



WABUSH HOTEL • WABUSH, NEWFOUNDLAND AND LABRADOR

Grenfell Restaurant

Breakfast before the shift, the supper buffet by the fire, and The Frozen Rooster until midnight.

BREAKFAST

5:00 – 9:00 am

Daily

LUNCH

11:30 – 1:30

Mon – Fri

SUPPER

4:00 – 8:30 pm

Daily

BAR

4:00 – 12:00

Daily

(709) 288-0263 • 9 Grenfell Drive, Wabush, NL A0R 1B0

Takeout • Delivery • Boxed lunches for crews • Catering • Private dining

Breakfast

Every day, 5:00 – 9:00 am. We open before the shift does.

Breakfast buffet

Hotel guests — Included with your stay.

Walk-in rate — Ask at the front desk.

Lunch

Monday to Friday, 11:30 am – 1:30 pm. Eat in or take out.

Soup

Soup of the Day	\$8.99
Wonton Soup	\$9.99
French Onion Soup	\$10.99

Salad

Garden Salad	\$12.99
Caesar Salad	\$12.99
Berry Salad	\$13.99
Chicken Caesar Salad	\$18.99
Cobb Salad	\$18.99

À la carte

Full breakfast list coming soon. Ask your server what the kitchen has on this morning.

Breakfast items

To confirm

Sandwiches & Wraps

Add a small fry or side salad — \$7.99

Grilled Cheese	\$6.99
Western	\$8.99
BLT	\$8.99
Grilled Chicken Wrap	\$9.99
Crispy Chicken Wrap	\$9.99
Montreal Smoked Meat Wrap	\$9.99
Club Sandwich	\$12.99
Hot Chicken Sandwich	\$12.99

Burgers

Served with coleslaw and your choice of fries or side salad.

Hamburger	\$22.99
Mozza Burger	\$22.99
Thunder Crunch Burger	\$22.99
Cheese Burger	\$23.99
Deluxe Cheese Burger	\$24.99

Seafood

Served with coleslaw and your choice of fries, mashed potatoes or side salad.

1 Piece Cod	\$17.99
Deep fried or pan fried	
2 Piece Cod	\$24.99
Deep fried or pan fried	
Seafood & Veggie Platter	\$27.99
Baked Salmon	\$29.99

Supper Buffet

Every day, 4:00 – 8:30 pm. The spread changes through the week — Chinese, Canadian, pizza and seafood come and go. Ask your server what's on tonight.

Buffet

Adult	\$ —
Child	\$ —
Seafood night	\$ —

Chicken

Chicken Fingers (5) & Fries	\$18.99
2 Piece Fried Chicken	\$18.99
Fries, coleslaw and gravy	
Chicken Quesadilla	\$19.99
Served with Caesar salad	
3 Piece Fried Chicken	\$21.99
Fries, coleslaw and gravy	
Wing Dinner	\$24.99
One pound, with fries or salad	
Chicken Stir Fry	\$29.99
Served over white rice	

Canadian Dinner

Served 4:00 – 8:30 pm.

Appetizers

Wing sauces: Red Rock • Honey Garlic • Mild • Medium • Hot • Frank's Buffalo • BBQ • BBQ Ranch • Salt & Pepper • Sweet Chilli Thai. Side of sour cream \$1.00.

Mozza Sticks \$8.99

Onion Rings \$9.99

Garden Salad \$12.99

Potato Skins \$15.99

Roadhouse Chicken Wings \$19.99

One pound, choice of sauce

BBQ Chicken Nachos \$21.99

Breaded Chicken Wings \$21.99

One pound

Burgers

Served with fries and coleslaw.

Hamburger \$22.99

Thunder Crunch Burger \$22.99

Cheese Burger \$23.99

Deluxe Cheese Burger \$24.99

Chicken & Fish

Chicken Quesadilla \$19.99

Served with salsa and sour cream

2 Piece Cod Fish & Chips \$24.99

Battered or pan fried

3 pc Chicken Dinner \$24.99

Fries and coleslaw

Hot Chicken Sandwich \$24.99

Fries and coleslaw

Lemon Dill Salmon \$37.99

Vegetables and mashed potatoes

Sides & Add-Ons

Gravy \$2.99

Dressing & Gravy \$3.99

Cheese & Gravy \$4.99

Twice Baked Potato \$5.99

Fries \$9.99

Wedges \$9.99

Fries, Dressing & Gravy \$11.99

Poutine \$13.99

Fall Menu

Our seasonal dinner menu. Served in the dining room.

Appetizers

Add grilled or crispy chicken to any salad — \$5.99

Crab Rangoon \$13.99

Crispy wontons stuffed with creamy crab and cream cheese, sweet chili dipping sauce.

Caesar Salad \$13.99

Crisp romaine, creamy garlic parmesan dressing, croutons, grated Parmesan and a lemon wedge.

Stuffed Mushroom Caps \$15.99

Oven-baked, filled with herbed cream cheese, garlic and buttery breadcrumbs.

Seafood Chowder \$20.99

Velvety and lightly spiced with nutmeg and cinnamon, finished with a drizzle of cream.

Maple Bacon Wrapped Scallops \$20.99

Six Atlantic scallops in crispy maple-glazed bacon, on fresh greens.

Garlic Bacon Wrapped Scallops \$20.99

Six Atlantic scallops in crispy bacon and garlic butter, on fresh greens.

Fried Calamari \$20.99

Lightly breaded and golden-fried, with zesty marinara and a lemon wedge.

Shrimp Cocktail \$20.99

Chilled shrimp with zesty seafood sauce and fresh lemon.

Entrées

Choice of side: mashed potatoes, baked potato, twice baked potato, Duchess potato, sweet potato fries, fries, wedges, Caesar salad or garden salad.

Harvest Chicken Stir Fry \$34.99

Grilled chicken breast with autumn vegetables in a savoury house sauce, over fluffy rice.

Maple Bacon Salmon \$38.99

Atlantic salmon oven-baked with maple butter glaze, topped with crumbled bacon.

Half Rack of Ribs & Wings \$40.99

BBQ-glazed ribs with six roadhouse wings and coleslaw.

Full Rack of Ribs \$40.99

Slow-roasted pork ribs basted in BBQ sauce, with creamy coleslaw.

Ribeye Steak \$42.99

8 oz grilled to order, topped with fried mushrooms and onions.

Steak Diane \$44.99

Tender striploin with a rich red wine, mushroom and onion reduction.

Desserts

Cheesecake of the Day \$12.99

Creamy cheesecake made with seasonal flavours.

Cake of the Day \$12.99

A rotating selection of house-made cakes.

Steak Night

Two courses for \$54.99 — choose any appetizer and any main. Reservations recommended.

Appetizers

Included with the two-course menu.

Caesar Salad INCLUDED

Garden Salad INCLUDED

With house dressing

Shrimp Cocktail INCLUDED

Chilled shrimp with zesty seafood sauce and fresh lemon

Main Course

Included with the two-course menu.

10 oz Prime Rib INCLUDED

With mushrooms and onions, vegetable medley and choice of potato

10 oz Striploin INCLUDED

With black peppercorn sauce, vegetable medley and choice of potato

Tenderloin Medallion Steak INCLUDED

Two 3 oz medallions, red wine sauce, vegetable medley and choice of potato

Apricot Chicken Supreme INCLUDED

Pan-seared chicken breast glazed with sweet apricot sauce, pilaf rice and seasonal vegetables

Herb-Crusted Salmon INCLUDED

Oven-roasted with a herb crust and lemon dill cream sauce, rice pilaf and vegetables

Desserts

Not included — \$10.99 each.

Strawberry Cheesecake \$10.99

Classic cheesecake topped with strawberry sauce and fresh berries

Chocolate Lava Cake \$10.99

Warm chocolate cake with a rich molten centre

Chinese Kitchen

Eat in, take out or delivered.

Starters

Spring Roll x2 \$6.49

Egg Roll x2 \$8.49

Fried Wontons & Red Sauce \$9.99

Wonton Soup \$9.99

Chinese BBQ Chicken Wings \$19.99

One pound

Special Wonton Soup \$22.99

Served with pork and shrimp

Rice

Steamed White Rice \$8.99

Beef Fried Rice \$15.99

Mushroom Fried Rice \$15.99

Vegetable Fried Rice \$15.99

Chicken Fried Rice \$16.99

Pork Fried Rice \$16.99

Young Chow Fried Rice \$24.99

Our loaded house fried rice

Noodles

Chicken Noodle \$19.99

Beef Noodle \$20.99

Chinese Lo Mein Noodles \$20.99

Singapore Noodles \$27.99

Curried rice vermicelli

Chow Mein

Vegetable Chow Mein \$15.99

Chicken Chow Mein \$19.99

Beef Chow Mein \$20.99

Shrimp Chow Mein \$23.99

Cantonese Chow Mein \$32.99

Chicken, beef and shrimp together

Chicken

Chicken Soo Guy \$22.99

Sweet & Sour Chicken Balls \$22.99

Curried Chicken \$22.99

Served with steamed rice

General Tao Chicken \$26.99

Beef

Curry Beef **\$23.99**

Served with steamed rice

Beef with Green Pepper **\$23.99**

Beef Broccoli **\$25.99**

Beef with Cashew Nut **\$25.99**

In hot sauce

Pork

Honey Garlic Spareribs **\$22.99**

Sweet & Sour Pork **\$25.99**

Combos

No substitutions on combos or family dinners.

Combo 1 **\$21.99**

Egg roll, chicken fried rice, chicken balls and chow mein

Combo 2 **\$21.99**

Egg roll, chicken fried rice, chicken balls and garlic spareribs

Combo 3 **\$21.99**

Egg roll, chicken fried rice, garlic spareribs and chicken soo guy

Family Dinners

No substitutions on combos or family dinners.

Dinner for Two **\$42.99**

2 egg rolls, dry garlic spareribs, chicken soo guy, chicken chow mein, chicken fried rice and 2 fortune cookies

Dinner for Three **\$59.99**

3 egg rolls, dry garlic spareribs, sweet & sour chicken balls, chicken chow mein, chicken fried rice and 3 fortune cookies

Dinner for Four **\$84.99**

4 egg rolls, dry garlic spareribs, chicken balls, chicken chow mein, chicken fried rice, beef broccoli and 4 fortune cookies

Dinner for Five **\$119.99**

5 egg rolls, dry garlic spareribs, chicken balls, beef with broccoli, sweet & sour shrimp, chicken chow mein, chicken fried rice and 5 fortune cookies

Pizza & Garlic Fingers

Four sizes. Eat in, take out or delivered.

Pizza

	9"	12"	15"	18"
Hawaiian Ham and pineapple	\$17.99	\$20.99	\$25.99	\$29.99
Pepperoni & Cheese	\$17.99	\$20.99	\$25.99	\$29.99
Vegetarian Mushroom, green peppers, onion and black olives	\$18.99	\$21.99	\$24.99	\$30.99
The Grenfell Pepperoni, mushroom and green peppers	\$19.99	\$24.99	\$29.99	\$34.99
All Meat Pepperoni, bacon and ground beef	\$20.99	\$25.99	\$30.99	\$35.99
The Canadian Pepperoni, bacon and mushrooms	\$20.99	\$25.99	\$30.99	\$35.99

Garlic Fingers

	9"	12"	15"	18"
Cheese	\$13.99	\$16.99	\$18.99	\$21.99
With Bacon Bits	\$15.99	\$18.99	\$20.99	\$23.99

Wings & Pub Grub

Served in The Frozen Rooster, our bar and lounge.

Wings

Sauces: Red Rock • Honey Garlic • Mild • Medium • Hot • Frank's Buffalo • BBQ • BBQ Ranch • Salt & Pepper • Sweet Chilli Thai. Side of sour cream \$1.00.

Chicken Wings **\$19.99**

One pound, choice of sauce

Chinese BBQ Chicken Wings **\$19.99**

One pound, house Chinese BBQ sauce

Breaded Chicken Wings **\$21.99**

One pound

Pub Grub

Mozza Sticks **\$8.99**

Jalapeño Poppers **\$8.99**

Fries **\$9.99**

Wedges **\$9.99**

Onion Rings **\$9.99**

Pickle Spears **\$9.99**

Poutine **\$13.99**

Potato Skins **\$15.99**

BBQ Chicken Nachos **\$21.99**

The Bar

Open 4:00 pm to midnight, with something running most nights of the week.

Running all week

Drink of the Week — A rotating feature. Ask your server.

Beer Flights — A taste of what's on tap.

Wine Flights — Three pours, side by side.

Buckets of Beer — Fridays.

Frozen Cocktails — The house specialty, and the reason for the name.

Beer

Domestic Draught \$ —

Domestic Bottle \$ —

Import / Premium Bottle \$ —

Beer Flight \$ —

Bucket of Beer \$ —

Fridays

Wine

House Red — glass \$ —

House White — glass \$ —

House Red or White — bottle \$ —

Wine Flight \$ —

Cocktails

Frozen Cocktail \$ —

Drink of the Week \$ —

Highball — 1 oz \$ —

Martini \$ —

Non-Alcoholic

Soft Drinks \$ —

Coffee or Tea \$ —

Juice \$ —

Virgin Frozen Cocktail \$ —

Groups, Takeout & Catering

We feed shift crews, work camps, corporate groups and families. Call (709) 288-0263.

Takeout & delivery

Lunch takeout — Monday to Friday, 11:30 am – 1:30 pm.

Supper takeout — Daily, 4:00 – 8:30 pm.

What's available — The full lunch, Canadian, Chinese and pizza menus.

To order — Call (709) 288-0263.

Boxed lunches for work sites

Built for early starts and long shifts. Delivered to the site or ready for pickup.

Per box \$ --

Minimum order To confirm

Notice required To confirm

Catering & private dining

Full-service catering, and the dining room can be reserved for private groups and corporate meetings.

Catering rates \$ --

On request

Private room capacity To confirm

Good to know

Takeout & delivery

Lunch takeout runs Monday to Friday, 11:30 am to 1:30 pm. Supper takeout runs daily, 4:00 to 8:30 pm. Call **(709) 288-0263** to order.

Crews & work sites

We put up boxed lunches for shift crews and work camps, delivered to the site or ready for pickup. Call ahead so the kitchen can plan.

Groups & private dining

The dining room can be reserved for private groups, corporate meetings and celebrations. Full-service catering is available.

Reservations

Recommended for Steak Night and for groups. Call **(709) 288-0263**.

Allergies? Please tell your server before you order. Our kitchen handles wheat, soy, egg, dairy, fish, shellfish, peanuts and tree nuts, so we cannot guarantee that any dish is free of them.

Prices do not include tax and are subject to change. Photography by Sammy Lee Photography.