
LUNCH Specials

AVAILABLE MONDAY-FRIDAY OPEN-3:00PM

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 Habanero Jack cheese, romaine lettuce, plum tomatoes, pickles and ranch dressing on a garlic buttered ACE Bakery® burger bun. Served with our signature seasoned fries. \$9.99 | 1510 Cals

SINGLE WINGS

(1 Flavour) includes celery, carrots and our signature seasoned fries. Please see Wings 101 page for flavour options. \$11.99

- Traditional 1610 Cals per serving/Serves 1
- Classic 1210 Cals per serving/Serves 1
- Boneless Chicken 1450 Cals per serving/Serves 1



YOUR CHOICE OF DIP:

- Blue Cheese 220 Cals
- Ranch 160 Cals
- Dill 200 Cals

Calories for add ons/dips and sauces are additional.

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Lunch Size WINGS

6 Wings or Boneless Chicken includes celery, carrots and our signature seasoned fries. Please see Wings 101 page for flavour options. \$9.99

- Traditional 1370 Cals Per Serving/Serves 1
- Classic 990 Cals Per Serving/Serves 1
- Boneless Chicken 1180 Cals Per Serving/ Serves 1

MEAT LOVERS Flatbread

Baked flatbread smothered in marinara topped with shredded mozzarella and cheddar cheeses, sliced pepperoni, chorizo sausage and bacon. \$9.99 | 690 Cals

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BUFFALO CHICKEN WRAP

Boneless chicken tossed in our buffalo style Medium sauce with plum tomatoes, romaine lettuce, ranch dressing, mozzarella and cheddar cheeses. Served with our signature seasoned fries.
 White Tortilla \$9.99 | 1460 Cals
 Whole Wheat Tortilla \$9.99 | 1440 Cals

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GREEK CHICKEN Salad

A refreshing blend of plum tomatoes, cucumber, black olives, feta cheese, red onions on a bed of romaine lettuce tossed in Greek dressing. Topped with grilled chicken. \$9.99 | 580 Cals

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CLASSIC Burger

100% Canadian Beef burger topped with mayo, romaine lettuce, plum tomatoes and pickles on a garlic buttered ACE Bakery® burger bun. Served with our signature seasoned fries. \$9.99 | 1510 Cals

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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.

<p><i>Side</i> *** *** <i>Substitutes</i></p> <p>CARROTS, CELERY + DIP \$ 0 170-230 Cals</p>	<p><i>Salads</i></p> <p>WILD SALAD \$ 0 90 - 350 Cals CAESAR SALAD \$ 2.50 370 Cals GREEK SALAD \$ 2.50 230 Cals</p> <p>DRESSINGS 44mL/89mL Blue Cheese 220/440 Cals Ranch 160/330 Cals Dill 200/400 Cals</p> <p>Italian 150/300 Cals Caesar 260/520 Cals Greek 140/290 Cals Balsamic 110/220 Cals</p>	<p>FRIES \$ 0 640 Cals ONION RINGS \$ 2.50 810 Cals SWEET \$ 2.50 1020 Cals POTATO FRIES CHIPPERS \$ 0 1090 - 1120 Cals</p> <p>Please refer to our Wings 101™ page for our seasoning options.</p>	<p>*** <i>Add GRAVY</i> FOR \$ 1.50 35 Cals <i>OR Upgrade</i> TO A POUTINE FOR \$ 3 190 Cals ***</p>
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