

## 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 our signature golden fries and our famous Garlic Dill Sauce. 1210 Cals | \$17.79  
Also available dusted. 1370 Cals

1 lb of original wings served with veggie sticks and our famous Garlic Dill Sauce. 790 Cals | \$17.79  
Also available dusted. 940 Cals

#### 2 LBS ORIGINAL OR DUSTED WINGS

2 lbs of original wings served with our signature golden fries and our famous Garlic Dill Sauce.  
Serves 2 | 980 Cals / serving \$28.29  
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 \$28.29

Also available dusted. Serves 2 | 920 Cals / serving

#### 10 PCS BONELESS

10 pieces boneless served with our signature golden fries and our famous Garlic Dill Sauce. 1470 Cals | \$17.79

10 pieces boneless served with veggie sticks and our famous Garlic Dill Sauce. 1060 Cals | \$17.79

#### 15 PCS BONELESS

15 pieces boneless served with our signature golden fries and our famous Garlic Dill Sauce. Serves 2 | 1030 Cals / serving \$21.99

15 pieces boneless served with veggie sticks and our famous Garlic Dill Sauce. Serves 2 | 830 Cals / serving \$21.99

#### NEW! SPICY PLANT-BASED WINGS

Spicy plant-based wings, fried and tossed in your choice of wing sauce. Served with our signature golden fries and our famous Garlic Dill Sauce. 1060 Cals | \$15.99

Spicy plant-based wings, fried and tossed in your choice of wing sauce. Served with veggie sticks and our famous Garlic Dill Sauce. 640 Cals | \$15.99

#### DOUBLE TROUBLE

The best of both worlds. 10 pieces boneless and 1 lb of original wings served with our signature golden fries and our famous Garlic Dill Sauce.  
Serves 2 | 1110 Cals / serving \$28.29  
Also available dusted. Serves 2 | 1180 Cals / serving

The best of both worlds. 10 pieces boneless and 1 lb of original wings served with veggie sticks and our famous Garlic Dill Sauce. Serves 2 | 690 Cals / serving \$28.29  
Also available dusted. Serves 2 | 760 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
- Honey Cajun 260-520 Cals
- Sweet Chili 140-280 Cals
- Mild Saucy 60-120 Cals
- Buffalo Ranch 130-260 Cals
- Authentic Buffalo 10-30 Cals
- Hot & Honey 70-230 Cals
- NEW! Louis '92 80-160 Cals
- Chili Lime 50-110 Cals
- Medium Saucy 70-140 Cals
- Nashville Hot Sauce 110-220 Cals
- NEW! General Tao's 130-260 Cals
- Hot 20-45 Cals
- Spicy Garlic Parm 320-530 Cals
- Hot Sweet Asian 100-210 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

#### ADD-ONS

- Famous Garlic Dill Sauce. 160 Cals | \$0.99
- Extra sauce. 10-350 Cals | \$0.99
- Veggie sticks. 45 Cals | \$1.49

## GET STARTED

#### NEW! HONEY CAJUN CORN AND BACON FRITTERS

Homemade Cajun corn and bacon fritters fried crispy golden brown and drizzled with fresh Canadian honey. Served with jalapeño lime aioli sauce for dipping and a taste of sweet heat. Serves 2 | 780 Cals / serving \$11.99

#### FAN FAVE! ST. LOUIS GARLIC STICKS

You won't want to share these. Soft pizza dough fried to perfection and flavoured with garlic and Parmesan cheese. Served with pizza sauce. Serves 2 | 400 Cals / serving \$7.99

#### 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 \$10.99

#### 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 \$9.99

#### 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 \$10.99

#### CALAMARI

Lightly dusted calamari served with tzatziki sauce and a lemon wedge. Serves 2 | 280 Cals / serving \$14.99

#### LOTSA MOZZA STICKS

Mozzarella cheese double coated and fried to a crispy finish. Cheesy, stringy, crunchy and dipable! Served with pizza sauce. Serves 2 | 490 Cals / serving \$10.99

#### NEW! GARLIC CHEESE TOAST

Toasted baguette brushed with garlic spread and topped with a melted shredded cheese blend. Serves 2 | 340 Cals / serving \$8.49

#### 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 \$10.99

## SALADS

#### 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 | \$16.99

#### 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 | \$16.99

#### 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 | \$16.99

#### FAN FAVE! 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 | \$16.99

## SOUPS

#### 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 | \$6.99

## GET SAUCY! TAKE HOME A BOTTLE OF OUR SIGNATURE SAUCE

#### FAN FAVE! ST. LOUIS GARLIC DILL SAUCE - BOTTLE

Our world famous Garlic Dill Sauce, now available in a handy take-home bottle! Caution, very addictive - please enjoy responsibly. 130 Cals / 30ml | \$5.99

#### FAN FAVE! 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 \$18.99

#### 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 \$18.49

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

## POUTINE & FRIES

#### FAN FAVE! ST. LOUIS WINGS POUTINE

A St. Louis twist on a Canadian classic. Our signature golden fries topped with sliced boneless chicken, cheese curds, gravy, green onion, our signature hot wing sauce and our famous Garlic Dill Sauce. Serves 2 | 850 Cals / serving \$14.29

#### CLASSIC POUTINE

Our signature golden fries topped with cheese curds and gravy. Serves 2 | 650 Cals / serving \$12.69

#### NEW! SHAWARMA SPICED POUTINE

Our signature golden fries topped with shawarma-seasoned strips of chicken breast, cheese curds, gravy, garlic aioli, diced tomatoes, red and green onions. Serves 2 | 970 Cals / serving | \$14.29

#### FRIES BEFORE GUYS

Our signature golden fries served with our famous Garlic Dill Sauce. Serves 2 | 550 Cals / serving \$7.99

#### SWEET POTATO FRIES

As sweet as your grandma. Sweet potatoes fried light and crispy, served with ancho chipotle mayo. Serves 2 | 590 Cals / serving \$9.99



#### 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 | \$12.99 Sm 250 Cals | \$6.49

Add grilled chicken breast. 180 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 | \$11.99 Sm 160-270 Cals | \$5.99

Add grilled chicken breast. 180 Cals | \$3.99

#### CHOOSE YOUR DRESSING

- Balsamic 120-180 Cals
- Golden Italian 180-270 Cals
- Poppy Seed 210-320 Cals
- Ranch 160-240 Cals
- Sweet Chili Poppy Seed 260-390 Cals
- Blue Cheese 230-350 Cals
- Garlic Dill 200-400 Cals
- Caesar 160-320 Cals

#### SOUP OF THE DAY

Ask server for details. 140-430 Cals | \$3.49

\*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.

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# BURGERS & CHICKEN SANDWICHES

All of our burgers and chicken sandwiches are served with our signature golden fries (470 Cals). Upgrade your selection to sweet potato fries (660 Cals), coleslaw (140 Cals), Caesar salad (250 Cals), house salad (160-270 Cals), Cajun corn (440 Cals), or poutine your fries (+170 Cals) for \$1.99.

## 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 | \$17.29

Also available on a lettuce bun. 1490 Cals

## THE ANGUS BURGER

Grilled Angus burger served with all the fixings on a toasted Brioche bun with our signature golden fries.

1260 Cals | \$15.29

Also available on a lettuce bun. 1010 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 | \$17.29

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 | \$17.29

Also available on a lettuce bun. 940 Cals

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

## FAN FAVE! 🔥 GARLIC DILL CHICKEN SANDWICH

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 | \$17.29

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

## FAN FAVE! 🔥 HONEY CAJUN CHICKEN SANDWICH

Southern style chicken breast fried to a crispy finish and topped with Honey Cajun sauce, smoked pepper sauce, jalapeño straws and all the fixings. Served on a Brioche bun with a deep fried pickle and our signature golden fries.

1290 Cals | \$16.49

Also available on a lettuce bun. 1040 Cals

## 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 | \$15.99

Also available on a lettuce bun. 900 Cals

## TOP IT OFF

### ADD TOPPINGS TO ANY BURGER or CHICKEN SANDWICH!

Crispy onion straws 90 Cals | \$1.49

Jalapeños 10 Cals | \$1.49

Cheddar cheese 80 Cals | \$1.49

Swiss cheese 60 Cals | \$1.49

Guacamole 50 Cals | \$1.49

Smoked bacon 160 Cals | \$1.49

Onion rings 190 Cals | \$1.49

Choice of extra sauce

10-350 Cals | \$0.99

Messy cheese & veggie mix

250 Cals | \$1.99

# THE OTHER STUFF

"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), Cajun corn (440 Cals), or poutine your fries (+170 Cals) for \$1.99.

## 🔥 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 | \$15.49

## BEEF DIP AU JUS

The ultimate dippable 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 | \$16.99

## 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 | \$16.49

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 | \$15.49

## 🔥 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 sweet potato fries and a side of ancho chipotle mayo.

1940 Cals | \$17.29

## 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 | \$15.99

Have them tossed in Buffalo Sauce. 1090 Cals | \$16.99

## HAND-BATTERED FISH N' CHIPS

Crisp beer battered fish served with coleslaw, tartar sauce, fresh lemon and our signature golden fries.

1120 Cals | \$16.49

## 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 | \$15.49

Also available as a wrap. 1430 Cals

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# TACOS & MORE

## 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 | \$15.29

## 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 | \$15.49

## 🔥 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 | \$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 | \$16.49

Make it a cheese quesadilla. 810 Cals | \$13.49

## TREAT YOURSELF ALREADY!

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

Add guacamole. 60 Cals | \$1.49

ALL TACOS AND QUESADILLAS ARE SERVED WITH SEASONED TORTILLA CHIPS AND FRESHLY MADE SALSA.

# 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), Cajun corn (440 Cals), or poutine your fries (+170 Cals) for \$1.99.

## 1/2 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

## HAND-BATTERED FISH N' CHIPS

Crisp beer battered fish served with coleslaw, tartar sauce, fresh lemon and our signature golden fries.

1120 Cals | \$11.99

## FAN FAVE! 🔥 ST. LOUIS WINGS POUTINE

A St. Louis twist on a Canadian classic. Our signature golden fries topped with sliced 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

## 🔥 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 | \$12.49

## CHICKEN CAESAR SALAD

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

850 Cals | \$11.99

## 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 | \$12.99

Also available on a lettuce bun. 940-1080 Cals

## 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 | \$12.99

Also available on a lettuce bun. 900 Cals

## ST. LOUIS BONELESS

10 pieces boneless served with our signature golden fries and Garlic Dill Sauce.

1470 Cals | \$15.29

Also available with veggie sticks. 1060 Cals

## FAN FAVE! 🔥 ST. LOUIS WINGS

1 lb of original wings served with our signature golden fries and our famous Garlic Dill Sauce.

1210 Cals | \$15.29

Also available dusted. 1370 Cals

1 lb of original wings served with veggie sticks and our famous Garlic Dill Sauce.

790 Cals | \$15.29

Also available dusted. 940 Cals