



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

**Vegetable Pakoras** 🌿🌿 **10<sup>95</sup>**  
Chickpeas, Red Onions, Carrots, Zucchini, Sweet Peppers, Cilantro and Pink Peppercorn Yogurt Dip

**Tuna Nachos** **19<sup>95</sup>**  
Crispy Wontons, Ponzu, Togarashi, Charred Ginger, Avocado, Mango, Nori, Red Chiles

**Chicken Lettuce Wraps** 🌿 **14<sup>95</sup>**  
Roasted Lemon Dressed Chicken, Butter Lettuce Cups, Sweet Pepper Slaw, Crispy Onions, Cilantro

**Spicy Chili Hummus** 🌿🌿 **11<sup>95</sup>**  
Crispy Garlic Chickpeas, Pomegranate Seeds, Taro and Lotus Root Chips

**Tamarind Glazed Cauliflower Wings** 🌿🌿 **11<sup>95</sup>**  
Slivered Almonds, Catalyst Dry Spice, Cilantro Yogurt

**Grilled Humboldt Calamari** 🌿 **15<sup>95</sup>**  
Fresh Herbs, Olive Oil, Roasted Tomato, Black Olives, Arugula

## SALADS

**Vine Ripe Tomato Salad** 🌿🌿 **11<sup>95</sup>**  
Cucumber, Pickled Red Onions, Jalapeño, Turmeric Vinaigrette  
**FRESH MOZZARELLA + 3.95**

**Ensalada De Taco** 🌿🌿 **15<sup>95</sup>**  
Spiced Ground Walnuts, Pickled Red Onions, Cherry Tomatoes, Green Onions, Romaine Lettuce, Crispy Tortilla, Fresh Cotija Cheese, Caesar Dressing

**Spicy Kale Caesar** **12<sup>95</sup>**  
Romaine and Kale, Harissa Caesar Dressing, Pickled Red Onions, Crispy Chickpeas, Almond Parmesan, Grilled Lemon

**Beets and Seeds** 🌿🌿 **12<sup>95</sup>**  
Arugula, Roasted Beets, Goat Cheese, Apple Cider Vinaigrette, Sunflower Seeds, Pumpkin Seeds, Hemp Seeds

+	<b>GRILLED BONELESS CHICKEN BREAST</b>	<b>6<sup>95</sup></b>
A	<b>GRILLED ARCTIC CHAR</b>	<b>10<sup>95</sup></b>
D	<b>HARD-BOILED EGG</b>	<b>1<sup>95</sup></b>
D	<b>TOFU</b>	<b>4<sup>95</sup></b>

## HAND-HELDS

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

**Chicken Avocado Club** **15<sup>95</sup>**  
Applewood Smoked Bacon, Pickled Onions, Roasted Cherry Tomatoes, Arugula, Brioche Bun

**Catalyst Burger** **18<sup>95</sup>**  
Grilled 100% Beef, Applewood Bacon, Caramelized Onions, Dill Pickles, 4-Peppercorn Aioli, Gouda Cheese, Brioche Bun

**"ALT" Veggie Burger** 🌿🌿 **17<sup>95</sup>**  
Tomato, Pickled Red Onions, Avocado, Arugula, Lemon Aioli, Vegan Cheddar Cheese, Vegan Bun

**Grilled Fish Tacos** **16<sup>95</sup>**  
Herb Marinated Cod, Cherry Tomato Salsa, Pickled Red Onions, Pickled Jícama, Lime Crema, Corn Tortillas

**Fried Chicken** **17<sup>95</sup>**  
Buttermilk & Maple Marinated Chicken Thighs Crispy Fried in Seasoned Flour, Lemon Thyme Aioli, Jícama Slaw, Pickled Red Onions, Arugula, Brioche Bun

## CHEF'S PLATES

**Roasted Cauliflower** 🌿🌿 **18<sup>95</sup>**  
Olive Oil Crushed Baby Potatoes, Horseradish Carrot Purée, Black Olive Vinaigrette

**Mustard Glazed Roasted Chicken** ¼ **21<sup>95</sup>** | ½ **29<sup>95</sup>**  
Olive Oil Crushed Baby Potatoes, Lemon Vinaigrette, Tossed Vegetable Ribbons

**Arctic Char** **31<sup>95</sup>**  
Triple Crunch Mustard Glazed, Pan-Seared "Icy Waters" Arctic Char, Sunchoke & Truffle Purée, Buttered Carrot & Zucchini Ribbons

**8oz Grass Fed Petite Tenderloin** **28<sup>95</sup>**  
Horseradish Pink Peppercorn Butter, Roasted Sweet Potatoes, Jícama Slaw

**Ravioli** 🌿 **18<sup>95</sup>**  
Mixed Mushroom Ravioli with a Sweet Pepper and Roasted Garlic Tomato Sauce, Grated Grana Padano Cheese, Fresh Herbs

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.





CATALYST

