



#letsgetmessy

WINGS

WINGS 18% | WING SAMPLE 3%

BONELESS WINGERZ 21½ | CAULI' WINGERZ (V) 16½

GLUTEN-SMART HALAL WINGS (S) 21½ ask server for details

PARM & HERB (D) a fusion of oregano, basil, parmesan + garlic

CHIPOTLE RANCH (D) cool + zesty ranch flavour combined with warm, smoky chipotle pepper

ITALIAN ROASTED RED PEPPER (D) mild + smooth – a blend of roasted bell peppers, onions + garlic

TEXAS DRY RUB (D) a blend of smoked paprika, chili powder + secret spices

WEST COAST LEMON PEPPER (D) a local favourite – lemon zest, sea salt + cracked black pepper

DILL PICKLE (S) (D) (V) zesty, garlic dill

GREEK (D) seasoned with authentic greek spices for a nice crunch

SALT & PEPPER (D) some call them simple, we call them delicious

WHITE CHEDDA' (D) you like it on popcorn – you'll love it on wings

OUTBACK BBQ (S) perfectly balanced BBQ sauce – smoky, tangy + rich

TERIYAKI (S) tangy teriyaki tossed with toasted sesame seeds

CHEESY GARLIC PARM (S) (V) creamy garlic parmesan

DIPS & STIX DIPPING SAUCE 1½ | VEGGIE STIX + DIPPING SAUCE 3

► ranch
► garlic aioli
► blue cheese

► house-made wowy ranch (W)
► WINGS burger sauce (W)
► honey mustard

► buffalo (J)
► sriracha lime aioli (W) (J)

► spicy aioli (J)
► house fire (W) (J) (J) (J)

► Bobby Wing dip +½
(J) (J) (J) (J) (J) (J)

"We take wings seriously. Our **AWARD-WINNING** wings are tossed in one of our unique, signature sauces or seasonings...**ONLY AT WINGS.**"

sauces

MAPLE BOURBON (D) southern, sweet with a hint of maple + bourbon

MAPLE BACON (D) harmonious blend of sweet maple, savoury spices + smoky bacon

BC HONEY Q (S) a blend of honey garlic + bbq sauce

KOREAN STICKY SESAME (S) honey, sesame, soy sauce + garlic, tossed with toasted sesame seeds

HONEY GARLIC (S) sweet honey + minced garlic in perfect harmony

SWEET THAI CHILI (S) (J) classic, tangy sauce made with red chilis

THAI CHILI & LIME (S) (J) a little more heat than sweet with a touch of tang – a perfect balance of sweet thai chili sauce, sriracha + fresh lime

LOUISIANA SWEET (S) (J) sweet with a kick, made with aged cayenne + garlic

HONEY STINGER (S) (J) honey garlic sauce kicked up a notch with ginger + cayenne pepper

sweet

ZESTY SRIRACHA LIME (D) (J) sriracha seasoning with a hint of lime + garlic

HONEY HOT (S) (J) (J) sweet honey + spicy sriracha peppers create a smooth, fiery sauce

FIJI FLAME (S) (J) (J) aromatic blend of fresh red chili paste, sautéed jalapeños + garlic

HOTYAKI (S) (J) (J) (V) the sweetness of the East + the heat of the West

BBQ HEAT (S) (J) (J) this hot bbq sauce is smoky, tangy + bold

BUFFALO (S) (J) (J) the OG wing flavour – made with aged cayenne + spices

CHILEAN CHILI (S) (J) (J) (J) (J) very spicy with just a touch of sweetness

JAKARTA HEAT (S) (J) (J) (J) (J) like an erupting volcano, these wings bring the heat

spicy

BEVERAGES

SOFT DRINKS free refills 4½
Coca-Cola, Diet Coke, Sprite or Ginger Ale

FUZE ICE TEA free refills 4½

MINUTE MAID LEMONADE free refills 4½

ASSORTED JUICES 4½

RED BULL 6 ¾

GINGER BEER 275ml 6 ¾

COFFEE OR TEA 4

NON-ALCOHOLIC BEER 330ml – 355ml 6 ¾

BOBBY WING

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 5

BE FEATURED ON OUR WALL OF FLAME!

START & SHARE

WILD MUSHROOM

DUMPLINGS (S) (V) pan-seared wild mushroom dumplings on sriracha aioli, drizzled with house-made chili oil, topped with green onions + cilantro 17



MINI YORKIES

(V) three mini yorkshires with roast beef + gravy topped with garlic aioli + greens onions 15

GARLIC PARM & HERB FRIES (V) fries tossed in a blend of herb + garlic seasoning with parmesan + drizzled with garlic aioli, served with extra garlic aioli 11½

BIG TEXAS FRIES (V) (J) fries tossed in tex-mex seasoning topped with cheese, tomatoes, jalapeños + green onion served with bbq sauce 14%
add spicy chicken or beef (J) +7%

GARLIC CHEESE TOAST (V) 6½

STREET TACOS

(W) (J) three tacos, slaw, buffalo sauce, sriracha lime aioli, pico de gallo + pickled onions, garnished with cilantro 17

choice of spicy chicken (J) | cajun beef (J) (V)
bang bang shrimp (J) (V) | crispy cod
crispy cauli' (V)

COUNTRY STYLE PEROGIES

crispy cheese + potato filled perogies topped with smokehouse bacon, caramelized onions + green onion, served with sour cream 10½

CALAMARI (J) crispy, seasoned calamari topped with cilantro + jalapeños, served with spicy aioli 19

SHEET PAN NACHOS

(W) (V) (J) house-made chips loaded with cheese, tomatoes, olives, jalapeños + green onion, served with sour cream + pico de gallo 20%
add spicy chicken (J) +7%
add spicy beef (J) +7%
add black beans +3 (V) | guacamole +4

SPINACH & ARTICHOKE DIP

(V) topped with melted cheese + served warm with house-made tortilla chips 17½

POTATO SKINS

smokehouse bacon, caramelized onions, cheese + green onion, served with sour cream 16½

DRY RIBS

tossed in sea salt + cracked black pepper 16½

FRIED PICKLES

(V) seasoned + battered tangy dill pickles, served with spicy aioli 12½

MOZZA STICKS

(V) with marinara sauce 16

CHICKEN TENDERS & FRIES

crispy chicken tenders + fries, served with honey mustard dip 18½

YAM FRIES

(V) with garlic aioli 11½

DAILY SOUP

served with garlic toast 10

HAT TRICK

(W) an order of wings, garlic cheese toast + yam fries with garlic aioli 27
sub Cauli' Wingerz (V)



SALADS & BOWLS

MEDITERRANEAN BOWL ★ V

falafel, rice, hummus, tzatziki, crispy chickpeas, cherry tomatoes, olives, pickled onions, spring greens with white balsamic, topped with fresh parsley **18**



COBB SALAD V

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

SWEET TERIYAKI DRAGON BOWL V

tender chicken breast sautéed with bell peppers, onions, carrots, bok choy, ginger + garlic. Finished with teriyaki, sweet thai sauce. Topped with pea shoots **23**

THAI CURRY CHICKEN RICE BOWL ● V

pan-seared chicken breast, creamy red curry coconut sauce. Served with seasonal vegetables **23**

SOUTHERN CRISPY CHICKEN BOWL

house greens, grape tomatoes, shredded cheese, green onion, cilantro, seared corn, black beans, slaw, tortilla strips + pickled onions with homestyle crispy chicken breast + chipotle lime dressing **23½**

sub seared chicken | crispy tofu V

CAESAR

fresh romaine, herb croutons, classic asiago caesar dressing + shaved parm
small 11 | large 14

HOUSE GREENS V

tender baby greens with grape tomatoes, matchstick carrots + pickled onions
small 11 | large 14

SALAD ADD-ONS

- seared or crispy chicken **+7½**
- crispy tofu V **+6**
- lemon garlic, cajun or bang bang prawns ● V **+9**

BURGERS & HANDHELDs

Served with Fries | sub yam fries with garlic aioli +3

CRISPY ONION BURGER

6 oz all beef patty, fried crunchy onions, BBQ sauce, garlic aioli, provolone cheese + lettuce, on a toasted brioche bun **21**

WARM PASTRAMI SANDWICH

tender smoked pastrami, garlic aioli, grainy mustard, caramelized onions, slaw, provolone cheese + dill pickles on grilled sourdough **22½**

PROVOLONE BEEF DIP

thinly sliced tender beef, garlic aioli, caramelized onions + melted provolone cheese on a toasted ciabatta bun, served with au jus **22¾**

STADIUM BURGER W

6 oz all beef patty, lettuce, tomatoes, red onions + WINGS burger sauce, on a toasted brioche bun **19**
sub organic veggie patty V

SPICY THUNDER

CHICKEN BURGER ●

crispy chicken breast, buffalo sauce, garlic aioli, lettuce, sliced dill pickles + fresh jalapeño, on a toasted brioche bun **22**

CHICKEN CLUBHOUSE

grilled chicken breast, crispy bacon, iceberg lettuce, tomatoes, dill pickles + garlic aioli, on sourdough bread **22**

CAJUN CHICKEN

QUESADILLA ● W

cajun chicken breast, cheese, green onion, tomatoes + jalapeños, served with pico de gallo + sour cream **19**

STEAK SANDWICH V

6 oz free range, grass-fed striploin steak grilled served with garlic-herb toasted ciabatta bun **26**

BURGER ADD-ONS

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



MILE HIGH BURGER W

6 oz all beef patty, smokehouse bacon, sautéed mushrooms, cheddar cheese, lettuce, tomatoes, red onions + WINGS burger sauce, on a toasted brioche bun **22¾**

DESSERTS

LAVA CAKE WITH ICE CREAM V

chocolate cake filled with a warm liquid chocolate, topped with vanilla ice cream + caramel **12**

CHURRO BITES W

tossed in cinnamon sugar, served with vanilla ice cream + caramel sauce **12**

CAST IRON COOKIE À LA MODE W

baked to order in a cast iron skillet, topped with vanilla ice cream + caramel sauce **10**

white chocolate macadamia nut or chocolate chunk

STICKY TOFFEE PUDDING

traditional sticky toffee pudding + caramel sauce with vanilla ice cream drizzled with chocolate + more caramel sauce **10**

CLASSIC CHEESECAKE V

with raspberry coulis + whipped cream **10¾**

PASTAS & MAINS

All Pasta are served with Garlic Bread

CAJUN CHICKEN PASTA

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

CLASSIC CHICKEN ALFREDO

tender chicken breast, creamy alfredo sauce, linguine noodles, green onion + shaved parm **23**

BACON MAC & CHEESE

creamy cheese, corkscrew pasta, baked in a cast iron skillet with a cheesy breadcrumb topping + green onion **22**

TRUFFLE MUSHROOM RAVIOLI ● V

wild mushroom ravioli, creamy mushroom garlic sauce, topped with sautéed mushrooms, parmesan, parsley + truffle oil **24**



BC BLONDE FISH & CHIPS V

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

CHICKEN PARM V

breaded chicken breast, fried until golden brown, topped + baked with tomato basil sauce + fresh parmesan, served on a bed of pasta with seasonal vegetables **23**

WINGS SCHNITZEL V

tender breaded schnitzel topped with mushrooms sautéed in garlic butter, alfredo sauce + gravy, served with mashed potatoes + seasonal vegetables **23**

STRIPLOIN STEAK DINNER V

6 oz striploin with mashed potatoes + seasonal vegetables **28**

***ALLERGY ALERT:** All desserts may contain nuts, dairy, eggs + gluten.