THE STUDY BAR & GRILL

UNIVERSITY OF REGINA COUGARS

UNIVERSITY OF REGINA RAMS FOOTBALL

SMASH BURGERS

Sub Lettuce Wrap for any Bun

SINGLE = LISTED PRICE	DOUBLE + 2.49	TRIPLE + 4.98

Add Fries/Salad 4.99 or Poutine 6.99

Student Smash (H) 8.99
Lettuce, tomato, onions, house sauce, and pickles.
10% of proceeds support scholarships

Cougar Smash (H) 9.99
Cheese, lettuce, tomato, onions, house sauce, and pickles.

Rams Bacon Cheese Smash 11.99
Bacon, cheese, lettuce, tomato, onions, house sauce and pickles.

Mushroom Swiss Smash 11.99
Sautéed mushrooms in gravy, Swiss cheese, and house sauce

Frisco Melter 11.99
Double Patty, cheddar and swiss cheese, frisco sauce on toasted sourdough bread.

HANDHELDS

Add Fries/Salad 4.99 or Poutine 6.99

Chicken (H) 10.99
Breaded chicken, lettuce, tomatoes, cheese and mayo.

Mexican Chicken (H) 11.99
Breaded chicken, lettuce, tomatoes, onions, jalapeños, cheese and chipotle mayo.

Sriracha Glazed Chicken (H) 11.99
Crispy chicken glazed with sriracha and topped with pickled red cabbage.

Vegetarian Burger (V)..... 8.99
Lettuce, tomato, onions and pickles.

Side of Extra Sauce or Dip 0.99

Ranch	Hot honey	Honey garlic
Chipotle	Blue cheese	House sauce
Buffalo	Hot sauce	BBQ sauce
Honey dill	Mayo	Teriyaki
Honey mustard	Cilantro-lime	Sweet chilli thai

MAINS

Boneless Chicken Breast (H, GF) 15.99
grilled chicken breast topped with souvlaki sauce, served with fries and salad.

Baked Bacon & Jalapeño Mac & Cheese 12.99
House cheese sauce with macaroni, crispy bacon and jalapeños, baked with cheese and golden brown breadcrumbs.

Regular Baked Mac & Cheese (H)..... 8.99
House cheese sauce with macaroni and jalapeños, baked with cheese and golden brown breadcrumbs.

Hand-Battered Fish & Chips (H)..... 14.99
One piece of Pacific Snapper fresh fish, hand-battered in our house batter, served with fries and salad.

BOWLS

Available with rice or vermicelli noodles

Mediterranean Chicken Bowl (H)..... 14.99
Seasoned chicken, tomatoes, cucumbers, olives, banana peppers, feta and tzatziki

Hot Honey Chicken Bowl (GF, H) 14.99
Tender chicken tossed in hot honey sauce with fresh vegetables.

Butter Chicken Bowl (H)..... 14.99
Tender chicken in creamy butter chicken sauce, served with warm pita.

Mexican Bowl (GF, H)..... 14.99
Mexican rice, seasoned chicken, tomatoes, black beans, corn, red peppers and cilantro-lime sauce.

Chicken Bowl (GF, H)..... 14.99
Grilled chicken breast served over our signature rice.

Vermicelli Noodle Bowl (V, GF, H)..... 14.99
Rice vermicelli noodles, fresh vegetables, tofu, mint, and lime, with your choice of house-made peanut dressing or sweet Thai chili sauce
Sub tofu for chicken for addional 4.99

Vegetable Stir Fry (V, GF, DF)..... 14.99
Fresh stir-fried vegetables tossed on house stir-fried sauce

Dietary Information:
H = Halal
V = Vegetarian
DF = Dairy-Free
GF = Gluten-Friendly

Follow us on Instagram
thestudybarandgrilluofr

For catering and bookings
thestudyuofr@outlook.com

THE STUDY BAR & GRILL

BEVERAGES

Fountain pop 3.59
(limited refills with meal)

Juices 3.99
apple • orange • cranberry • pineapple

Coffee 3.39
(limited refills)

Tea 3.39
English Tea • Earl Grey • Chamomile • Green Tea

Hot chocolate 2.99

Monster 4.50
(473 ml)

Milk - White or Chocolate 3.99

Slushy 2.99

SOUPS

Soup of the Day 5.99
Served with garlic toast

WRAPS

Add Fries/Salad 4.99 or Poutine 6.99

Engineer Chicken Wrap (H) 9.99
Grilled halal chicken, mozzarella cheese, buffalo sauce, lettuce, and tomato, wrapped in a flour tortilla.

Chicken Caesar Wrap (H) 10.99
Crispy chicken tossed with Caesar salad, wrapped in a flour tortilla

U of R Club Wrap 10.99
Turkey, ham, and bacon with lettuce, tomato, pickles, mayo, wrapped in a flour tortilla.

Garden Veggie Wrap (V) 9.99
Lettuce, tomato, onion, green pepper, mushrooms, feta cheese, sour cream, wrapped in a flour tortilla.

SALADS

Tossed Salad (GF, DF,V).....4.99 Starter 9.99 Regular
Iceberg lettuce, carrots, radish, celery, tomatoes, cucumbers and purple cabbage

Caesar Salad(V).....5.99 Starter 10.99 Regular
Romaine lettuce, croutons and Caesar dressing.

Greek Salad (V)..... 6.99 Starter 11.99 Regular
Romaine lettuce, green pepper, tomatoes, black olives, red onion, feta cheese and Greek dressing.

Asian Crunch Salad (V, DF) 11.99
Romaine lettuce, red peppers, purple cabbage, carrots, chow mein noodles and toasted sesame dressing.

Taco Salad 11.99
Homemade taco bowl, iceberg lettuce, choice of beef or chicken, tomatoes, black olives, green onion and shredded cheese, served with salsa and sour cream.

APPETIZERS

Tempura Vegetables (V)..... 8.99
A selection of broccoli, carrots, cauliflower and mushrooms lightly coated in a crisp tempura batter and deep fried until golden.

Bandera Bread with Marinara (H) 8.99
Warm pita bread seasoned with our house spice blend, baked with a three cheese blend until lightly crisp, and served with our signature marinara sauce.

Yorkshire Beef Dip Cups 8.99
Two golden Yorkshire puddings filled with tender roast beef and served with rich au jus for dipping.

Pork Bites (DF) 9.99
Tender pork, breaded and fried to golden perfection. Served with your choice of dipping sauce.

Chicken Wings (8 pcs)(H)..... 9.99
Eight wings deep-fried until crispy, then tossed in your choice of sauce.
Choice of Sauce (BBQ / Hot / Teriyaki / Honey garlic / Greek / Lemon pepper / Salt and pepper / garlic parm / sweet chilli / lemon pepper ranch / hot honey sauce)

Potato Skins (GF) 10.99
Potato skins fried until crispy, topped with bacon crumble, green onions and cheese, then baked. Served with sour cream.

Nachos (H)(GF)..... Sm. 9.99 / Lrg. 14.99
Crispy corn tortilla chips topped with tomatoes, black olives, green onions, jalapenos and cheese. - ***Add beef or chicken +4.99***

Jalapeño Slammers (V)..... 9.99
Jalapeno peppers stuffed with cream cheese, battered in crispy panko, then fried till golden brown. Served with your choice of dipping sauce.

Cauliflower Bites (V)..... 9.99
Cauliflower pieces battered and deep-fried until golden and crispy, with your choice of dipping sauce.

Fries (V, GF, DF) ..... Sm. 4.99 / Lrg. 8.99
Add Beef Gravy for addional 1.50

Loaded Fries.....11.99
Fries topped with bacon crumble, sour cream, green onions, jalapeños, tomato, cheese sauce.

Poutine (H) 9.99
Golden fries topped with rich brown gravy and melted mozzarella.

Pita, Hummus & Veggies (V, H).....10.99
Warm pita served with hummus, carrots and celery.

Baked Cheesy Meatball Bites 9.99
Six meatballs served in pizza and marinara sauce, baked with mozzarella cheese.

4 Chicken Strips (H) 9.99
Crispy and golden-fried to perfection, with your choice of dipping sauce.

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