



MENU

APPETIZERS

PERFECT FOR SHARING WITH FRIENDS.

KETTLE CHIPS **\$6.50**
🌱 HOMESTYLE & SHAKEN UP IN YOUR CHOICE OF CAJUN, DILL, TEX-MEX, GREEK OR PLAIN. SERVED WITH RANCH DIP.

DEEP FRIED PICKLES **\$6.50**
🌱 BATTERED PICKLE SPEARS DEEP FRIED UNTIL GOLDEN BROWN. SERVED WITH A HERB DIP.

VEGGIE SPRING ROLLS **\$8**
🌱 SERVED WITH SWEET CHILI SAUCE.

CAJUN ROASTED CAULIFLOWER BITES **\$8**
🌱🌱 CAJUN SPICED ROASTED CAULIFLOWER BITES OVER A BED OF LETTUCE & TOPPED WITH GREEN ONIONS.

SERVED WITH HUMMUS 🌱 OR COOL HERB DIPPING SAUCE 🌱.

MINI VEGETARIAN SAMOSA **\$8**
🌱 VEGETABLE FILLING & INDIAN SPICES. SERVED WITH A TANGY PINEAPPLE CURRY DIP.

BRUSCHETTA NAAN FLATBREAD **\$8.50**
🌱 TOMATO & ONION BRUSCHETTA WITH A HERB OLIVE OIL ON A GRILLED NAAN FLATBREAD, TOPPED WITH ASIAGO CHEESE & OVEN BAKED.

SOUTHWEST CHICKEN NAAN FLATBREAD **\$10**
CHOPPED CAJUN CHICKEN BREAST TOSSED WITH JALAPEÑO, CORN, BLACK BEANS, TOMATO & ONION ON A GRILLED NAAN FLATBREAD WITH A THREE CHEESE BLEND & OVEN BAKED. TOPPED WITH A DRIZZLE OF RANCH.

BBQ BACON & CHEDDAR TOTS **\$10**
GOLDEN FRIED TATER TOTS TOPPED WITH A THREE CHEESE BLEND, BACON BITS, GREEN ONIONS, FRESH TOMATO & DRIZZLED WITH BBQ SAUCE.

SRIRACHA SHRIMP TACOS **\$10.50**
TRIO OF SOFT TACOS WITH SAUTÉED GARLIC SHRIMP, FRESH GREENS & PINEAPPLE SALSA DRIZZLED WITH SPICY SRIRACHA.

SUBSTITUTE HARD CORN TORTILLA SHELLS 🌱.

1LB JUMBO CHICKEN WINGS **\$12**
CHOICE OF DIABLO HOT, BBQ, HONEY GARLIC, TERIYAKI, TEX-MEX, GREEK, CAJUN, SWEET CHILI, LEMON PEPPER OR SUICIDE SRIRACHA. SERVED WITH CARROTS, CELERY & RANCH DIP.

LOADED NACHOS **\$13**
🌱 FRESH CUT TORTILLA CHIPS LAYERED WITH A THREE CHEESE BLEND, TOPPED WITH TOMATO, JALAPEÑOS, OLIVES & GREEN ONIONS. SERVED WITH SALSA & SOUR CREAM.
SHARABLE SIZE (3-4 PEOPLE) **\$18**
ADD TEX-MEX CHICKEN OR BEEF **\$5.25**

GREENS

ADD CHICKEN TO ANY OF OUR GREENS FOR \$5.25 OR DIABLO STYLE CHICKEN FOR \$6.25.

THE DEN'S GREENS **\$8.75**
🌱🌱 FRESH GREENS TOPPED WITH DRIED CRAISINS, CUCUMBER, RED ONION & CRUMBLLED FETA CHEESE. DRIZZLED WITH A LIME DIJON VINAIGRETTE.
HALF SIZE **\$5.50**

THE MIGHTY BEET **\$10**
🌱🌱 FRESH GREENS TOPPED WITH SEASONED BEETS, CRISP RED ONION, SWEET BELL PEPPERS, DRIED CRAISINS & ROASTED PECANS. DRIZZLED WITH A LIME DIJON VINAIGRETTE.
HALF SIZE **\$6**

ULTIMATE CAESAR **\$10.75**
CHOPPED ROMAINE LETTUCE CROWNED WITH SHREDDED ASIAGO CHEESE, CRISP BACON, SEASONED CROUTONS & FRESH LEMON.
HALF SIZE **\$6.75**

POUTINE

A CANADIAN CLASSIC SERVED 10 WAYS.

OLD FASHIONED **\$11**
BEER BATTERED FRIES, A BLEND OF THREE CHEESE & GRAVY.

LES CANADIENS **\$11**
BEER BATTERED FRIES, CHEESE CURDS & GRAVY.

SWEET POTATO **\$11**
CRISPY YAM FRIES, CHEESE CURDS, CHIPOTLE MAYO & GRAVY.

GARDEN EXTREME **\$11**
BEER BATTERED FRIES, CHEESE CURDS, FRESH TOMATO, SAUTÉED MUSHROOMS, ONION, PEPPERS & GRAVY.

HEAT WAVE **\$11**
BEER BATTERED FRIES, CHEESE CURDS, JALAPEÑO, ONION, SRIRACHA & GRAVY.

LOADED BAKED POTATO **\$14**
BEER BATTERED FRIES, CHEESE CURDS, BACON BITS, GREEN ONION, SOUR CREAM & GRAVY.

CHICKEN CAESAR **\$14**
BEER BATTERED FRIES, CHEESE CURDS, ASIAGO CHEESE, GRILLED CHICKEN, BACON BITS & GRAVY.

MEXICAN CHEESEBURGER **\$14.50**
BEER BATTERED FRIES, CHEESE CURDS, BLEND OF THREE CHEESE, CHOPPED ANGUS BEEF PATTY, SALSA, SOUR CREAM & GRAVY.

CRISPY ASIAN CHICKEN **\$14.50**
BEER BATTERED FRIES, CHEESE CURDS, BREADED CHICKEN BITES, TOMATO, GREEN ONION, SWEET CHILI SAUCE & GRAVY.

CHEESESTEAK & MUSHROOM **\$14.50**
BEER BATTERED FRIES, CHEESE CURDS, SHAVED TENDER STEAK, SAUTÉED MUSHROOMS, GREEN ONION & GRAVY.

DIETARY LEGEND:

🌱 GLUTEN FREE 🌱 VEGETARIAN 🌱 VEGAN

WRAPS

ALL WRAPS ARE SERVED WITH YOUR CHOICE OF FRIES OR DEN GREENS UNLESS STATED OR YOU CAN SUBSTITUTE WITH THE FOLLOWING:

YAM FRIES, ONION RINGS OR CAESAR SALAD	\$2.25
OLD FASHIONED SIDE POUTINE	\$3.70
LES CANADIENS SIDE POUTINE	\$3.70

BBQ CHEESESTEAK **\$14.25**

SHAVED TENDER STEAK SAUTÉED WITH ONIONS, MUSHROOMS, BELL PEPPERS WITH MELTED JACK CHEESE, SMOKEY BBQ SAUCE & FRESH GREENS.

DIABLO CHICKEN **\$14.25**


GRILLED CHICKEN BREAST TOPPED IN DIABLO HOT SAUCE WITH JACK CHEESE, FRESH GREENS, TOMATO, ONION & MAYO.

THE DEN ULTIMATE CAESAR **\$13.50**

CRISPY BREADED CHICKEN STRIPS, CHOPPED ROMAINE, CAESAR DRESSING & ASIAGO CHEESE WRAPPED IN A WARM FLOUR TORTILLA.

TRY IT DIABLO STYLE ADD **\$1**

FROM THE GARDEN **\$13**

 FRESH GREENS, TOMATO, BELL PEPPER, ONION, CUCUMBER, BLACK OLIVES & GARLIC HUMMUS TOSSED WITH OUR HERB VINAIGRETTE. SERVED WITH A SIDE OF FRESH GREENS TOPPED WITH DRIED CRAISINS, CUCUMBER, RED ONION & A LIME DIJON VINAIGRETTE.

SIDES

A GREAT ADDITION TO ANY MENU OPTION.

ONION RINGS **\$6.75**

 COATED IN BEER BATTER & FRIED TO PERFECTION.

BUCKET OF FRIES **\$6**

 CRISPY & BEER BATTERED.

SIDE OF GRAVY **\$1.75**

PERFECT PAIRING FOR OUR FRIES.

BUCKET OF YAM FRIES **\$8**

 SERVED WITH CHIPOTLE MAYO.

HAND CUT TORTILLA CHIPS **\$6**

 SERVED WITH SALSA & SOUR CREAM.

BURGERS

ALL BURGERS ARE SERVED WITH YOUR CHOICE OF FRIES OR DEN GREENS EXCEPT THE BEYOND BURGER.

ADD THE FOLLOWING SUBSTITUTES TO ANY BURGER:

YAM FRIES, ONION RINGS OR CAESAR SALAD	\$2.25
OLD FASHIONED SIDE POUTINE	\$3.70
LES CANADIENS SIDE POUTINE	\$3.70
BEYOND BURGER PATTY	\$3

THE DEN CLASSIC **\$15.75**

HOUSE MADE 5OZ SEASONED ANGUS BEEF PATTY SERVED ON A TOASTED BRIOCHE BUN & TOPPED WITH CHEDDAR, ROMAINE LETTUCE, TOMATO, ONION, PICKLE & MAYO.

TRIPLE CHEESE BACON INFERNO **\$17**

HOUSE MADE 5OZ SEASONED ANGUS BEEF PATTY WITH CHEDDAR, ASIAGO & JACK CHEESE TOPPED WITH CRISP BACON, JALAPEÑO, TOMATO, ONION, ROMAINE LETTUCE & SRIRACHA MAYO ON A TOASTED BRIOCHE BUN.



BRUSCHETTA CHICKEN & SWISS CLUB **\$15.75**

GRILLED CHICKEN BREAST ON A TOASTED BRIOCHE BUN TOPPED WITH SWISS CHEESE, CRISP BACON, MAYO, HOUSE MADE TOMATO & ONION BRUSCHETTA WITH HERB OLIVE OIL & FRESH GREENS.


TROPICAL BBQ CHICKEN BLT **\$15.75**

GRILLED CHICKEN BREAST SMOTHERED IN BBQ SAUCE & TOPPED WITH JACK CHEESE, CRISP BACON, FRESH GREENS, TOMATO & PINEAPPLE SALSA ON A TOASTED BRIOCHE BUN.

BEYOND BURGER **\$16.25**

  PLANT BASED PAN FRIED PATTY IN A LETTUCE WRAP WITH GARLIC HUMMUS, TOMATO & ONION. SERVED WITH A SIDE OF FRESH GREENS TOPPED WITH DRIED CRAISINS, CUCUMBER, RED ONION & A LIME DIJON VINAIGRETTE.


VEGGIE & CHEDDAR **\$13.75**

 GRILLED BLACK BEAN VEGGIE BURGER SERVED ON A TOASTED BRIOCHE BUN & TOPPED WITH CHEDDAR CHEESE, FRESH GREENS, TOMATO, ONION & GARLIC HUMMUS.

CAMPUS FAVOURITES

OLDIES BUT GOODIES - TRU TOP PICKS.

VEGGIE QUESADILLA **\$12.50**

 GRILLED FLOUR TORTILLA FILLED WITH PEPPERS, JALAPEÑOS, TOMATOES, MELTED THREE CHEESE BLEND, SIDE SALSA & SOUR CREAM. SERVED WITH FRIES OR DEN GREENS.
ADD CHICKEN **\$5.25**

CHICKEN TENDERS **\$13.50**

BREADED CHICKEN STRIPS SERVED WITH PLUM OR HONEY MUSTARD SAUCE & FRIES OR DEN GREENS.
MAKE THEM DIABLO STYLE **\$1**


BOWLS

HOMESTYLE FLAVOUR TO FILL YOU UP.


RAMEN NOODLE BOWL **\$13.75**

HOUSE MADE BROTH, FARKAY NOODLES, HARD BOILED EGG, BELL PEPPER, GREEN ONION, GRATED CARROT, A DRIZZLE OF SWEET CHILI SAUCE & CHOICE OF CRISPY FRIED CHICKEN, TENDER SEASONED STEAK OR GARLIC SAUTÉED SHRIMP.

MEXI CHICKEN RICE BOWL **\$14**

 SEASONED RICE WITH CHOPPED TEX-MEX RUBBED CHICKEN SIMMERED IN TOMATO, ONION, CORN & BLACK BEAN SALSA TOPPED WITH FRESH GREENS, A DOLLOP OF SOUR CREAM & SHREDDED THREE CHEESE.

SHANGHAI SHRIMP RICE BOWL **\$15**

 SEASONED RICE WITH GARLIC SAUTÉED BABY SHRIMP, RED ONION & MUSHROOMS. TOPPED WITH CHOPPED GREEN ONION, GRATED CARROT, SWEET CHILI SAUCE, A SPLASH OF LIME JUICE & SRIRACHA.

RED BEET RICE BOWL **\$13**

  SEASONED RICE & OUR SIGNATURE LETTUCE BLEND TOPPED WITH GARLIC PAN FRIED RED BEETS, ONION, TOMATO, BELL PEPPERS & MUSHROOMS. FINISHED WITH OUR HOUSE MADE LIME DIJON VINAIGRETTE, GRATED CARROT & ROASTED PECANS.