

HEALTHY FOOD MADE FUN



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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!

DO IT AGAIN!

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

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!

STEP 5

Spices

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

STEP 6

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 7

Game On

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

STEP 8



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 Bottled Beer

Molson Canadian (34 l ml).....	6.00
Labatt Blue (34 l ml).....	6.00
Coors Light (34 l ml).....	6.00
Budweiser (34 l ml).....	6.00
Bud Light (34 l ml).....	6.00
Belgian Moon (34 l ml).....	6.60
Alexander Keith IPA (34 l ml).....	6.60
Heineken (34 l ml).....	7.50
Corona (330 ml).....	7.50

Specialty Drinks

Mike's Hard Lemonade (330 ml).....	7.00
Mott's Caesar (355 ml).....	7.00

Thirst-Quenching Favourites

Premium Coffee or Tea	3.50
Free Refills	
Hot Chocolate	3.50
Smoothies	4.99
Strawberry, Peach, Raspberry, Piña Colada, Strawberry/Peach, and Raspberry/Peach	
Bottomless Soft Drinks	3.99
Dr. Pepper, 7 Up, Mountain Dew, Pepsi, Diet Pepsi, Mug Root Beer, Brisk Iced Tea, and Lemonade	
Italian Sodas	3.99
Milk (2% or chocolate)	4.50



Wines

To complement every palate and plate you can dream up.

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!

BAREFOOT PINOT GRIGIO 7.65 (5 oz.)

A crisp and refreshing oasis of citrus, fresh green apple, and white peach flavours with a slight sweetness to balance acidity. Few wines are as refreshing as this great tasting Pinot Grigio.

BAREFOOT MOSCATO 7.65 (5 oz.)

A delightfully sweet wine with lush, fruity aromas. Hints of citrus skip across juicy peach and ripe apricots. A bright crisp finish dances in at the end. This white wine is a true crowd pleaser!

Red

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

PELLER ESTATES RESERVE SHIRAZ 7.15 (5 oz.)

A fruit-forward aroma of blackcurrant, blackberry, and black cherry, accented with a hint of spice that's enhanced by rich, red fruit flavours.

BAREFOOT MERLOT 7.65 (5 oz.)

A luscious wine with alluring flavours of boysenberry and chocolate. A unique, silky blend of red cherry and plum flavours complement a mocha finish with hints of smoky vanilla oak.

Rosé

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

GALLO FAMILY WHITE ZINFANDEL 7.40 (5 oz.)

This White Zin combines crisp refreshment with bright fruit and flavours of fresh strawberry and hints of sweet white peach. Fruit flavours consist of dried cranberries, watermelon, and fresh cherry.



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 our soup and salad bar or go back for even more stir-fry goodness with our Mega Mongo!

BUILD YOUR OWN STIR-FRY

Lunch (11am - 3:45pm)
Monday - Friday

1 Bowl Stir-Fry 19.49
Includes your choice of two of our sides:
Rice (brown, white or fried), eggs, wraps, tortillas.
Additional sides 2.99
Cheese 1.69
Dragon Ranch .89

Upgrades
One Trip to the Soup & Salad Bar add 5.99
Mega Mongo
Unlimited Stir-Fry, Soup & Salad Bar add 7.49

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

1 Bowl Stir-Fry 21.49
Includes your choice of two of our sides:
Rice (brown, white or fried), eggs, wraps, tortillas.
Additional sides 2.99
Cheese 1.69
Dragon Ranch .89

Upgrades
One Trip to the Soup & Salad Bar add 5.99
Mega Mongo
Unlimited Stir-Fry, Soup & Salad Bar add 7.49

KIDS 4-10 yrs
Unlimited Stir-Fry, Soup & Salad Bar 7.99 Unlimited Stir-Fry, Soup & Salad Bar 8.99

Mongo's Grill Classics



Veggie Mongo



Shrimp Primavera
(4pm - close)



Kickin' Classic



Pad Thai



Mongolian Tacos



Pizza Wrap

Soup and Salad Aficionados

Unlimited Soup & Salad Bar Lunch 14.99 / Dinner 15.99

From the bounty of the farm harvest to your table, our salad options will rock your palate. Choose from a massive variety of lettuce, vegetables, legumes, dressings, and toppings to create the perfect salad blend. Our soup is made fresh daily and served up hot and toasty to warm your soul.

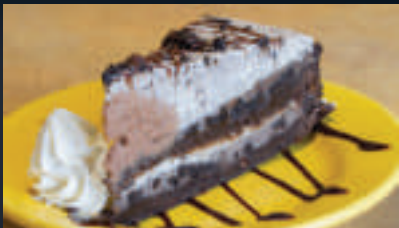
*Hey, we KNOW you love our food, but due to our serving style, leftovers of any upgraded meals or the Unlimited Soup & Salad Bar cannot be packaged to go.

Delectable Desserts



Turtle Cheesecake 8.00

Candied pecans and milk chocolate chunks wrapped in a vanilla cheesecake batter and topped with white fondant, brownie cubes, more pecans and chocolate chunks, then drizzled with chocolate and caramel. Best of all, it's 100% gluten-free!



Cookies and Cream Cake 8.00

Two chewy brownie layers with cream cheese and bits of soft-center chocolate cookies, topped with a center mound of milk chocolate ganache, covered with cookie mousse, and edged with chocolate fudge. To finish, it's sprinkled with even more cookie and chocolate drizzle.



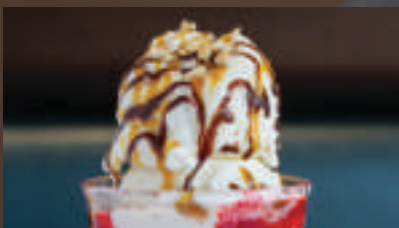
Old-Fashioned Creamy Cheesecake 7.00

A classic dessert for all occasions! A buttery graham cracker crust with a smooth and creamy cheesecake filling topped with sweetened cream. Choose from strawberry, chocolate, or caramel toppings!



Pecan Caramel Brownie 7.00

Rich and decadent — a chocolate lover's dream! This chewy brownie is adorned with toasted pecans and drizzled with dark chocolate ganache and creamy caramel. À la mode add 2.50



Hand-Scooped Sundaes 5.00

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

