

CARROTS. **CELERY & DIP** \$0 | 170-230 Cals 😒 | WILD SALAD \$ 0 | 90 - 350 Cal CAESAR SALAD **1** \$ 2.99 | 370 Cals DRESSINGS 44 mL/89 mL e Cheese 220/440 Ca Ranch 160/330 Cals Dill 200/400 Cals Italian 15/30 Cals Caesar 260/520 Cals Balsamic 110/220 Cals FRIES \$ 0 | 640 Cals **ONION RINGS** \$ 2.99 | 810 Cals WEET POTATO FRIES \$ 2.99 | 1020 Cals CHIPPERS \$ 2.99 | 1090-1120 Cals See our Wing Flav or our seasoning op FOR \$ 1.50 | 35 Cals TO A POUTINE FOR \$2.99 | 190 Cals

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.

NACHOS

House fried seasoned corn tortilla chips baked with layers of shredded mozzarella and cheddar cheeses, roasted red peppers, plum tomatoes, jalapeños, red and green onions. Served with sour cream and salsa. \$18.75 | 1920 Cals



Seasoned crispy fried Yukon potate chips topped with red onions, plum tomatoes, roasted red peppers, mozzarella and cheddar cheeses, jalapeños and green onions. Served with sour cream and salsa. \$15 | 1730 Cals

GO WILD AND ADD ON

Guacamole \$2.50 | 110 Cals Grilled Chicken \$4.25 | 130 Cals Boneless Chicken \$4.25 | 270 Cals Note: Calories for add ons are additiona

GAR PAR[™] BUFFALO CHICKEN NACHOS

House fried seasoned corn tortilla chips baked with layers of shredded mozzarella and cheddar cheeses, roasted red peppers, plum tomatoes. jalapeños, red onions and topped with boneless chicken tossed in our Mediur Buffalo sauce, Gar Par™ dressing and green onions. Served with salsa and sour cream. \$23.25 | 2770 Cals

dd Five

* FOR \$8 99 *

OREO[®] CHEESECAKE Oreo® cookies baked in our creamy cheesecake

layered with Oreo[®] cookie mousse. Finished with a drizzle of chocolate ganache and milk chocolate rosettes. \$8.75 | 640 Cals

WWCL-MAIN-2022.indd

PICKLED WILLYS

Six juicy, lightly breaded dill pickle wedges fried until golden brown Served with our delicious dill dip. Caution Hot. \$10.99 | 620 Cals

CALAMARI

Dip't and Dusted Calamari deep fried until golden brown. Served with Thai dip and a lemon wedge. \$13.99 | 820 Cals

MAC 'N CHEESE BITES

A Canadian favourite with a twist! Six lightly battered, deep-fried bites Served with ketchup on the side. \$9.99 | 470 Cals

GARLIC CHEESE BREAD

Freshly baked loaf smothered in buttery garlic spread covered with melted mozzarella and cheddar cheeses. \$8.99 | 940 Cals

MOZZA STIX

Five gooey, stringy deep-fried stix. Served with our Spaghetti Western sauce. \$9.99 | 410 Cals

STUFFED PIZZA ROLLS

Nachos 1920 Cals

Pizza Rolls stuffed with pepperoni Mozzarella cheese and marinara sauce Served with a side of Gar Par™ Dip. \$12.99 | 920 Cals

CHICKEN QUESADILLA

A flour tortilla filled with onions, roasted red peppers, shredded mozzarella and cheddar cheeses, plum tomatoes and grilled chicken. Brushed with garlic spread and topped with green onions Served with sour cream and salsa. \$15.99 White Tortilla | 880 Cals Whole Wheat Tortilla | 860 Cals

ONION RINGS

Tasty, crispy, thick cut sweet Spanish onion rings. \$10.99 | 1620 Cals

GAR PAR[™] RINGS Our onion rings topped with our

irresistible Gar Par™ dressing. \$11.75 | 2170 Cals

Fries E BUTINES

SIGNATURE SEASONED FRIES

Our classic signature seasoned fries \$9.25 | 1280 Cals

GAR PAR[™] FRIES

Our classic signature seasoned fries drizzled with our Gar Par™ dressing. \$9.99 | 1830 Cals

SWEET POTATO FRIES

Savoury golden sweet potato fries served with a side of Sriracha mayo \$10.50 | 1750 Cals

UKON CHIPPERS

Crispy fried, Yukon potato chips tossed in your choice of dry seasoning \$8.50 | 1090-1120 Cals

TRADITIONAL POUTINE

Our signature seasoned fries loaded with Québec cheese curds and gravy. \$12.99 | 1640 Cals

BONFI FSS **CHICKEN POUTINE** Boneless chicken tossed in

our Medium sauce piled on top of our signature seasoned fries, gravy, Québec cheese curds and green onions. \$14.99 | 1940 Cals

BACON POUTINE

Our signature seasoned fries loaded with Québec cheese curds, rich gravy, bacon and green onions. \$14.99 | 2020 Cals

NO HEAT MILD S MEDIUM & & 0T 🕹 🕹 👌

All Wing and Boneless Chicken offerings are served with your choice of side dip: Blue Cheese 220 Cals, Ranch 160 Cals or Dill 200 Cals.

*Southern Fried Spicy Wing offering does not include the option of our Wing Flavours. Calories shown for Wings 101[™] flavours are for a single serving. Wings 101™ calories are in addition to any Traditional, Classic, Boneless Chicken offerings and all other menu items.

SINGLE

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TRIPLE

COWBOY

(1 Flavour) includes celery, carrots and our signature seasoned fries. \$18.75 Traditional 1610 Cals per serving/Serves Classic 1210 Cals per serving/Serves 1 Boneless Chicken 1450 Cals per serving/Serves 1 Southern Fried Spicy 1400 Cals per serving/Serves 1*

(2 Flavours) includes celery, carrots and our signature seasoned fries. \$33.99 Traditional 1290 Cals per serving/Serves 2 Classic 890 Cals per serving/Serves 2 Boneless Chicken 1120 Cals per serving/Serves 2 Southern Fried Spicy 1080 Cals per serving/Serves 2*

(3 Flavours) includes celery and carrots. \$45.99 Traditional 970 Cals per serving/Serves 3 Classic 570 Cals per serving/Serves 3 Boneless Chicken 810 Cals per serving/Serves 3 Southern Fried Spicy 760 Cals per serving/Serves 3*

(4 Flavours) includes celery and carrots. \$58.99 Traditional 980 Cals per serving/Serves 4 Classic 580 Cals per serving/Serves 4 Boneless Chicken 810 Cals per serving/Serves 4 uthern Fried Spicy 760 Cals per serving/Serves 4'

5 Flavours) includes celery and carrots. \$72.99 Traditional 970 Cals per serving/Serves 5 Classic 570 Cals per serving/Serves 5 Boneless Chicken 810 Cals per serving/Serves 5 outhern Fried Spicy 760 Cals per serving/Serves 5

O Flavours) includes celery and carrots. \$136.99 Traditional 980 Cals per serving/Serves 10 Classic 570 Cals per serving/Serves 10 Boneless Chicken 810 Cals per serving/Serves 10

Southern Fried Spicy 760 Cals per serving/Serves 10

SOUTHERN FRIED SPICY WING 00% Canadia spiced with the heat of the south.

100%

CHICKEN

WINGS

Spiced just right, no sauce needed TRADITIONAL WINGS nder Canadian wings lightly breade in our signature blend of spices.

> CLASSIC WINGS ender Canadian wings in ou signature blend of spices.

BONELESS CHICKEN Tender 100% chicken breast pieces lightly breaded and seasoned.

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THE TOP 1 $\overline{\mathbb{S}}$ BBQ | 140 Cals D Gar Par™ | 580 Cals $\overline{\bigcirc}$

Honey Garlic | 140 Cals Sweet Escape | 360 Cals Mild 🌢 | 140 Cals Dry Cajun 👌 | 0 Cals

Medium 🌢 🌢 | 90 Cals Hot 🜢 🜢 💧 25 Cals Hot Honey 🜢 🌢 🌢 | 140 Cals

Spicy Gar Par™ 🌢 🌢 🕴 590 Cals

BACKYARD BBQ Whisky Girl | 270 Cals

Angels on the Moon | 290 Cals Mildly BBQ 1 190 Cals Dirty Nelly 👌 👌 | 170 Cals

Spicy BBQ 👌 🌢 💧 | 150 Cals

Honey I'm Home ney BBQ | 180 Ca

Dill-icious Honey | 270 Cals Honey Blues | 280 Cals Wild Thai Honey 👌 | 220 Cals

Spicy Sweet Escape 🜢 🌢 🛛 370 Cals

DRY SEASONINGS

Dry Salt & Pepper | 20 Cals Lightly Seasoned | 15 Cals Dry Lemon Pepper | 15 Cals

Get Saucy

Come Get Some™ | 400 Cals Blue Eyed Blonde | 440 Cals Saddle Up™ | 460 Cals Some Beach 👌 | 490 Cals Cajun Gar Par™ 🌢 | 580 Cals Hot Dill Pickle 🜢 🌢 🖢 | 210 Cals Red Hot and Blue 🜢 🌢 🛛 450 Cals

HOT 'N SPICY

Thai 👌 | 180 Cals

Buckin' Bronco 🜢 🌢 | 110 Cals Hometown Hottie 🌢 🌢 | 150 Cals Thai Cajun 🌢 🌢 | 200 Cals The Rancher 🌢 🌢 🛛 290 Cals

Sweet Heat 000 | 180 Cals





FIERY BUFFALO WILD CHICKEN CRUNCH SANDWICH

A breaded all-white seasoned chicken breast fillet fried to a golden brown, tossed in our signature Medium sauce and topped with cheddar cheese, romaine lettuce, plum tomatoes, pickles and ranch dressing on a garlic buttered ACE Bakery® burger bun. Served with our signature seasoned fries. \$16.75 | 1500 Cals

DILL-ICIOUS HONEY WILD CHICKEN CRUNCH SANDWICH

A breaded all-white seasoned chicken breast fillet fried to a crispy golden brown, tossed in our Honey Garlic sauce topped with romaine lettuce, plum tomatoes and dill dressing on a garlic buttered ACE Bakery® burger bun. Served with our signature seasoned fries. \$16.75 | 1480 Cals

CHICKEN CLUB SANDWICH

Grilled chicken breast, crispy bacon, plum tomatoes, romaine lettuce, cheddar cheese and our Signature Gar Par" sauce on a garlic buttered ACE Bakery® burger bun. Served with our signature seasoned fries. \$16.50 | 1400 Cals

signature seasoned fries. See our Wings 101[™] page for sauce options. \$10.25 • TRADITIONAL 1290-1880 Cals

• CLASSIC 960-1550 Cals BONELESS CHICKEN 1080-1670 Cals

CHICKEN TENDERS

Three chicken tenders served with plum sauce and our signature seasoned fries. \$9.75 | 960 Cals

KIDS HOT DOG

100% beef hot dog served with our signature seasoned fries. \$9 | 1080 Cals

Juicy plum tomatoes, crisp omaine lettuce, cucumbers, croutons, shredded mozzarella and cheddar cheeses tossed in your choice of dressing. Topped with grilled chicken. \$9.25 | 210-470 Cals

DRESSINGS 44 mL Dill 200 Cals

Blue Cheese 220 Cals Caesar 260 Cals Italian 15 Cals Ranch 160 Cals Balsamic 110 Cals

CHEESE PIZZA

Delicious cheese pizza. Served with our signature seasoned fries. \$9.75 | 1130 Cals ADD PEPPERON

\$1.00 | 70 Cals Note: Calories for add ons are additional.



and our signature seasoned fries. \$16.50 | 1350 Cals

GAR PAR[™] CHICKEN TENDERS

Five all-white chicken tenders tossed in our Gar Par" sauce. Served with creamy ranch dip and our signature seasoned fries. \$16.50 | 1830 Cals

HONEY GARLIC CHICKEN TENDERS

Five all-white chicken tenders tossed in our Honey Garlic sauce. Served with creamy ranch dip and our signature seasoned fries. \$16.50 | 1390 Cals

CHICKEN TENDERS

Five succulent all-white chicken tenders. Served with plum sauce and our signature seasoned fries. \$15.75 | 1140 Cals

Note: Actual calories of alcoholic beverages may vary; the addition of mixes will increase the calories of these beverages. Standard serving sizes are based on one drink as outlined in Canada's Low-Risk Alcohol Drinking Guidelines. 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, ndividual needs vary.

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WILD CHICKEN SALAD

Juicy plum tomatoes, crisp romaine lettuce, cucumbers, red onions, shredded mozzarella and cheddar cheeses and croutons tossed with your choice of dressing topped with grilled chicken. \$15.25 | 300-820 Cals

CHICKEN **CAESAR SALAD**

DRESSINGS

44 mL/89 mL

Dill 200/400 Cals

Blue Cheese 220/440 Cals Caesar 260/520 Cals

Italian 15/30 Cals

Ranch 160/330 Cals

alsamic 110/220 Cal

Crisp romaine lettuce tossed in our Gar Par dressing. Topped with bacon, croutons and grilled chicken. \$16.25 | 930 Cals

CHICKEN CAESAR WRAP Crispy bacon, grilled chicken,

and romaine lettuce tossed in ou Gar Par[™] dressing.Served with our signature seasoned fries. \$15.99 White Tortilla | 1490 Cals Whole Wheat Tortilla | 1470 Cals

WILD CHICKEN WRAP

Grilled chicken, juicy plum tomatoes, cucumbers, crisp romaine lettuce, red onions shredded mozzarella and cheddar cheeses tossed in your choice of dressing. Served with our signature seasoned fries. \$15.75 White Tortilla | 1150-1410 Cals

PEPPERONI & BACON FLATBREAD

Baked flatbread smothered in pizza sauce topped with shredded mozzarella and cheddar cheeses sliced pepperoni and bacon \$14.25 | 640 Cals

SPICY CHICKEN FLATBREAD

Baked flatbread with pizza sauce sauce, shredded mozzarella and cheddar cheeses, red onions, jalapeños and grilled chicken tossed in our signature hot sauce. Drizzled with ranch dressing. \$14.25 | 600 Cals



HOT WINGS - COLD BEER - GREAT SPORTS

ALLERGY WARNING: we cannot guarantee food a will not be transferred through accidental cross-c

Whole Wheat Tortilla | 1130-1390 Cals

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