



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 11⁹⁵

Chickpeas, Red Onions, Carrots, Zucchini, Sweet Peppers, Cilantro and Pink Peppercorn Yogurt Dip

Tuna Nachos 19⁹⁵

Crispy Wontons, Ponzu, Togarashi, Charred Ginger, Avocado, Mango, Nori, Red Chiles

Spicy Chili Hummus 12⁹⁵

Crispy Garlic Chickpeas, Pomegranate Seeds, Taro and Lotus Root Chips

Tamarind Glazed Cauliflower Bites 12⁹⁵

Slivered Almonds, Catalyst Dry Spice, Cilantro Yogurt

Grilled Humboldt Calamari 15⁹⁵

Fresh Herbs, Olive Oil, Roasted Tomato, Black Olives, Arugula

SALADS

Vine Ripe Tomato Salad 11⁹⁵

Cucumber, Pickled Red Onions, Jalapeño, Turmeric Vinaigrette

Spicy Kale Caesar 12⁹⁵

Romaine and Kale, Harissa Caesar Dressing, Pickled Red Onions, Crispy Chickpeas, Almond Parmesan, Grilled Lemon

Beets and Seeds 13⁹⁵

Arugula, Roasted Beets, Goat Cheese, Apple Cider Vinaigrette, Sunflower Seeds, Pumpkin Seeds, Hemp Seeds

Ancient Grains 15⁹⁵

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

+	GRILLED BONELESS CHICKEN BREAST	6 ⁹⁵
A	GRILLED ARCTIC CHAR	10 ⁹⁵
D	HARD-BOILED EGG	1 ⁹⁵
D	TOFU	4 ⁹⁵
+	FRESH MOZZARELLA	3 ⁹⁵

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.

HAND-HELDS

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

Chicken Avocado Club 16⁹⁵

Applewood Smoked Bacon, Pickled Onions, Roasted Cherry Tomatoes, Arugula, Brioche Bun

Catalyst Burger 18⁹⁵

Grilled 100% Beef, Applewood Bacon, Caramelized Onions, Dill Pickles, 4-Peppercorn Aioli, Gouda Cheese, Brioche Bun

"ALT" Veggie Burger 17⁹⁵

Tomato, Pickled Red Onions, Avocado, Arugula, Lemon Aioli, Vegan Cheddar Cheese, Vegan Bun

Grilled Fish Tacos 17⁹⁵

Herb Marinated Cod, Cherry Tomato Salsa, Pickled Red Onions, Pickled Jícama, Lime Crema, Corn Tortillas

Fried Chicken 18⁹⁵

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 18⁹⁵

Olive Oil Crushed Baby Potatoes, Horseradish Carrot Purée, Black Olive Vinaigrette

Arctic Char 31⁹⁵

Triple Crunch Mustard Glazed, Pan-Seared "Icy Waters" Arctic Char, Sunchoke & Truffle Purée, Buttered Carrot & Zucchini Ribbons

Grass Fed Petite Tenderloin 28⁹⁵

Horseradish Pink Peppercorn Butter, Roasted Sweet Potatoes, Jícama Slaw

Ravioli 18⁹⁵

Spinach & Ricotta Ravioli with a Sweet Pepper and Roasted Garlic Tomato Sauce, Grated Grana Padano Cheese, Fresh Herbs, Sautéed Mushrooms



GLUTEN-FRIENDLY



VEGETARIAN



VEGAN



BEER

REFRESH

ON TAP

16 oz.

- Life in the Clouds IPA** 7 50
Collective Arts
- The Original Pilsner** 8 00
Steam Whistle
- Fat Tire Amber Ale** 8 00
Steam Whistle
- Mexican Lager** **LOW CAL** 7 50
Ace Hill
- Jelly King Seasonal Rotating Sour** 7 50
Bellwoods

BOTTLES & CANS

- Tuesday Saison** 7 50
Burdock - 355 mL
- Organic Lager** 8 00
Mill St. - 341 mL
- Kronenbourg Blanc Wheat** 8 50
Kronebourg 1664 - 330 mL
- Seasonal Cider** 9 50
Collective Arts - 473 mL
- Seasonal IPA** 9 50
Bellwoods - 473 mL
- Vienna Lager** 9 00
Ace Hill - 473 mL
- Amstel Light** **LOW CAL** 8 00
Heineken - 330 mL
- Cobblestone Organic Stout** 9 50
Mill St. Brewery - 473 mL
- 0.0 - Lager** **NON-ALCOHOLIC** 5 50
Heineken - 330 mL

COCKTAILS

- Jazz Age** 2.5 Oz. 13 95
Woodford Reserve Bourbon, Amontillado, Montenegro, Banana, & Angostura
- Girl Crush** 2 Oz. 14 95
Siete Misterios Mezcal, Tromba Blanco, Grapefruit, Elderflower, Lime, & Peychaud's
- Fever Dream** 2 Oz. 12 95
Olmeca Altos Reposado, Yellow Chartreuse, Salted Pineapple, Lemon, Celery, & Yuzu Kosho
- Tokyo Tuxedo** 2.25 Oz. 12 95
Reyka Vodka, Dry Vermouth, Matcha, & Shiso
- Last Tango In Paris** 2 Oz. 12 45
Old Forester Bourbon, Green Chartreuse, Raspberry, Lime, & Angostura
- High Tide** 1.5 Oz. 11 95
Beefeater Gin, Fino, Absinthe, Green Apple, Lime, Celery, & Prosecco
- Golden Ratio** 2 Oz. 11 95
Reyka Vodka, Gentian, Turmeric, Lime, & Ginger Beer
- Careless Whisper** **NON-ALCOHOLIC** 4 95
Seedlip Grove 94, Partake IPA, Pineapple, Lime, Cinnamon Syrup
- Adagio** **NON-ALCOHOLIC** 4 95
Seedlip Garden 108, Matcha, Yuzu, Peach Bitters & Coconut Water

DESSERTS

Add Gelato to Your Dessert / 1 50

- Banoffee** 9 00
Caramelized Banana, Coconut Whipped Cream, Toffee Sauce, Graham Cracker, Chocolate Shaving
- Coconut Panna Cotta** 9 00
Rum Pineapple Compote, Spicy Candy Almond, Mint
- Daily Gelato & Sorbet** 6 00
Ask Your Server for Details

W W I N E E

SPARKLING

6 OZ. / BOTTLE

Prosecco Doc Treviso Brut

11⁹⁵ / 47⁹⁵

NV / Santome / Italy

Cuvée Selection Brut

189⁹⁵

NV / Collard-Picard / Champagne, France

WHITE

6 OZ. / BOTTLE

Pinot Grigio

11⁹⁵ / 46⁹⁵

2020 / Mosole / Venezia, Italy

Sauvignon Blanc

10⁴⁵ / 32⁹⁵

2020 / Laurent Miquel / Languedoc, France

Chardonnay

12⁴⁵ / 46⁹⁵

2020 / Wente Vineyards / California, USA

Marese Bombino Bianco

11⁴⁵ / 44⁹⁵

2020 / Rivera / Irivera, Italy

Riesling

10⁴⁵ / 35⁹⁵

2020 / Vineland Estates / Niagara, Ontario

Sauvignon Blanc

59⁹⁵

2020 / Staete Landt / Marlborough, New Zealand

La Fogliola Bianco

64⁹⁵

2019 / Santi Giacomo e Filippo / Marche, Italy

Chablis

87⁹⁵

2020 / Bernard Defaix / Chablis, France

ROSÉ

6 OZ. / BOTTLE

Saintly Rose

10⁹⁵ / 42⁹⁵

2019 / Saintly Wine / Niagara, Ontario

La Vie en Rose

18⁹⁵ / 71⁹⁵

2020 / Château Roubine / Côtes de Provence, France

RED

6 OZ. / BOTTLE

Cabernet Sauvignon

12⁹⁵ / 46⁹⁵

2020 / Bread & Butter / California, USA

Chianti Classico

10⁹⁵ / 39⁹⁵

2019 / Poggio Morino / Chianti, Italy

Pinot Noir

13⁹⁵ / 52⁹⁵

2019 / Map Maker / Marlborough, New Zealand

Malbec

13⁹⁵ / 52⁹⁵

2018 / Finca Decero / Agrelo, Argentina

Tempranillo

11⁹⁵ / 45⁹⁵

2017 / Tinedo, Cala N.1 / La Mancha, Spain

Garnacha Blend

52⁹⁵

2020 / Laya / Almansa, Spain

Cabernet Franc

53⁹⁵

2010 / Cave Spring Cellars / Niagara, Ontario

Carmenère

54⁹⁵

2017 / Puntí Ferrer / Curico Valley, Chile

Valpolicella

62⁹⁵

2019 / Antica Vigna / Valpolicella, Italy

Cabernet Sauvignon

98⁹⁵

2018 / Edge / Alexander Valley, California

Cabernet Sauvignon

178⁹⁵

2018 / Duckhorn / Napa Valley, California

W W I N E E



HAPPY HOUR

10⁰⁰
NOURISH


Fried Chicken Bites



Jicama Slaw, Pineapple, and Jalapeño Aioli


Catalyst Burger


Grilled 100% Beef, Bacon, Caramelized Onions,
Dill Pickles, 4-Peppercorn Aioli, Gouda Cheese,
Brioche Bun

ADD FRIES, SWEET POTATO FRIES,
OR MICROGREENS SALAD 4

Marinated Olives  
Garlic, Orange, Chili, Herb

Spicy Chili Hummus  
Crispy Garlic Chickpeas, Pomegranate Seeds,
Taro and Lotus Root Chips

Tamarind Glazed Cauliflower Bites  
Slivered Almonds, Catalyst Dry Spice,
Cilantro Yogurt

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



VEGETARIAN



GLUTEN-FRIENDLY



VEGAN

DAILY 4 - 5 P M



HAPPY HOUR

REFRESH

White

Laurent Miquel Sauvignon Blanc 7⁰⁰

Red

Bread & Butter Cabernet Sauvignon 8⁰⁰

Beer

Ace Hill Mexican Lager **LOW CAL** 5⁰⁰

Mill St. Organic Bottle 5⁰⁰

Liquor

Jazz Age 10⁰⁰

Tokyo Tuxedo 10⁰⁰

Last Tango in Paris 10⁰⁰

DAILY 4 - 5 P M