



# NOTICE ANYTHING DIFFERENT?

We've made a few changes around here to better serve you as we adjust to a new way of doing things. Some of these changes include increased distancing within our dine-in areas, enhanced safety and hygiene protocols and these new handy-dandy recyclable, single-use menus!



## WINGS

Enjoy our famous original wings or dress 'em up and have them dusted.

### STEP 1: PICK YOUR WING

#### 1 LB ORIGINAL OR DUSTED WINGS

1 lb of original wings served with fries and our famous Garlic Dill Sauce. 1210 Cals | \$15.69  
Also available dusted. 1370 Cals

1 lb of original wings served with veggie sticks and our famous Garlic Dill Sauce. 790 Cals | \$15.69  
Also available dusted. 940 Cals

#### 2 LBS ORIGINAL OR DUSTED WINGS

2 lbs of original wings served with fries and our famous Garlic Dill Sauce. Serves 2 | 980 Cals / serving \$26.99  
Also available dusted. Serves 2 | 1140 Cals / serving

2 lbs of original wings served with veggie sticks and our famous Garlic Dill Sauce. Serves 2 | 770 Cals / serving \$26.99  
Also available dusted. Serves 2 | 920 Cals / serving

#### 10 PCS BONELESS

10 pcs boneless served with fries and our famous Garlic Dill Sauce. 1470 Cals | \$14.49

10 pcs boneless served with veggie sticks and our famous Garlic Dill Sauce. 1060 Cals | \$14.49

#### 15 PCS BONELESS

15 pcs boneless served with fries and our famous Garlic Dill Sauce. Serves 2 | 1030 Cals / serving \$18.99

15 pcs boneless served with veggie sticks and our famous Garlic Dill Sauce. Serves 2 | 830 Cals / serving \$18.99

#### DOUBLE TROUBLE

The best of both worlds. 10 pcs boneless and 1 lb of original wings served with our signature golden fries and our famous Garlic Dill Sauce. Serves 2 | 1110 Cals / serving \$26.99

Also available with dusted wings.  
Serves 2 | 1180 Cals / serving

### STEP 2: PICK YOUR SAUCE

Calories for sauces are in addition to the calories displayed in step 1.

#### DRY

- Lemon Pepper 20-30 Cals
- Salt & Pepper 0 Cals
- Chipotle Mango Dry Rub 0 Cals
- Mild Dry 5-15 Cals
- Medium Dry 5-15 Cals
- Cajun 0 Cals

#### SAUCY

- Honey Garlic 120-230 Cals
- Garlic Parm 320-530 Cals
- Mississippi Honey BBQ 170-350 Cals
- Sweet Asian BBQ 180-360 Cals
- Thai Coconut 150-210 Cals
- Sweet Chili 140-280 Cals
- Mild Saucy 60-120 Cals
- Buffalo Ranch 130-260 Cals
- Mild Thai 190-390 Cals
- Szechuan 120-240 Cals
- Authentic Buffalo 10-30 Cals
- Sweet Sriracha Hot Sauce 90-200 Cals
- Hot & Honey 70-230 Cals
- Medium Saucy 70-140 Cals
- Chili Lime 50-110 Cals
- Nashville Hot Sauce 110-220 Cals
- Spicy Garlic Parm 320-530 Cals
- Hot Sweet Asian 100-210 Cals
- Hot 20-45 Cals
- Caribbean Jerk 120-260 Cals
- Smoked BBQ Heat 110-230 Cals
- Suicide 30-60 Cals
- Hotter than Hell 45-90 Cals
- Paala Sauce 50-110 Cals



### SAUCE IT UP!

#### FAN FAVE GARLIC DILL SAUCE BOTTLE

Is there a better sauce to have wings and fries with? Bring home our famous Garlic Dill Sauce! 130 Cals / 30ml | \$4.99

#### HOT SAUCE BOTTLE

Some like it hot! Bring home a bottle of our hot sauce! 10 Cals / 30ml | \$4.99

## GET STARTED!

#### FAN FAVE ST. LOUIS GARLIC STICKS

Our spin on garlic bread. Soft pizza dough fried to perfection and flavoured with garlic and Parmesan cheese. Served with pizza sauce. Serves 2 | 400 Cals / serving \$5.99



#### HUMMUS WITH WARM NAAN

Fresh chickpea hummus topped with olive oil, goat cheese and red peppers, garnished with mint leaves. Served with warm naan bread for dipping. Serves 2 | 660 Cals per serving \$9.99

#### FIESTA BOLD JALAPEÑO POPPERS

Red jalapeños stuffed with a tangy chili cream cheese, breaded and fried to a crispy finish. Served with fresh lime crema. Serves 2 | 370 Cals / serving \$9.79

#### FAN FAVE NOT YOUR MOM'S CAULIFLOWER

Tender cauliflower pieces, lightly dusted, fried and drizzled with your choice of wing sauce. Topped with green onion and served with ranch dressing on the side. Serves 2 | 270 - 350 Cals / serving \$7.69

#### BBQ BUTTON-BONE RIBS

10 pcs of fried button-bone ribs hand-tossed in our signature spice blend. Served with your choice of BBQ sauce. Serves 2 | 450 - 490 Cals / serving \$13.99

#### FAN FAVE DEEP FRIED PICKLES

The best cucumber you'll ever eat. Six large pickle wedges breaded, fried and served with our famous Garlic Dill Sauce. Serves 2 | 310 Cals / serving \$9.79

#### CALAMARI

Lightly dusted calamari served with tzatziki sauce and a lemon wedge. Serves 2 | 280 Cals / serving \$12.99

#### LOTSA MOZZA STICKS

Mozzarella cheese double coated and fried to a crispy finish. Cheesy, stringy, crunchy and dippable! Served with pizza sauce. Serves 2 | 490 Cals / serving \$9.79

#### ONION RINGS

If you like it, put a ring on it! Traditional deep fried onion rings served hot and crispy. Serves 2 | 770 Cals / serving \$9.79

#### FLAME SIGNATURE WINGS NACHOS

Seasoned tortilla chips topped with a shredded cheese blend, tomatoes, green onion, fresh salsa and jalapeños. Plus, we've added boneless chicken and our famous Garlic Dill Sauce! Served with sour cream and a side of freshly made salsa. Serves 2 | 710 Cals / serving \$17.99

#### FLAME ST. LOUIS NACHOS

Seasoned tortilla chips topped with a shredded cheese blend, tomatoes, green onion, fresh salsa and jalapeños. Served with sour cream and a side of freshly made salsa. Serves 2 | 620 Cals / serving \$16.69

Add grilled chicken. Serves 2 | 90 Cals / serving \$3.99

Add beef brisket. Serves 2 | 150 Cals / serving \$4.99

Add pulled pork. Serves 2 | 140 Cals / serving \$3.99

Add guacamole. Serves 2 | 30 Cals / serving \$1.49

Add plant-based tenders. Serves 2 | 150 Cals / serving \$3.99

## POUTINE & FRIES

#### FAN FAVE ST. LOUIS WINGS POUTINE

A St. Louis twist on a Canadian classic. Our signature golden fries topped with sliced St. Louis boneless chicken, cheese curds, gravy, green onion, our signature hot wing sauce and our famous Garlic Dill Sauce. Serves 2 | 850 Cals / serving \$11.99

#### PULLED PORK POUTINE

Our signature golden fries topped with Memphis BBQ pulled pork, crispy onion straws, green onion, cheese curds and gravy. Serves 2 | 910 Cals / serving \$12.99

#### CLASSIC POUTINE

Our signature golden fries topped with cheese curds and gravy. Serves 2 | 650 Cals / serving \$10.99

#### FRIES BEFORE GUYS BUCKET

Our signature golden fries served with our famous Garlic Dill Sauce. Serves 2 | 550 Cals / serving \$6.69

#### SWEET POTATO FRIES

As sweet as your grandma. Sweet potatoes fried light and crispy, served with ancho chipotle mayo. Serves 2 | 590 Cals / serving \$8.99

## SALADS

Want a different dressing? Ask your server for your choice of dressing.

#### FLAME SIZZLIN' CHICKEN SALAD

Freshly chopped lettuce mix, diced tomatoes, fresh cucumbers and dried cranberries tossed in ranch dressing, and topped with Parmesan cheese. Finished with our hand-breaded chicken tenders, coated in hot sauce. 880 Cals | \$15.49

#### GRILLED CHICKEN TOSTADA SALAD

Freshly chopped lettuce mix tossed in ranch dressing. Topped with a grilled chicken breast, tomatoes, cucumber, shredded cheese blend and red onion. Served in a crispy flour tortilla bowl with a side of freshly made salsa. 770 - 1500 Cals | \$15.49

#### FAN FAVE MANDARIN CHICKEN SALAD

Fresh romaine lettuce, sliced almonds, sesame seeds, mandarin oranges and crisp salad noodles tossed in a poppy seed dressing and topped with a sweet Asian BBQ-grilled chicken breast. 980 Cals | \$15.49

#### COBB SALAD

Freshly chopped lettuce mix with rows of diced tomato, cucumber, smoked bacon, grilled chicken, red onion, hard-boiled eggs and a shredded cheese blend. Served with your choice of dressing. 670 - 880 Cals | \$15.49

#### CALIFORNIA QUINOA SALAD

Freshly chopped lettuce mix blended with quinoa and dried cranberries and tossed in a sweet chili poppy seed dressing. Topped with a chipotle mango grilled chicken breast, fresh cucumber, sliced red pepper, jalapeño straws and goat cheese. 840 Cals | \$15.49

#### CLASSIC CAESAR SALAD

Fresh romaine lettuce tossed in creamy garlic Caesar dressing and topped with croutons, smoked bacon, shredded Parmesan cheese and a lemon wedge.

Lg 670 Cals | \$11.49 Sm 250 Cals | \$6.49

Add grilled chicken breast. 180 Cals | \$3.99

Add plant-based tenders. 300 Cals | \$3.99

#### ST. LOUIS HOUSE SALAD

Freshly chopped lettuce mix topped with tomatoes, red onion, cucumbers, carrots and croutons. Served with your choice of dressing.

Lg 340 - 560 Cals | \$10.49 Sm 160 - 270 Cals | \$5.99

Add grilled chicken breast. 180 Cals | \$3.99

Add plant-based tenders. 300 Cals | \$3.99

## SOUPS

#### CLASSIC CHICKEN NOODLE SOUP

As classic as it gets. Prepared with delicious chicken, vegetables and noodles, simmered in chicken broth. 140 Cals | \$3.49

#### FAN FAVE TOMATO BISQUE WITH BASIL

Made with a creamy blend of vine ripened tomatoes and basil. 430 Cals | \$3.49

#### CREAM OF MUSHROOM SOUP

A delicious blend of button mushrooms and rich cream. 300 Cals | \$3.49

#### ITALIAN STYLE WEDDING SOUP

A delicious blend of meatballs, spinach, pasta and herbs, married perfectly in a savoury broth. 200 Cals | \$3.49

#### FRENCH ONION SOUP

A savoury blend of beef broth and caramelized onions, with a touch of white wine and sherry, topped with Swiss cheese and artisanal toast. 340 Cals | \$4.99

\*Taxes extra. Ask your server for details.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

VIEW MENU ONLINE



# TACOS & MORE

All tacos are served with seasoned tortilla chips and freshly made salsa.

**NEW!**

## NASHVILLE HOT CHICKEN TACOS

Two soft tortillas lightly grilled and loaded with Nashville hot fried chicken, shredded cheese blend and a mix of fresh lettuce with green goddess dressing. Topped with goat cheese, pickled red onions and cilantro. 1030 Cals | \$13.49

**FAN FAVE!**

## MARGARITA CHICKEN TACOS

Two soft tortillas lightly grilled and filled with guacamole, coleslaw, shredded cheese blend and chicken breast in a margarita inspired marinade. Topped with green onion and ranch dressing. 710 Cals | \$13.49

## CRISPY FISH TACOS

Two soft tortillas filled with crisp beer battered fish, guacamole, coleslaw and a shredded cheese blend. Topped with green onion and ranch dressing. 750 Cals | \$13.49

Add an extra taco. 280 - 400 Cals | \$3.99  
Add guacamole. 60 Cals | \$1.49

## VEGGIE TACOS

Two soft tortillas lightly grilled and filled with a crumbled black bean and veggie patty, guacamole, shredded cheese blend and coleslaw. Topped with sriracha and green onion. 620 Cals | \$13.49

**NEW!**

## CHICKEN FAJITA BURRITO

Seasoned chicken, diced tomatoes, sautéed vegetables and jalapeño aioli all wrapped up in a freshly grilled flour tortilla covered in melted grilled cheese. Served with nacho chips, salsa and sour cream. 1050 Cals | \$14.99

## CHICKEN QUESADILLA

Two six-inch flour tortillas grilled and filled with a shredded cheese blend, diced red onion, tomatoes, grilled chicken and topped with green onion. Served with seasoned tortilla chips, freshly made salsa and sour cream. 990 Cals | \$14.49

Make it a cheese quesadilla. 810 Cals | \$11.49

# RIBS

## ST. LOUIS ½ RACK OF BACK RIBS

Half a rack of our succulent back ribs served with our signature golden fries and coleslaw. 1020 Cals | \$16.99

Our half rack of back ribs are basted with your choice of Smokey BBQ (120-240 Cals), Memphis BBQ (110-220 Cals), Mississippi Honey BBQ (170-340 Cals) or Nashville Hot Sauce (110-220 Cals).

Also available as a full rack. 1530 Cals | \$24.99

## WING & RIB COMBO

A half pound of our famous original wings and a half rack of our succulent back ribs served with our signature golden fries, coleslaw and our famous Garlic Dill Sauce. 1500 Cals | \$22.49

Also available with dusted wings. 1590 Cals  
Or with 5 pcs boneless wings. 1610 Cals

**ADD-ONS**

Add a half rack 520 - 600 Cals | \$9.99  
Famous Garlic Dill Sauce 160 Cals | \$0.99  
Extra sauce 10 - 350 Cals | \$0.99  
Veggie sticks 45 Cals | \$1.49

# THE OTHER STUFF

MAKE IT A WRAP! HAVE ANY SANDWICH SERVED AS A WRAP.

"The Other Stuff" is served with our signature golden fries (470 Cals). See below for exceptions. Upgrade your selection to sweet potato fries (660 Cals), coleslaw (140 Cals), Caesar salad (250 Cals), house salad (160-270 Cals) or poutine your fries (+170 Cals) for \$1.99.

**FAN FAVE!**

## SOUTHERN CHICKEN SANDWICH

Finally, a chicken sandwich for the soul! Southern style chicken breast fried to a crispy finish. Served on a Brioche bun with all of the fixings. Comes with a side of our ridiculously tasty BBQ aioli and our signature golden fries. 1150 Cals | \$13.49

Also available as a wrap. 1210 Cals

## BUFFALO CAESAR WRAP

Hand-breaded, fried chicken tenders tossed in Buffalo sauce, topped with romaine lettuce, creamy garlic Caesar dressing, smoked bacon and Parmesan cheese, all wrapped up in a freshly grilled flour tortilla. Served with our signature golden fries. 1460 Cals | \$13.49

## BEEF DIP AU JUS

The ultimate dipable sandwich. Sliced, smoked brisket topped with crispy onions and Swiss cheese. Served with our savoury homemade au jus for dipping. Comes with our signature golden fries and a side of bold horseradish aioli. 1400 Cals | \$15.49

## TRIPLE DECKER CLUB

Three slices of panini bread with grilled chicken, smoked bacon, lettuce, fresh tomatoes, cheddar cheese and light mayonnaise. Served with our signature golden fries. 1290 Cals | \$14.99

Also available as a wrap. 1460 Cals

## MEDITERRANEAN CHICKEN WRAP

Seasoned chicken breast, expertly grilled and combined with shredded lettuce, diced tomatoes, red onions and goat cheese. Tossed in balsamic dressing and our homemade tzatziki sauce - all wrapped up in a freshly grilled flour tortilla. Served with our signature golden fries. 1150 Cals | \$13.49

## THAI CHICKEN RICE BOWL

A bed of seasoned rice with a medley of sautéed vegetables. Topped with a sliced grilled chicken breast and finished with our coconut curry sauce. 990 Cals | \$15.99

**NEW!**

## PLANT-BASED TENDERS

Plant-based tenders, fried and tossed in your choice of wing sauce. Served with our famous Garlic Dill Sauce and our signature golden fries. 1060 Cals | \$13.99

**FAN FAVE!**

## HAND-BREADED TENDERS

Delicious hand-breaded buttermilk chicken tenders, specially seasoned with our signature St. Louis spices and fried to a golden brown. Served with plum sauce and our signature golden fries. 1080 Cals | \$13.99

Have them tossed in Buffalo Sauce. 1090 Cals | \$14.99

## HAND-BATTERED FISH N' CHIPS

Crisp beer battered fish served with coleslaw, tartar sauce, fresh lemon and our signature golden fries. 1120 Cals | \$14.49

## BBQ PULLED PORK SANDWICH

Tender smoked pulled pork combined with your choice of BBQ sauce, topped with coleslaw and crispy onion straws on a toasted Brioche bun. Served with our signature golden fries. 1370 Cals | \$13.49

Also available as a wrap. 1430 Cals

## ST. LOUIS CHICKEN & WAFFLES

Our spin on the classic chicken & waffles. Two Belgian waffles layered with our hand-breaded chicken tenders, topped with our famous Garlic Dill Sauce and sweet sriracha. Served with our sweet potato fries and a side of ancho chipotle mayo. 1940 Cals | \$15.49

# BURGERS

All of our burgers are served with our signature golden fries (470 Cals). Upgrade to sweet potato fries (660 Cals), coleslaw (140 Cals), Caesar salad (250 Cals), house salad (160-270 Cals) or poutine your fries (+170 Cals) for \$1.99.

## JALAPEÑO BURGER

Our hottest burger yet! Grilled Angus burger topped with jalapeño relish, our Fiesta Bold Jalapeño Poppers, jalapeño straws and all the fixings. Served on a toasted Brioche bun with our signature golden fries. 1530 Cals | \$15.49

Also available on a lettuce bun. 1280 Cals

## ALL CANADIAN BURGER

Grilled Angus burger, seasoned with Montreal steak spice. We've added fries, cheese curds, bacon, gravy, sweet BBQ sauce and green onion. Served on a toasted Brioche bun with our signature golden fries. 1740 Cals | \$15.49

Also available on a lettuce bun. 1490 Cals

## BACON CHEESEBURGER

As if our grilled Angus burger wasn't enough, we've topped it with smoked bacon, cheddar cheese and all the fixings. Served on a toasted Brioche bun with our signature golden fries. C'mon...you deserve it. 1500 Cals | \$15.49

Also available on a lettuce bun. 1250 Cals

## MESSY VEGGIE BURGER

A hot mess. Our vegetarian burger is grilled and topped with a messy hot mixture of fine chopped onion, tomato, peppers, jalapeños and a shredded cheese blend. Served on a toasted Brioche bun with all the fixings and our signature golden fries. 1190 Cals | \$15.49

Also available on a lettuce bun. 940 Cals

## THE ANGUS BURGER

Grilled Angus burger served with all the fixings on a toasted Brioche bun with our signature golden fries. 1260 Cals | \$13.49

Also available on a lettuce bun. 1010 Cals

**FAN FAVE!**

## GARLIC DILL CHICKEN BURGER

Hand-breaded chicken, fried and tossed in our hot wing sauce. Served on a toasted Brioche bun and topped with cheddar cheese, smoked bacon, onion straws, our famous Garlic Dill Sauce and all the fixings. Served with our signature golden fries. 1550 Cals | \$15.49

Also available on a lettuce bun. 1300 Cals

Also available as a grilled chicken option. 1440 Cals  
Also available on a lettuce bun. 1190 Cals

## DO IT

ADD TOPPINGS TO ANY BURGER for \$1.49 each (Calories are in addition to the calories displayed.)

Crispy onion straws 90 Cals	Swiss cheese 60 Cals	Onion rings 190 Cals	Messy cheese & veggie mix 250 Cals   \$1.99
Jalapeños 10 Cals	Guacamole 50 Cals	Choice of extra sauce 10-350 Cals   \$0.99	
Cheddar cheese 80 Cals	Smoked bacon 160 Cals		

LETTUCE INTRODUCE YOU TO A LIGHTER OPTION. SWAP YOUR BUN FOR A LETTUCE ONE.

# LUNCH

STARTING AT \$10<sup>99</sup>\*

EVERY DAY 11AM - 3PM

Most of our lunches are served with our signature golden fries (470 Cals) and include your choice of a soft drink, coffee or tea (0 -250 cals). Upgrade your lunch selection with sweet potato fries (660 Cals), coleslaw (140 Cals), Caesar salad (250 Cals), house salad (160 - 270 Cals) or poutine your fries (+170 Cals) for \$1.99.

## ½ TRIPLE DECKER CLUB

Half of a triple decker club sandwich. Three slices of panini bread with grilled chicken, smoked bacon, lettuce, fresh tomatoes, cheddar cheese and light mayonnaise. Served with our signature golden fries. 870 Cals | \$10.99

## BUFFALO CAESAR WRAP

Hand-breaded, fried chicken tenders tossed in Buffalo sauce, topped with romaine lettuce, creamy garlic Caesar dressing, smoked bacon and Parmesan cheese, all wrapped up in a freshly grilled flour tortilla. Served with our signature golden fries. 1460 Cals | \$10.99

## SIZZLIN' CHICKEN SALAD

Freshly chopped lettuce mix, diced tomatoes, fresh cucumbers and dried cranberries tossed in ranch dressing, and topped with Parmesan cheese. Finished with our hand-breaded chicken tenders, coated in hot sauce. 880 Cals | \$10.99

## CHEESEBURGER

Grilled Angus burger with cheddar cheese and all the fixings. Served on a toasted Brioche bun with our signature golden fries. Swap your Angus burger for a Messy Veggie Burger. 1190 - 1330 Cals | \$10.99

Also available on a lettuce bun. 940 - 1080 Cals

## HAND-BATTERED FISH N' CHIPS

Crisp beer battered fish served with coleslaw, tartar sauce, fresh lemon and our signature golden fries. 1120 Cals | \$10.99

**FAN FAVE!**

## SOUTHERN CHICKEN SANDWICH

Finally, a chicken sandwich for the soul! Southern style chicken breast fried to a crispy finish. Served on a Brioche bun with all of the fixings. Comes with a side of our ridiculously tasty BBQ aioli and our signature golden fries. 1150 Cals | \$10.99

Also available as a wrap. 1210 Cals

**FAN FAVE!**

## ST. LOUIS WINGS POUTINE

A St. Louis twist on a Canadian classic. Our signature golden fries topped with sliced St. Louis boneless chicken, cheese curds, gravy, green onion, our signature hot wing sauce and our famous Garlic Dill Sauce. Serves 2 | 850 Cals / serving \$10.99

## ST. LOUIS DEVILISHLY GOOD BONELESS

10 pcs boneless served with our signature golden fries and our famous Garlic Dill Sauce. 1470 Cals | \$12.49

Also available with veggie sticks. 1060 Cals

## ST. LOUIS DEVILISHLY GOOD WINGS

11b of our famous original wings, served with our signature golden fries and our famous Garlic Dill Sauce. 1210 Cals | \$13.49

Also available dusted. 1370 Cals

11b of our famous original wings, served with veggie sticks and our famous Garlic Dill Sauce. 790 Cals | \$13.49

Also available dusted. 940 Cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. \*Taxes extra. Ask your server for details.