



# WINGS

WINGS 18 ½ | WING SAMPLE 3 ¼  
BONELESS WINGERZ 20 ½ | CAULI' WINGERZ ① 16  
GLUTEN-SMART HALAL WINGS ② 20 ½ ask server for details

**PARM & HERB** ★ ① a fusion of oregano, basil, parmesan + garlic

**SALT & PEPPER** ① some call them simple, we call them delicious

**TEXAS DRY RUB** ① a blend of smoked paprika, chili powder + secret spices

**WEST COAST LEMON PEPPER** ① a local favourite – lemon zest, sea salt + cracked black pepper

**DILL PICKLE** ① zesty, garlic dill

**GARLIC PARM** ① ② creamy garlic parmesan

**WHITE CHEDDA'** ① you like it on popcorn – you'll love it on wings

**ITALIAN ROASTED RED PEPPER** ① mild + smooth – a blend of roasted bell peppers, onions + garlic

**OUTBACK BBQ** ① perfectly balanced BBQ sauce – smoky, tangy + rich

**TERIYAKI** ① tangy teriyaki tossed with toasted sesame seeds

**GREEK** ① ② a fusion of oregano, sun-dried tomatoes, garlic + lemon

## CLASSIC

**MAPLE BOURBON** ① southern, sweet with a hint of maple + bourbon

**PINEAPPLE TERIYAKI** ★ ① with soy + sesame

**BC HONEY Q** ① a blend of honey garlic + bbq sauce

**KOREAN STICKY SESAME** ① honey, sesame, soy sauce + garlic, tossed with toasted sesame seeds

**HONEY GARLIC** ① sweet honey + minced garlic in perfect harmony

**LOUISIANA SWEET** ① ② sweet with a kick, made with aged cayenne + garlic

**TABASCO SWEET & SPICY** ★ ① ② sweet with more than a hint a heat

**SWEET THAI CHILI** ① ② classic, tangy sauce made with red chilis

**THAI CHILI & LIME** ① ② a little more heat than sweet with a touch of tang - a perfect balance of sweet thai chili sauce, sriracha + fresh lime

**HONEY STINGER** ① ② honey garlic sauce kicked up a notch with ginger + cayenne pepper

## SWEET

**ZESTY SRIRACHA LIME** ① ② sriracha seasoning with a hint of lime + garlic

**HONEY HOT** ★ ① ② ③ sweet honey + spicy sriracha peppers create a smooth, fiery sauce

**FIJI FLAME** ① ② ③ aromatic blend of fresh red chili paste, sautéed jalapeños + garlic

**PERI PERI** ① ② ③ craveable chili pepper sauce that is spicy, garlicky + tangy with a hint of lemon

**BBQ HEAT** ① ② ③ this hot bbq sauce is smoky, tangy + bold

### BOBBY WING ① ② ③ ④ ⑤ ⑥ ⑦ ⑧

The sauce that made us famous. A blend of the hottest peppers in the world. 1.2 million Scovilles.  
**BE WARNED. Waiver required.**

**BOBBY WING ANTIDOTE** to cool your taste buds 4 ¾

*Be featured on our* **WALL OF FLAME!**

## SPICY

**EAST MEETS WEST** ① ② ③ ④ the sweetness of the East + the heat of the West

**BUFFALO** ① ② ③ the OG wing flavour – made with aged cayenne + spices

**CHILEAN CHILI** ① ② ③ ④ ⑤ very spicy with just a touch of sweetness

**JAKARTA HEAT** ① ② ③ ④ ⑤ like an erupting volcano, these wings bring the heat

## DIPS & STIX

DIPPING SAUCE 2

VEGGIE STIX + DIPPING SAUCE 5

- ▶ ranch
- ▶ garlic aioli
- ▶ blue cheese

- ▶ house-made wowy ranch ①
- ▶ WINGS burger sauce ①
- ▶ honey mustard

- ▶ buffalo ②
- ▶ sriracha lime aioli ① ②

- ▶ spicy aioli ②
- ▶ house fire ① ② ③ ④ ⑤

- ▶ Bobby Wing dip + ¾ ① ② ③ ④ ⑤ ⑥ ⑦ ⑧

# START & SHARE

**ZOO STICKS** ★  
crisp zucchini coated in a blend of garlic, onion + romano cheese with a side of wowy ranch 11 ½

**PERI PERI FRIES** ★ ① ② ③  
seasoned curly French fries drizzled with WINGS Peri Peri sauce + spicy aioli, topped with pickled onions + green onions 11 ½

**SPINACH & ARTICHOKE DIP** ①  
topped with melted cheese + served warm with house-made tortilla chips 17

**HAT TRICK** ①  
an order of wings, garlic cheese toast + yam fries with garlic aioli 26  
sub Cauli' Wingerz ①

**YAM FRIES** ①  
with garlic aioli 12 ¼

**WINGS STYLE PEROGIES** ②  
8 potato cheddar perogies, bacon bits, green onion + sour cream 10

**CHICKEN SLIDERS** ★  
3 soft brioche rolls, crunchy breaded chicken, garlic aioli + dill pickles 16

**SHEET PAN NACHOS** ① ② ③  
house-made chips loaded with cheese, tomatoes, olives, jalapeños + green onions. Served with sour cream + pico de gallo 19  
add spicy chicken +7 | spicy beef +7  
guacamole +4

**POTATO SKINS**  
smokehouse bacon, caramelized onions, cheese + green onions. Served with sour cream 16 ½

**FRIES & GRAVY** 10

**GARLIC CHEESE TOAST** ① 7

**SZECHUAN LETTUCE WRAPS** ★ ②  
your choice of panko breaded chicken or crispy tofu tossed in Szechuan sauce, peanuts, wontons, green onions + cilantro. Served with iceberg lettuce, spicy aioli + a lime wedge 20  
sub sweet + spicy tofu

**CRISPY CAULIFLOWER** ★ ②  
battered cauliflower, fried + tossed in sweet + spicy chili sauce. Served on a bed of arugula + garnished with sesame seeds 16

**STREET TACOS** ① ②  
three crispy cod or spicy chicken tacos, slaw, buffalo sauce, sriracha lime aioli + pico de gallo 17

**LOADED POUTINE** ★ ②  
chicken, bacon, red pepper, green pepper + onion 16

**CHICKEN TENDERS & FRIES**  
crispy chicken tenders + French fries. Served with honey mustard dip 17

**SWEET THAI CHILI CHICKEN**  
tender pieces of chicken marinated in buttermilk, deep-fried + tossed in sweet thai chili sauce, topped with sesame seeds + green onions 17  
sub crispy tofu ①

**CALAMARI** ②  
crispy, seasoned calamari topped with cilantro + jalapeños. Served with spicy aioli 19

**DRY RIBS**  
tossed in sea salt + cracked black pepper 16

**MOZZA STICKS** ①  
with marinara sauce 15 ½

**SOUP OF THE DAY** ①  
served with garlic toast 9 ¼

# BEVERAGES

**SOFT DRINKS** free refills 4 ½  
Coca-Cola, Diet Coke, Sprite or Ginger Ale

**NESTEA ICED TEA** free refills 4 ½

**MINUTE MAID LEMONADE** 4 ½  
free refills

**ASSORTED JUICES** 4 ½

**RED BULL** 6 ¾

**SUMMER BERRY SPRITZ** 6 ½

**FENTIMANS GINGER BEER** 6 ¾  
275ml

**COFFEE OR TEA** 4

**NON-ALCOHOLIC BEER** 6 ¾  
330ml – 355ml

## BOWLS

*Bowls are served with your choice of white or brown rice*

sub crispy tofu ⑤ or sautéed prawns

### BUTTER CHICKEN BOWL ★ ⑤

traditional butter chicken with naan bread + garnished with green onions 22

choice of thai jasmine or long grain rice

sub crispy tofu ⑤

### FAR WEST RICE BOWL ★

jasmine rice, sriracha lime aioli, pickled onions, sesame seeds, matchstick carrots, pineapple teriyaki + green onions 21

choice of grilled chicken or crispy tofu



### SEARED TUNA POKE BOWL ★ ⑤

sesame crusted ahi tuna, avocado, cucumber, radish, pickled daikon + ginger, crispy tempura + drizzled with miso lime aioli 25

choice of thai jasmine or long grain rice

sub crispy tofu ⑤

### SWEET TERIYAKI DRAGON BOWL ⑤

tender chicken breast sautéed with bell peppers, onions, carrots, bok choy, ginger + garlic. Finished with teriyaki, sweet thai sauce. Topped with pea shoots 22

### BUDDHA BOWL ⑤

a mindful mix of steamed edamame beans, broccoli, coleslaw, shredded carrots, diced tomatoes, diced cucumbers, rice, grilled veggie fritters + pea shoots. Finished with a sesame hoisin drizzle + sesame seeds 22

### HOISON CHICKEN + VEGGIE BOWL ⑤

hoisin soy-sesame chicken breast, stir fried mushrooms, carrots, broccoli, garlic, ginger, rice + toasted sesame seeds 22

sub crispy tofu ⑤

### THAI CURRY CHICKEN RICE BOWL ④ ⑤

pan-seared chicken breast, creamy red curry coconut sauce. Served with roasted vegetables + rice 22

## BURGERS & HANDHELDS

*Served with Fries, Soup or Salad*

sub yam fries with garlic aioli +3¾ | onion rings +3½ | Gluten Smart bun +2¼

### CRISPY ONION BURGER ★

6 oz Certified Angus Beef patty, fried crunchy onions, BBQ sauce, provolone cheese + lettuce, on a toasted brioche bun 21

### SPICY THUNDER CHICKEN BURGER ★ ④

crispy chicken breast, WINGS Hot Cayenne Sauce, garlic aioli, lettuce, sliced dill pickle + fresh jalapeño, on a toasted brioche bun 21

### CAJUN CHICKEN QUESADILLA ④ ⑤

cajun chicken breast, cheese, green onions, tomatoes + jalapeños, served with sour cream 20

### HOMESTYLE CHICKEN SANDWICH ⑤

buttermilk marinated, hand-battered crispy chicken breast, slaw, spicy aioli + dill pickles on a brioche bun 22

### STADIUM BURGER

6 oz Certified Angus Beef Patty, lettuce, tomatoes, red onions + WINGS burger sauce, on a toasted brioche bun 19

sub organic veggie patty ⑤

### CHICKEN CLUBHOUSE ⑤

chicken breast, smokehouse bacon tomatoes, mayo, lettuce on a brioche bun 20½

### PROVOLONE BEEF DIP

shaved rib eye, garlic aioli, caramelized onions + melted provolone cheese on a toasted ciabatta bun, served with au jus 22½

### STEAK SANDWICH ⑤

6 oz free range, grass-fed striploin steak grilled served with garlic-herb toasted ciabatta bun 24

### VEGGIE BURGER ⑤ ⑤

organic vegan patty, cheddar cheese, lettuce, tomatoes, onions + tzatziki, served on a brioche bun 18

### MILE HIGH BURGER ④

6 oz Certified Angus Beef Patty, smokehouse bacon, sautéed mushrooms, cheddar cheese, lettuce, tomatoes, red onions + WINGS burger sauce, on a toasted brioche bun 22½

#### BURGER ADD-ONS

- ▶ provolone cheese +2¼
- ▶ sautéed mushrooms +3
- ▶ guacamole dip +2¼
- ▶ cheddar +2¼
- ▶ smokehouse bacon +3
- ▶ caramelized onions +2½

## SALADS

### SOUTHERN CRISPY CHICKEN BOWL

house greens, grape tomatoes, shredded cheese, green onions, cilantro, seared corn, black beans, slaw, tortilla strips + pickled onions with Homestyle Crispy Chicken breast + chipotle lime dressing 24

sub crispy tofu ⑤

### ASIAN CHICKEN CHOPPED SALAD

hoisin soy-sesame chicken, toasted almonds, corn, green onions, local house greens, topped with crispy wontons + dressed with hoisin vinaigrette 21

### SANTA FÉ CHICKEN SALAD ④

cajun chicken breast, house greens, corn, white onion, bell peppers, cheese, tortilla strips + southwest ranch dressing 21¾

### COBB SALAD

house greens with chicken, bacon, egg, cheese, diced tomato + cucumber with your choice of dressing 20

### CAESAR

fresh romaine, herb croutons, classic asiago Caesar dressing + shaved parm 14

starter size 10

### HOUSE GREENS ⑤

tender baby greens with grape tomatoes, matchstick carrots, cucumbers + pickled onions 14

starter size 10

#### SALAD ADD-ONS

- ▶ seared or crispy chicken +8¼
- ▶ sautéed prawns +8¼
- ▶ crispy tofu ⑤ +6

## PASTAS & MAINS

*All Pasta are Served with Garlic Bread*

### BACON MAC + CHEESE SKILLET ④

creamy cheese sauce, smokehouse bacon, corkscrew pasta, baked in a cast iron skillet with a cheesy breadcrumb topping + green onions 21

### CAJUN CHICKEN PASTA

tender chicken breast, corkscrew pasta tossed in our cajun alfredo sauce, topped with green onions + shaved parm 23

### CLASSIC CHICKEN ALFREDO

tender chicken breast, creamy alfredo sauce, linguine noodles, Italian parsley + shaved parm 22

### SUN-DRIED TOMATO + PRAWN LINGUINE ④ ④ ⑤

sautéed garlic prawns, sun-dried tomatoes, chili-infused tomato sauce, Italian parsley + shaved parm 22



### BC BLONDE FISH + CHIPS ④ ⑤

BC Blonde beer battered cod fillets, slaw, fries, lemon wedge + tartar sauce 25

### WINGS SCHNITZEL ⑤

tender breaded schnitzel topped with mushrooms sauteed in garlic butter, alfredo sauce + gravy, served with mashed potatoes + seasonal vegetables 22

### HUNTER CHICKEN ⑤

seared chicken breast, mushrooms, onions, rosé sauce served with mashed potatoes + roasted vegetables 24¾

### STRIPLOIN STEAK DINNER ⑤

8 oz striploin with mashed potatoes + roasted vegetables 32

### RIB EYE STEAK ⑤

10 oz free range, grass-fed rib-eye steak seasoned with Montreal steak spice. Served with creamy peppercorn sauce, mashed potatoes + roasted vegetables 39½

### CREOLE STEAK & PRAWNS ★ ⑤

8 oz striploin with melted creole butter, white wine sautéed creole prawns, served with garlic mashed potatoes + roasted vegetables 41