



WINGS

WINGS 18% | WING SAMPLE 3%
BONELESS WINGERZ 21½ | CAULI' WINGERZ ⑤ 16½
GLUTEN-SMART HALAL WINGS ⑥S 21½ ask server for details

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

PARM & HERB ⑤ a fusion of oregano, basil, parmesan + garlic

CHIPOTLE RANCH ⑤ cool + zesty ranch flavour combined with warm, smoky chipotle pepper

ITALIAN ROASTED RED PEPPER ⑤ mild + smooth – a blend of roasted bell peppers, onions + garlic

TEXAS DRY RUB ⑤ a blend of smoked paprika, chili powder + secret spices

WEST COAST LEMON PEPPER ⑤ a local favourite – lemon zest, sea salt + cracked black pepper

DILL PICKLE ★ ⑤ ⑥ zesty, garlic dill

GREEK ⑤ seasoned with authentic greek spices for a nice crunch

SALT & PEPPER ⑤ some call them simple, we call them delicious

WHITE CHEDDA' ⑤ you like it on popcorn – you'll love it on wings

OUTBACK BBQ ⑤ perfectly balanced BBQ sauce – smoky, tangy + rich

TERIYAKI ⑤ tangy teriyaki tossed with toasted sesame seeds

CHEESY GARLIC PARM ⑤ ⑥ creamy garlic parmesan

Classic

MAPLE BOURBON ⑤ southern, sweet with a hint of maple + bourbon

MAPLE BACON ⑤ harmonious blend of sweet maple, savoury spices + smoky bacon

BC HONEY Q ⑤ a blend of honey garlic + bbq sauce

KOREAN STICKY SESAME ⑤ honey, sesame, soy sauce + garlic, tossed with toasted sesame seeds

HONEY GARLIC ⑤ sweet honey + minced garlic in perfect harmony

SWEET THAI CHILI ⑤ ⑥ classic, tangy sauce made with red chilis

THAI CHILI & LIME ⑤ ⑥ a little more heat than sweet with a touch of tang – a perfect balance of sweet thai chili sauce, sriracha + fresh lime

LOUISIANA SWEET ⑤ ⑥ sweet with a kick, made with aged cayenne + garlic

HONEY STINGER ⑤ ⑥ honey garlic sauce kicked up a notch with ginger + cayenne pepper

Sweet

ZESTY SRIRACHA LIME ⑤ ⑥ sriracha seasoning with a hint of lime + garlic

HONEY HOT ⑤ ⑥ ⑥ sweet honey + spicy sriracha peppers create a smooth, fiery sauce

FIJI FLAME ⑤ ⑥ ⑥ aromatic blend of fresh red chili paste, sautéed jalapeños + garlic

HOTYAKI ⑤ ⑥ ⑥ ⑥ the sweetness of the East + the heat of the West

BBQ HEAT ⑤ ⑥ ⑥ this hot bbq sauce is smoky, tangy + bold

BUFFALO ⑤ ⑥ ⑥ the OG wing flavour – made with aged cayenne + spices

CHILEAN CHILI ⑤ ⑥ ⑥ ⑥ ⑥ very spicy with just a touch of sweetness

JAKARTA HEAT ⑤ ⑥ ⑥ ⑥ ⑥ like an erupting volcano, these wings bring the heat

Spicy

DIPS & STIX DIPPING SAUCE 1% | VEGGIE STIX + DIPPING SAUCE 3

- ▶ ranch

▶ garlic aioli

▶ blue cheese
- ▶ house-made wowy ranch ⑤

▶ WINGS burger sauce ⑤

▶ honey mustard
- ▶ buffalo ⑥

▶ sriracha lime aioli ⑤ ⑥
- ▶ spicy aioli ⑥

▶ house fire ⑤ ⑥ ⑥ ⑥ ⑥
- ▶ Bobby Wing dip +% ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥

BOBBY WING ⑤ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥

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!

BEVERAGES

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

FUZE ICE TEA free refills 4½

MINUTE MAID 4½

LEMONADE free refills

ASSORTED JUICES 4½

RED BULL 6¾

GINGER BEER 6¾
275ml

COFFEE OR TEA 4

NON-ALCOHOLIC BEER 6¾
330ml – 355ml

START & SHARE

WILD MUSHROOM DUMPLINGS ★ ⑤
pan-seared wild mushroom dumplings on sriracha aioli, drizzled with house-made chili oil, topped with green onions + cilantro 17



MINI YORKIES ⑥
three mini yorkshires with roast beef + gravy topped with garlic aioli + greens onions 15

GARLIC PARM & HERB FRIES ⑤
fries tossed in a blend of herb + garlic seasoning with parmesan + drizzled with garlic aioli, served with extra garlic aioli 11%

BIG TEXAS FRIES ⑤ ⑥
fries tossed in tex-mex seasoning topped with cheese, tomatoes, jalapeños + green onion served with bbq sauce 14%
add spicy chicken or beef ⑥ +7%

GARLIC CHEESE TOAST ⑤ 6%

STREET TACOS ⑤ ⑥
three tacos, slaw, buffalo sauce, sriracha lime aioli, pico de gallo + pickled onions, garnished with cilantro 17
choice of spicy chicken ⑥ | cajun beef ⑥ ⑥
bang bang shrimp ⑥ ⑥ | crispy cod
crispy cauli' ⑤

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

CALAMARI ⑥
crispy, seasoned calamari topped with cilantro + jalapeños, served with spicy aioli 19

SHEET PAN NACHOS ⑤ ⑥ ⑥
house-made chips loaded with cheese, tomatoes, olives, jalapeños + green onion, served with sour cream + pico de gallo 20½
add spicy chicken ⑥ +7%
add spicy beef ⑥ +7%
add black beans +3 ⑥ | guacamole +4

SPINACH & ARTICHOKE DIP ⑤
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 16%

DRY RIBS
tossed in sea salt + cracked black pepper 16½

FRIED PICKLES ⑤
seasoned + battered tangy dill pickles, served with spicy aioli 12%

MOZZA STICKS ⑤
with marinara sauce 16

CHICKEN TENDERS & FRIES
crispy chicken tenders + fries, served with honey mustard dip 18½



YAM FRIES ⑤
with garlic aioli 11%

DAILY SOUP
served with garlic toast 10


HAT TRICK ⑤
an order of wings, garlic cheese toast + yam fries with garlic aioli 27
sub Cauli' Wingerz ⑤






SALADS & BOWLS

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




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

SWEET TERIYAKI DRAGON BOWL 
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  
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 

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

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

SALAD ADD-ONS

- ▶ seared or crispy chicken +7¼
- ▶ crispy tofu  +6
- ▶ lemon garlic, cajun or bang bang prawns  +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 
6 oz all beef patty, lettuce, tomatoes, red onions + WINGS burger sauce, on a toasted brioche bun 19
sub organic veggie patty 


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

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




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


BURGER ADD-ONS

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


DESSERTS

LAVA CAKE WITH ICE CREAM 
chocolate cake filled with a warm liquid chocolate, topped with vanilla ice cream + caramel 12

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

CAST IRON COOKIE À LA MODE 
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 
with raspberry coulis + whipped cream 10¾

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



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



BC BLONDE FISH & CHIPS 
BC Blonde beer battered cod fillets, slaw, fries, lemon wedge + tartar sauce 25

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

STRIPLOIN STEAK DINNER 
6 oz striploin with mashed potatoes + seasonal vegetables 28