

HEALTHY FOOD MADE FUN



Healthy food made fun

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MONGO'S GRILL
Healthy food made fun

Experience the Feast

Welcome to Mongo's Grill, where savoury scents from the freshest food in town meet you at the door! Prepare to have your definition of fun, fresh, and healthy dining redefined!

Garnishes

Kick your dish up a notch with some last-minute toppings, garnishes, and finishing sauces. Prepare to be amazed with the variety, freshness, and fun that is making a meal at Mongo's!

STEP 8

DO IT AGAIN!

Hungry for more? We've got you covered! What will you make this time?

Game On

Finally, your meal gets the grill treatment—and our grillmasters get a full workout bringing your creation to life!

STEP 7

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The Grill

Before your masterpiece sizzles on the grill, we'll offer some flavourful mix-ins—rice, wraps, tortillas—so you experience Mongo's Grill your way!

STEP 6

Spices

Add a dash of wow at the Spice Station and then you're ready to watch your creation transform into your feast.

STEP 5

STEP 1

Soup & Salad Bar

But seriously, don't load up—the best is yet to come!

STEP 2

Veggie Bar

Collect your feasting bowl and gaze upon the many different recipe options. Or, if you are a seasoned FUNitarian, have at it! Veggies are your first layer of yum.

STEP 3

Proteins & Noodles

The options are intense! We only serve the freshest seafood and meat available, tofu, legumes, and noodles of all kinds. Protein is your second layer and noodles hold everything in place.

STEP 4

The Sauce Stop

Fire up your tastebuds with a bit of wild, stick to the sweet and savoury, or add a bit of something special—the choice is yours!

Experience the most enticing,
healthy dining adventure ever!



Drinks



At Mongo's Grill, we serve only the best in bottled beer, wine, and specialty drinks.

Refreshing Draught Beer

Coors Light	5.00
Bud Light.....	5.00
Michelob Golden Light	5.00
Angry Orchard	5.75
Blue Moon	5.75

Bottled Beer

Budweiser	4.50
Corona	5.25
Stella Artois	5.25
Mike's Hard Lemonade	5.25

Thirst-Quenching Favourites

Premium Coffee or Tea	2.49
Free Refills	
Hot Chocolate	2.49
Smoothies	3.99
Strawberry, Peach, Raspberry, Banana	
Strawberry/Banana, Raspberry/Peach	
Bottomless Soft Drinks	2.89
Coke, Diet Coke, Mello Yello, Sprite, Cherry Coke, Root Beer, Fanta Orange, Lemonade	
Italian Sodas	2.49
Milk (2% or chocolate)	2.99
Flavored Lemonade	2.89
Free Refills	
Starwberry, Peach, Raspberry	
Brewed Iced Tea / Sweet Tea	2.89



To complement every palate and plate you can dream up.

Wines

White

Our crisp, refreshing white wines pair well with seafood, vegetables, and poultry... or with whatever strikes your fancy. Go on. We won't judge!

GIONELLI PINOT GRIGIO **4.75**

Silky smooth wine presents light floral aromas of honeydew and pear with a crisp, clear finish.

ST. GABRIEL RIESLING **6.00**

This riesling has rich flavors of green apples, peaches, limes, and passionfruit. The mouthfeel is fuller and more intense with excellent texture and weight.

BELLA SERA MOSCATO **5.50**

Sweet, light-bodied Moscato with aromas of juicy nectarine and peach, followed by flavors of ripe peach and apricot. Ideal for spicy dishes.

Red

For those who love big, bold flavour. Take a walk on the wild side with our selection of red wines.

CANYON ROAD PINOT NOIR **4.75**

Rich and fruit-forward, our Canyon Road Pinot Noir expresses bright aromas and flavors of red cherry and strawberry that are complemented by notes of oak, tannins, and a smooth velvety finish.

EDNA VALLEY CABERNET SAUVIGNON **7.00**

A classic style, medium-bodied Cabernet Sauvignon has ripe, dark fruit flavors complimented by hints of vanilla, leather, anise, and cocoa powder. This wine has a balanced acidity and finishes with fine, firm tannins.

Rosé

Because you can compromise between red and white without compromising flavor.

LEGRAND ROSE' **6.75**

Intense aromas of raspberry, strawberry, and red currant. Red Palette with a refreshing bright red fruity and peppery character. Appropriately dry with an attractive fruit-sweetness.



Our simplified, yet sophisticated wine list is carefully selected to pair well with anything you can dream up at our grill!

Stir-Fry

We serve only the finest ingredients, freshest vegetables, succulent meats, seafood, and savoury sauces. All stir-fry dishes include your choice of wraps, rice, or tortillas. If you're a heartier diner, upgrade with more stir-fry goodness with our Mega Mongo!



BUILD YOUR OWN STIR-FRY

Lunch (11am - 3:45pm)
Mon - Fri

1 Bowl Stir-Fry 11.99

includes your choice of two of our sides:
white rice, brown rice or fried rice, eggs,
tortillas, wraps, and cheese
Additional sides 1.99 each

Mega Mongo
Unlimited Stir-Fry add 3.49

Kids 4 yrs to 10 yrs

One bowl (Stir-Fry) 6.00
Unlimited add 2.99

Dinner (4pm - Close)
Dinner All Day Sat & Sun

1 Bowl Stir-Fry 14.99

includes your choice of two of our sides:
white rice, brown rice or fried rice, eggs,
tortillas, wraps, and cheese
Additional sides 1.99 each

Mega Mongo
Unlimited Stir-Fry, add 3.49

Kids 4 yrs to 10 yrs

One bowl (Stir-Fry) 6.50
Unlimited add 2.99

Mongo's Grill Classics



Veggie Mongo



Shrimp Primavera
(4pm - close)



Kicken Classic



Pad Thai



Mongolian Tacos



Pizza Wrap

*Hey, we KNOW you love our food, but due to our serving style, leftovers of any upgraded meals cannot be packaged to go.

www.mongosgrill.com

Delectable Desserts



Reese's Peanut Butter Pie **6.00**

The popular candy bar in a pie! Peanut butter pie with Reese's peanut butter cups. Dark chocolate and peanut butter mousse full of Reese's peanut butter cups on a peanut butter graham cracker crust.



Salted Caramel Cheesecake **6.00**

This elegant cheesecake features the sophisticated and modern combination of salt and caramel. Creamy caramel cheesecake baked on a sweet and salty almond crust topped with a thick bed of buttery caramel and a sprinkle of more almonds. Made with gluten free ingredients.



Triple Chocolate Chunk Brownie **5.00**

A delicious chocolate brownie packed with Belgian milk chocolate chunks. Alternating rows of dark and white buttercream icing are topped with fine chocolate drizzle.
À la mode add 1.89



New York Style Cheesecake **5.00**

Golden baked cheesecake made with the richest cream cheese and butter baked atop a delicious graham cracker crust.
Available toppings: Strawberry, chocolate, or caramel



Hand-Scooped Sundaes **3.20**

Two scoops of creamy vanilla ice cream topped with your choice of rich chocolate, caramel, strawberries, and nuts.



Smoothies **3.99**

Strawberry, Raspberry, Banana, Peach, Strawberry/Banana, Raspberry/Peach.

