



FIND US ON



**WE GRIND FRESH
LOCAL BEEF IN HOUSE DAILY!**

LET'S BUILD A FRAT BURGER!

ALL OUR BEEF IS CHOICE AAA LOCAL,
GROUND FRESH DAILY ON SITE!

1 CHOOSE YOUR PATTIE

BEEF

Pink on request \$6.75

TURKEY

Lose the fat, not the flavour
\$6.75

SCHNITZEL

Hand breaded deep fried pork on
a bakery fresh bun \$6.55

PULLED PORK

Home made pulled pork on a
bakery fresh bun \$6.55

LAMB

Lightly seasoned lamb meat
made fresh daily \$6.95

QUINOA VEGGIE

Our homemade veggie pattie
comprised of fresh vegetables,
sweet potatoes, chickpeas &
seasonings. Gluten, dairy free
& vegan friendly \$6.55

Add an Xtra Pattie \$3.00 or Pulled Pork \$2.50

2 CHOOSE YOUR BUN

- White
- Whole Wheat

3 CHOOSE YOUR SQUEEZERS

- Relish
- Mustard
- Frat Sauce! (Our Own Mayo Hot-hot Sauce)
- Dijon
- Sriracha
- Mayo
- BBQ
- Ketchup
- Aioli Mayo

DRAG IT THROUGH THE GARDEN

- Tomato
- Red Onion
- Lettuce
- Dill Pickle

YOUR CHOICE OF CHEESE \$1.25 EACH

- Swiss
- American
- Feta
- Blue
- Shredded Cheddar
- Canadian Cheddar
- Havarti
- Jalapeño Monterey

6 HOW ABOUT A LITTLE EXTRA? \$1.00 EACH

- Guacamole
- Sautéed Mushrooms
- Roasted Red Peppers
- Onion Ring
- Hot Peppers
- Caramelized Onions
- Grilled Pineapple
- Kraut

- Local Strip Bacon
 - Fried Egg
 - Canadian Peameal Bacon
 - Chili
- \$1.55 EACH**



WE'VE BUILT A BURGER *For you*

ORIGINAL FRAT BURGER

Select a pattie: Beef • Lamb • Turkey • Schnitzel or Quinoa
Topped with: Lettuce, Tomato, Dill Pickle, Mayo.
Choose from: White or Whole Wheat **\$6.25**

BELLO BURGER VEGETARIAN

A marinated Portobello Cap topped with spring mix, tomato, aioli mayo, swiss cheese and roasted red pepper.
Choose from: White or Whole Wheat **\$6.55**

* ALL BURGERS BELOW ARE TOPPED WITH:

Lettuce • Tomato • Red Onion • Dill Pickle
Choose between a white or whole wheat bun

MARY'S LITTLE LAMB

Lamb Pattie • Roasted Peppers • Cucumber • Feta Cheese
• Aioli Mayo **\$8.75**

THE BABY BLUE

Beef Pattie • Blue Cheese • Bacon • Onion Ring • Frat Sauce **\$9.75**

THE RING OF FIRE

Beef Pattie • Onion Ring • Hot Peppers
• Monterey Jack Cheese • Hot Sauce **\$9.75**

CHORIZO BURGER

Chorizo is a spicy, Spanish style sausage seasoned mainly with peppers native to the area. We are blending it 70/30 with fresh beef in order to give it a higher fat content, resulting in a juicier burger.
Topped with: Lettuce, Tomato, Red Onion, Jalapeño Monterey, Aioli Mayo **\$8.75**

THE TOUGH TEXAN

Beef Pattie • Chili • Bacon • Shredded Cheddar **\$9.75**

THE HANGOVER

Beef Pattie • Bacon • Peameal Bacon • Fried Egg
• American Cheddar **\$10.75**

THE WATERLOO COWBOY

Beef Pattie • Caramelized Onions • Sautéed Mushrooms
• Monterey Jack Cheese • Aioli Mayo • Bacon **\$10.75**

ULTIMATE OMELETTE

Beef Pattie • Fried Egg • Caramelized Onions • Sautéed Mushrooms
• Shredded Cheddar • BBQ Sauce **\$10.75**

No Substitutions or Modifications



MORE GOOD EATS

To choose from...

FRIES

HANDCUT FRENCH FRIES

• Side \$2.25 • Regular \$3.55 • Huge \$4.95

SEASONED HANDCUT FRIES

• Side \$2.75 • Regular \$4.25 • Huge \$5.75

SWEET POTATO FRIES

• Side \$3.25 • Regular \$5.55 • Huge \$7.55

CHEEZY CHILI FRIES

• Side \$4.25 • Regular \$5.55 • Huge \$6.75



SALADS

FRAT GARDEN SALAD

Served with house made balsamic dressing

• Side \$2.55 • Regular \$3.75 • Huge \$4.75

CAESAR SALAD

• Side \$3.55 • Regular \$4.75 • Huge \$5.75

OUR FAMOUS SCHNITZELS

**SERVED WITH GARLIC BREAD OR
FRENCH FRIES & YOUR CHOICE OF
GARDEN OR CAESAR SALAD.**

VIENNA SCHNITZEL

Regular (One piece of Original breaded schnitzel) \$9.25

Large (Two pieces of Original breaded schnitzel) \$12.55

CHAMPION SCHNITZEL

Topped with beef gravy or mushroom gravy. \$10.25

GYPSY SCHNITZEL

Topped with a mix of Caramelized Onions, Green Peppers,
Sautéed Mushrooms and tomatoes. \$10.75

ONLY
HERE



MONDAY

MILL STREET MONDAY

An original Frat Burger, a side of fries &
a pint of Mill Street Organic \$10.99

TUESDAY

SCHNITZEL BURGER NIGHT

An original Schnitzel Burger \$2.99
(after 5pm with purchase of a beverage)

WEDNESDAY

WELLY WEDNESDAY

An original Frat Burger, a side of fries &
a tall can of Wellington \$10.99

THURSDAY

P.B.R. THURSDAYS

An original Frat Burger, a side of fries &
a tall can of Pabst Blue Ribbon \$9.99

FRIDAY

WING NIGHT AT FRAT

10 chicken wings \$5.99
(after 5pm with purchase of a beverage)

SATURDAY & SUNDAY

ST. AMBROISE WEEKEND

An original Frat Burger, a side of fries &
a tall can of St. Ambroise \$10.99

ALL DAY EVERYDAY

Enjoy a 500 mL can of GROLSCH with an
original FRAT BURGER and a side of fries
\$10.99

POUTINES

POUTINE QUEBEC

Cheese curds and your choice of Beef or Mushroom Gravy
• Side \$4.25 • Regular \$5.55 • Huge \$6.75

WESTERN POUTINE

Mushroom Gravy Poutine with Fried Egg
and Roasted Red Peppers \$7.75

CARBONARA POUTINE

Mushroom Gravy Poutine with
Caramelized Onions and Bacon \$7.75

MEXI POUTINE

Beef Gravy Poutine with Diced Tomatoes and Onions, Hot Peppers,
Guacamole and Shredded Cheddar \$8.25

PULLED PORK POUTINE

Beef Gravy Poutine with Pulled Pork and Frat Sauce \$8.25

TRIPLE PORK POUTINE

Beef Gravy Poutine with Pulled Pork,
Peameal Bacon and Strip Bacon \$10.55

BACON DOUBLE CHEESEBURGER POUTINE

Beef Gravy Poutine topped with a Frat Burger beef pattie, Bacon
and Shredded Cheddar \$10.75

**Or Create Your Own Combinations
using our menu with burger toppings!**

FRAT CHICKEN WINGS

Your choice of Mild BBQ or Frat BBQ sauce

5 Chicken Wings \$5.75

10 Chicken Wings \$10.75

20 Chicken Wings \$20.75

OUR SPECIALTIES

FRAT'S OWN ONION RINGS

• Side **\$4.75** • Basket **\$7.75** (Served with Frat Sauce)

DEEP FRIED PICKLE SPEARS (5)

Served with Frat Sauce **\$6.75**

BREADED FILET OF SOLE

Served with a side of fries

• One piece **\$6.25** • Two pieces **\$8.75**

FRAT DOGS

Topped with Ketchup, Mustard, and Relish

• Small **\$2.25** • Foot Long **\$7.75**

SAUSAGE ON A BUN

Topped with Mustard and Caramelized Onions **\$3.75**

Add **CARAMELIZED ONIONS \$1.00**

Add **SHREDDED CHEESE \$1.25**

Add **BACON or CHILI \$1.55 each**

BEVERAGES

FRAT MILKSHAKES

CHOCOLATE • VANILLA • CARAMEL • STRAWBERRY **\$4.25**

OR STAY IN AND TRY A BOOZY SHAKE **\$5.95**

CANS OF POP

• Pepsi • Diet Pepsi • Coca Cola • Diet Coke • 7UP • Sprite
• Mug Rootbeer • Dr Pepper • Ice Tea • Ginger Ale
• Cream Soda • Orange Crush • Grape Crush **\$1.55**

FOUNTAIN POP (Free Refill)

• Pepsi • Diet Pepsi • 7UP • Brisk Ice Tea • Ginger Ale
• Mug Rootbeer **\$1.75**

BOTTLED WATER \$0.50

KID'S DRINK \$1.00

JUICE

• Apple • Orange • Cranberry **\$1.75**

MILK / CHOCOLATE MILK **\$1.75**

COFFEE / TEA / HOT CHOCOLATE **\$1.75**

RED BULL **\$2.95**

MONSTER **\$3.95**

BEER & LIQUOR

DRAUGHT

Choice from
OLD VIENNA
PILSNER URQUELL
MILL ST. ORGANIC
BLOCK 3

• Small 8oz \$3.55 • Pint 16oz \$4.55 • Pitcher 60oz \$14.55

SCHOONER 32oz (945ml)

ALL DAY EVERYDAY \$6.99

BOTTLES

BUD 341ml	\$3.95
BUDLIGHT 341ml	\$3.95
KEITH'S 341ml	\$3.95
STELLA 330ml	\$4.75
CORONA 330ml	\$4.75
MILLSTREET* 341ml	\$4.75
BLOCK 3* 550ml	\$8.95

TALL BOYS / CANS

PABST BLUE RIBBON 473ml	\$4.55
CANADIAN 473ml	\$5.55
COORS LIGHT 473ml	\$5.55
STEAM WHISTLE 500ml	\$5.55
GUINNESS 473ml	\$5.55
ROLLING ROCK 473ml	\$5.55
RICKARDS RED 473ml	\$5.55
GROLSCH 500ml	\$5.55
WELLINGTON* 473ml	\$5.55
ST. AMBROISE* 473ml	\$5.55

*Selection May vary with season

WINE

HOUSE RED OR WHITE 5oz \$5.75

CIDERS

OKANAGAN DRY PEAR CIDER 473ml	\$5.55
STRONGBOW 440ml	\$6.25
SOMERSBY 500ml	\$6.25

HOUSE LIQUOR 1oz

- SEAGRAM'S VO5 RYE • STOLI VODKA
• GORDON'S GIN • CAPTAIN MORGAN WHITE RUM
• CAPTAIN MORGAN DARK RUM
• CAPTAIN MORGAN SPICE RUM \$3.95