

SIDES

House Cut Fries **\$3.50**

Sweet Potato Fries **\$4.75**

Cup of Soup **\$3.00**


Garlic Toast **\$2.75**, add cheese for **\$1.25**

Naan bread **\$2.75**

Mixed sautéed mushrooms **\$2.75**

i (*)Orders after 8:00pm, please refer to Late Night Menu

LATE NIGHT MENU

Nachos (Personal \$7.00, Double \$12.75) 

Three types of cheese melted over crisp tortilla chips topped with green onions, bell peppers, jalapenos, olives and tomatoes. Served with salsa and sour cream

The Hub's Wings \$8.75 

One pound of chicken wings, lightly floured and tossed in your choice of BBQ, salt and pepper, honey garlic, hot or teriyaki. Comes with veggies and ranch dip

Poutine \$6.50

Home-made fries, cheese curds and gravy

Spicy Tuna Melt Sandwich \$9.00 

Creamy tuna salad with cheddar cheese served between two slices of grilled French bread **ADD** - mixed sautéed mushrooms, onions, bacon or cheese for **1.25** each

Steak Sandwich \$12.50

6 oz. flat-iron steak served on a slice of French bread

Roasted Red Pepper Hummus \$6.00

Served with your choice of buttery Naan bread or seasonal vegetables

Fries \$3.50 

Home-made fries



Questions or comments e-mail thehub@samru.ca

THE HUB

WEEKLY PROGRAMMING

Check out our online
programming calendar at

samru.ca/theHub/programming

SAMRU
REUSABLE DISH
PROGRAM

It's quick and easy to do!

Sign up at Copywrite Used Books and then go to the Hub to get a reusable dish and cutlery! Photo ID and a \$7.50 deposit is required; deposit can be refunded up until June 30th, 2012. (Certain restrictions may apply.)

Please visit samru.ca or Copywrite Used Books (Room Z007 – Basement of Wyckham House) for more information

THE HUB

take out menu

Monday-Friday

11:00 am - 11:00pm(*)

403-440-6403

thehub@samru.ca


samru.ca

Students' Association of Mount Royal University
Wyckham House - 4825 Mount Royal Gate SW
Calgary, AB T3E 6K6

START, SHARE OR SNACK

Soft Pretzels with Cheese Sauce \$7.50 

Two extra large freshly baked pretzels served with a creamy home-made cheddar cheese sauce

Nachos (Personal \$7.00, Double \$12.75) 

Three types of cheese melted over crisp tortilla chips topped with green onions, bell peppers, jalapenos, olives and tomatoes. Served with salsa and sour cream

Pulled Pork Sliders \$2.50 each 

Pulled pork shoulder with a smoky BBQ sauce on a fresh mini bun. Served with coleslaw

Goat Cheese and Sausage Dip \$9.00

Goat cheese and sausage in a tomato and basil sauce. Served with naan bread

Poutine \$6.50

Home-made fries, cheese curds and gravy

The Hub's Wings \$8.75

One pound of chicken wings, lightly floured and tossed in your choice of BBQ, salt and pepper, honey garlic, hot or teriyaki. Comes with veggies and ranch dip

 VEGETARIAN GLUTEN FREE DAIRY FREE VEGAN**Put it in a wrap**

Put anything on the menu into a wrap for no extra charge (Some restrictions may apply)

Please inform your server of any allergies
For your convenience, prices include GST
Menu created by Chefs Michael Buffett and Timothy Chaves

MAINS

Korean-style Ribs \$11.00 

Three grilled Korean-style beef short ribs marinated in a spicy sesame sauce and served with sautéed vegetables and rice

Spicy Tofu Sauté \$9.00  

Marinated tofu sautéed with vegetables and served with rice

Buttermilk Fried Chicken \$11.00

Buttermilk marinated boneless chicken leg, seasoned with the Hub's spice blend, served with sautéed vegetables, sausage gravy and in-house smashed potatoes

Rustic Meatloaf \$9.00

Baked classic Italian style, with a roasted tomato, sautéed vegetables, sausage gravy and in-house smashed potatoes

Chicken Fingers and Fries \$6.75

Comes with your choice of ranch, BBQ or plum sauce for dipping

SANDWICHES

All served with a side of fries.
Substitute salad OR soup for free
OR sweet potato fries for **\$1.25**

Home-made Sausage Kaiser Sandwich \$10.75

Home-made sausage patty served with lettuce, tomato, onion and garlic aioli

The Hub's Chicken Kaiser Sandwich \$10.75

Freshly grilled chicken breast OR buttermilk fried boneless chicken leg served with lettuce, tomato, onion and garlic aioli

Grilled Portobello Burger \$10.75 

Grilled portobello mushroom, roasted red peppers, grilled zucchini and cheddar cheese

Steak Sandwich \$12.50

6 oz. flat-iron steak served on a slice of French bread

Spicy Tuna Melt Sandwich \$9.00

Creamy tuna salad with cheddar cheese served between two slices of grilled French bread

ADD- mixed sautéed mushrooms, onions, bacon or cheese for **1.25** each


SALADS

Chicken Caesar Salad \$9.00

Creamy Caesar dressing, chicken breast, crispy bacon, romaine lettuce, croutons and shaved Parmesan.

Smoked Salmon Salad \$9.50 

Salmon filet, smoked in-house, served with garden vegetables, field greens and tossed in a lemon mustard vinaigrette

Our House Salad or Caesar \$5.00 

Lemon and mustard vinaigrette with field greens goat cheese, almonds and garden vegetables
OR romaine, croutons, bacon and caesar dressing

SOUPS

*Our soups are gluten free, but the bread served on the side is not

Roasted Chicken and Rice Soup \$5.75  

Served with French bread and field greens

Curried Sweet Potato Soup \$5.75   

Served with French bread and field greens

Add cheese to the bread for **\$1.25**


BUILD YOUR OWN PASTA

Choose a whole-wheat pasta (penne or spaghetti) with either a rich tomato basil or a creamy Alfredo sauce for **only \$6.75**

Add a grilled chicken breast, meatballs, sausage or shrimp for **\$4.25 each**
OR add sautéed garden vegetables for **\$3.00**

There are dozens of options!

DESSERT

Vegan Chocolate Coconut Ganache Pie \$5.50 

Melted chocolate folded with coconut milk, topped with toasted coconut, in an almond-oat pie crust

Prices in effect until Apr. 30, 2011