draught Stout** 9 45
Guinness - 440 mL
- Dry Run Pale Ale** **NON-ALCOHOLIC** 6 45
Rally - 355 mL

REFRESHES

COCKTAILS

- Jazz Age** 2.5 Oz. 14 95
Old Forester Bourbon,
Amontillado, Montenegro,
Banana, & Angostura
- New York Sour** 2.5 Oz. 14 95
Old Forester Bourbon, Cabernet
Sauvignon, Lemon Juice, Egg Whites
- Fever Dream** 2 Oz. 12 95
1800 Blanco Tequila, Salted Pineapple,
Lemon, Celery & Yuzu Kosho
- Tokyo Tuxedo** 2.25 Oz. 13 95
Luksusowa Vodka, Dry Vermouth,
Matcha, & Shiso
- Last Tango In Paris** 2 Oz. 12 45
Old Forester Bourbon, Green
Chartreuse, Raspberry, Lime,
& Angostura
- Walter's Caesar** 1.5 Oz. 11 95
Luksusowa Vodka, Walter's Caesar
Mix & Rimmer, Tabasco, Lime, Celery,
Worcestershire
- Golden Ratio** 2 Oz. 12 95
Luksusowa Vodka, Gentian, Turmeric,
Lime & Ginger Beer
- Careless Whisper** **NON-ALCOHOLIC** 5 95
Seedlip Grove 94, Heineken 0.0,
Pineapple, Lime,
Cinnamon Syrup
- Adagio** **NON-ALCOHOLIC** 5 95
Seedlip Garden 108, Matcha, Yuzu,
Peach Bitters & Coconut Water
- ## DESSERTS
- Add Gelato to Your Dessert / 2 50
- Daily Dessert** 9 45
Ask Your Server for Today's Special
- Daily Gelato & Sorbet** 7 45
Ask Your Server for Details

W W I N E E

W H I T E

6 OZ. / BOTTLE

Riesling

11⁴⁵ / 38⁹⁵

Vineland Estates / Niagara, Ontario

Sauvignon Blanc

11⁹⁵ / 39⁹⁵

Laurent Miquel / France

Marese Bombino Bianco

12⁴⁵ / 45⁹⁵

Rivera / Irivera, Italy

Pinot Grigio

12⁹⁵ / 47⁹⁵

Mosole / Venezia, Italy

Chardonnay

14⁴⁵ / 52⁴⁵

Wente Vineyards / California, USA

La Fogliola Bianco

62⁹⁵

Santi Giacomo e Filippo / Marche, Italy

Sauvignon Blanc

64⁹⁵

Staete Landt / Marlborough, New Zealand

Chablis

89⁹⁵

Bernard Defaix / Chablis, France

R O S É

6 OZ. / BOTTLE

Saintly Rose

13⁴⁵ / 48⁹⁵

Saintly Wine / Niagara, Ontario

S P A R K L I N G

6 OZ. / BOTTLE

Prosecco Doc Treviso Brut

13⁴⁵ / 48⁹⁵

Santome / Italy

Cuvée Selection Brut

169⁹⁵

Collard-Picard / Champagne, France

R E D

6 OZ. / BOTTLE

Pinot Noir

11⁹⁵ / 42⁹⁵

Landing 63 / California, USA

Malbec

12⁴⁵ / 44⁴⁵

Punti Ferrer / Central Valley, Chile

Garnacha Blend

12⁴⁵ / 44⁴⁵

Laya / Almansa, Spain

Cabernet Sauvignon

13⁴⁵ / 46⁹⁵

Tom Gore / California, USA

Chianti

13⁴⁵ / 46⁹⁵

Vecchia Cantina / Chianti, Italy

Cabernet Franc

53⁹⁵

Cave Spring Cellars / Niagara, Ontario

Carmenère

54⁹⁵

Puntí Ferrer / Curico Valley, Chile

Pinot Noir

59⁹⁵

Map Maker / Marlborough, New Zealand

Valpolicella

62⁹⁵

Antica Vigna / Valpolicella, Italy

Cabernet Sauvignon

98⁹⁵

Edge / Alexander Valley, California

Cabernet Sauvignon

178⁹⁵


Duckhorn / Napa Valley, California

W W I N E E



DAILY SPECIALS

MONDAY

Asian Style Chicken Wings 14⁹⁵ / 27⁹⁵ 
Toasted Sesame, Green Onion

Rally Trail Blazer 6⁹⁵
Golden Ale **ELECTROLYTES**

TUESDAY

Jerk Fish Tacos 17⁹⁵
Breaded Cod, Mango, Pineapple Salsa, Cabbage Slaw,
Jalapeno, Cilantro, Flour Tortilla, Jerk Spiced Crema
SUBSTITUTE JERK SPICED JACKFRUIT 

Burdock Tuesday 6⁹⁵
Saison

WEDNESDAY

Butter Chicken Nachos 17⁹⁵
Pickled Red Onion, Mint Cilantro Yogurt
Cilantro, Lime, Tortilla Chips

Laya Garnacha Blend 9⁹⁵
Red Wine, Spain

THURSDAY

Ace Hill 6⁹⁵
Mexican Lager **LOW CAL**

Laurent Miquel Sauvignon Blanc 8⁹⁵
White Wine, France

Tom Gore Cabernet Sauvignon 9⁹⁵
Red Wine, California

Jazz Age 10⁹⁵
Old Forester Bourbon, Amontillado,
Montenegro, Banana & Angostura

FRIDAY

Catalyst Burger 13⁹⁵
4-Peppercorn Aioli, Caramelized Onion, Bacon,
Gouda, Arugula, Brioche Bun
**ADD FRIES, SWEET POTATO FRIES,
OR MICROGREENS SALAD 4⁰⁰**

Golden Ratio 10⁹⁵
Luksusowa Vodka, Gentian, Turmeric,
Lime & Ginger Beer



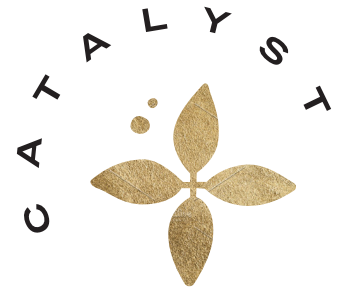
VEGETARIAN



GLUTEN-FRIENDLY



VEGAN



KIDS MENU

ALL ITEMS 12⁹⁵

Grilled Chicken 🌿

Grilled Chicken Breast, with a Side of Crispy Fries or Mixed Greens Salad

Burger

Fresh Ontario Beef Patty on Brioche Bun, Dressed with Ketchup with a Side of Crispy Fries or Mixed Greens Salad

Cheese Quesadilla 🌿

Catalyst's Fresh Cheese Stuffed, Whole Wheat Tortilla, Served with Sour Cream and Tomato Salsa and a Side of Crispy Fries or Mixed Greens Salad

Veggies & Dip 🌿🌿

Classic Mix of Carrots, Cucumber and Cherry Tomatoes, Served with a House Made Ranch Dressing

Chicken Strips

Delicious Chicken Strips, with Plum Sauce and Side of Crispy Fries or Caesar Salad

Mac & Cheese 🌿

Classic Mac & Cheese with a delicious Parmigiano Reggiano

AND FOR DESSERT Vanilla or Chocolate Gelato 1.⁵⁰

Please advise your server of any allergies or dietary restrictions prior to ordering. Catalyst is not a nut-free establishment. Ask your server how to make your meal gluten-free, vegetarian, or vegan.



GLUTEN FRIENDLY



VEGETARIAN

BRUNCH

Açaí Smoothie Bowl 12⁹⁵

Mixed Berries, Mixed Seeds, Granola, Toasted Coconut

Ancient Grains 15⁹⁵

Farro, Quinoa, Kale, Black Olive Vinaigrette, Roasted Sweet Potatoes, Brussels Sprouts, Onions, Peppers, Mushrooms, Avocado Mash, Seeds Mix

Avocado Toast 17⁹⁵

Avocado Mash, Poached Egg, Radish, Alfalfa Sprouts, Miso Dressing, Mango Salsa, Home Fries

Catalyst Breakfast 17⁹⁵

Two Eggs Any Style, Chicken Sausage, Peameal Bacon, Home Fries, Roasted Tomato, Sourdough Toast

Eggs Benedict 18⁹⁵

Challah Bread, Poached Egg, Peameal Bacon, Sautéed Kale, Hollandaise Sauce, Home Fries

French Toast 15⁹⁵

Challah Bread, Orange Crème Fraîche, Blueberry Compote, Toasted Walnuts, Maple Syrup

Huevos Rancheros 18⁹⁵

Avocado Mash, Chorizo Sausage, Sunny Side Up Egg, Cherry Tomato Salsa, Cotij Cheese, Wasabi Peas

Vegan Scramble 16⁹⁵

Tofu, Sautéed Kale, Tomato Salad, Sourdough Toast

Brunch Burger 18⁹⁵

Grilled 100% Beef, Applewood Bacon, Avocado Mash, Sunny Side Up Egg, Cheddar Cheese, Brioche Bun, Home Fries

EGG	1 ⁹⁵	HOME FRIES	3 ⁹⁵
SAUSAGE	2 ⁹⁵	TOAST	1 ⁹⁵
BACON	2 ⁹⁵	FRUIT	4 ⁹⁵

11⁹⁵ KIDS BRUNCH

Classic Breakfast

One Egg Any Style, Bacon, Home Fries, Challah Toast

French Toast

Fresh Challah Toast, Maple Syrup, Icing Sugar, Whipped Cream

Burger

Fresh Ontario Beef Patty, Brioche Bun, Dressed the Way You Like It, with Side of Crispy Fries or Home Fries

[BRU NCH]

*The only time it's
acceptable to drink
before noon!*

Traditional Mimosa 10⁹⁵

Orange Juice, Sparkling Wine

Grapefruit Mimosa 10⁹⁵

Grapefruit Juice, St. Germain Liqueur, Sparkling Wine

Walter's "Morning After" Caesar 11⁹⁵

Walter's Mild Craft Caesar Mix, Luksusowa Vodka, Pickles, Olives, Worcestershire, Fresh Lemon

COFFEE	3 ⁵⁰	ESPRESSO	4 ⁰⁰
BLINK TEA	3 ⁵⁰	LATTE	5 ⁰⁰
AMERICANO	4 ⁰⁰	JUICE	4 ⁵⁰



GLUTEN-FRIENDLY



VEGETARIAN



VEGAN

Please advise your server of any allergies or dietary restrictions prior to ordering. Catalyst is not a nut-free establishment. Ask your server how to make your meal gluten-free, vegetarian, or vegan.