

ENTREES

STEAK SANDWICH 6oz sirloin steak on toasted sourdough bread with garlic butter and crispy dusted onions, served with fries and mixed vegetables 16.5

FISH AND CHIPS beer battered haddock served with a side of crispy fries, creamy coleslaw, tartar sauce, and a grilled lemon one piece 12 two piece 16

HERB 'N FIRE GRILLED SALMON grilled salmon with wild rice and roasted vegetables with a chili and herb spread 16

BAKED MUSHROOM PASTA rigatoni pasta and mushrooms in a creamy alfredo sauce, baked with mozzarella and Swiss cheese, served with garlic bread 10

PASTA RAPHAEL rigatoni pasta, artichokes, and bacon in a creamy tomato sauce with parmesan cheese and garlic bread 10
add: chicken 4

SALADS

Add a dinner roll to your salad at no extra charge

CAESAR SALAD romaine, crutons, shaved parmesan, served with Caesar dressing full 12 starter 6
add: bacon at no extra charge

KALE AND BRUSSELS SPROUT SALAD roasted brussels sprouts, dried cranberries, walnuts and almonds on kale mixed greens, served with charred tomato and garlic dressing 13

BEET AND GOAT CHEESE SALAD beets, walnuts, red onions, tomato and goat cheese on mixed greens, served with balsamic dressing 12

SANTA FE SALAD cucumbers, tomatoes and goat cheese on romaine, served with avocado and ranch 12

COBB SALAD diced chicken, bacon, cheese, tomatoes, cucumbers, and a hard-boiled egg, served over shredded iceberg lettuce with a choice of dressing 14
your choice of dressing: balsamic vinaigrette, blue cheese, Italian, lemon poppy, thousand island, creamy dill, raspberry vinaigrette, avocado ranch

SOUP & SALAD your choice of house or Caesar salad with a daily soup and dinner roll 10

APPETIZERS

NACHOS tortilla chips, mozzarella, cheddar, tomatoes, jalapenos, green onions, and black olives, served with salsa and sour cream full 16 half 9
add: beef 3, chicken 5, guacamole 3, chorizo sausage 3

CRISPY CAULIFLOWER BITES deep fried cauliflower tossed in sweet Thai chili and honey garlic sauce, topped with green onions and sesame seeds 8

LOADED POTATO SKINS potato skins loaded with cheddar cheese, sour cream, green onions, mozzarella and bacon 10

POUTINE vegetarian gravy and cheese curds on your choice of fries or tater tots 9
add: buffalo chicken, bacon, or seasoned beef 3

BROCCOLI CHEDDAR BITES deep fried broccoli with cheddar cheese, served with sun-dried tomato dip 9

BREADED GARLIC MOZZARELLA STICKS deep fried mozzarella, served with warm marinara dipping sauce 10

CHICKEN FINGER AND FRIES chicken fingers and fries served with your choice of sauce 13
sauces: sweet Thai chili, BBQ, teriyaki, honey garlic, hot, extra hot, honey BBQ, lemon pepper, Frank's Dry Rub

CHICKEN WINGS one pound of chicken wings served with celery and ranch dip 12.5
sauces: sweet Thai chili, hot, teriyaki, honey garlic, lemon pepper, salt 'n pepper, extra hot

The LDL is committed to sustainability. We serve:



MSC Salmon



Alberta Raised Beef



Locally-Produced Alberta Cheese



Locally-Produced Calgary Bread

WWW.LASTDEFENCELOUNGE.CA

 @LastDefenceLounge  @UofCLastDefence **403.220.7973**

 @UofCLastDefence **BUSINESS HOURS:**
Monday - Wednesday 11 am - 11 pm | Thursday & Friday 11 am - 12 am

PIZZA

Individual 9"/Large 14"/Individual gluten free option available for \$2

GREEK red peppers, onions, black olives, tomatoes, mozzarella, goat cheese, and house-made pizza sauce 12/24

CARNIVORE chorizo sausage, pepperoni, bacon, ham, mozzarella, and house-made pizza sauce 12/24

MOROCCAN mozzarella cheese with chick peas, zucchini, onions, black olives with Moroccan spices and house-made pizza sauce 12/22

HAWAIIAN sliced ham, roasted pineapple, mozzarella, and house-made pizza sauce 12/24

SUPREME mushrooms, green peppers, onions, black olives, ham, pepperoni, chorizo sausage and house-made pizza sauce 12/20

MUSHROOM PESTO mushrooms, onions, pesto, goat cheese and house-made pizza sauce 11/20

BOCCONCINI PESTO bocconcini cheese, pesto, olive oil, tomatoes, mozzarella, and house-made pizza sauce 10/20

DESSERTS

ELENA'S MINI DONUTS 5

CHOCOLATE DECADENT CAKE 7

WARM GINGER CARAMEL SPICE CAKE WITH ICE CREAM 8

DID YOU KNOW?

Free Sparkling Wine

You can receive a free bottle of sparkling wine upon successfully completing your Graduate Studies program or defending your thesis? Find the request form on the LDL or GSA website.

LDL Giftcard

Purchase giftcards from the LDL for your professors, classmates, or anyone you want to show your appreciation. LDL giftcards would be a perfect gift for this holiday season.

Please ask your server for details.

BURGERS

Served with your choice of one side

V GREEK Beyond Meat vegetarian patty, Greek seasoned tomatoes, fire roasted red peppers, spinach, and tzatziki sauce 15

COWBOY cheddar cheese, bacon, crispy onions, and bold BBQ sauce 16

LDL pickles, lettuce, red onions, tomatoes, and burger sauce 12

MUSHROOM SWISS portobello mushroom, Swiss cheese, lettuce, onions, tomatoes and truffle aioli 14

BOSS BRUGER pulled pork, bacon, Swiss cheese, cheddar cheese, avocado, tomato, lettuce, pickle, and crispy onions 16

substitute Care Bakery gluten-free buns 2

substitute any beef patty for a chicken breast or our plant-based Beyond Meat vegetarian patty

SIDES

fries	garden salad
tater tots	daily soup
yam fries	caesar salad
apple slaw	

SANDWICHES

Served with your choice of one side

REUBEN sliced Montreal smoked meat, Dijon mustard, sauerkraut, Swiss cheese and Russian dressing on marbled rye bread 13

SOUTHWEST CHICKEN SANDWICH chicken, bacon, lettuce, tomatoes, avocado and Swiss cheese on grilled sourdough bread 13

BUFFALO CHICKEN WRAP chicken tenders, cheddar cheese, lettuce, tomatoes, onions, blue cheese, and hot sauce 13

V BOCCONCINI AND ROASTED VEGGIE WRAP roasted veggies, spinach, balsamic glaze and bocconcini cheese 13

CRISPY CHICKEN SANDWICH breaded chicken, lettuce, onions, tomatoes, and red pepper coulee 13

V A.L.T. avocado, lettuce, tomatoes, red onions and chipotle on grilled sourdough bread 8

V VEGGIE SANDWICH spinach, tomato, cucumber, lettuce, guacamole and pesto on grilled sourdough bread 10

V VEGETARIAN

G GLUTEN FREE

Please inform your server of any dietary restrictions you may have.

Thank you for visiting the LDL!

Email us! gsarest@ucalgary.ca



LAST DEFENCE LOUNGE

TAKE OUT MENU

Available for pick up

403.220.7973

HOURS:

MONDAY - WEDNESDAY

11 AM - 11 PM

THURSDAY - FRIDAY

11 AM - MIDNIGHT

350 MACEWAN STUDENT CENTRE
3RD FLOOR, ABOVE THE FOOD COURT, AND
STUDENT UNION OFFICES

WWW.LASTDEFENCELOUNGE.COM

Instagram: [@UofCLastDefence](https://www.instagram.com/UofCLastDefence)

Twitter: [@UofCLastDefence](https://twitter.com/UofCLastDefence)

Facebook: [@LastDefenceLounge](https://www.facebook.com/LastDefenceLounge)

Sustainability is important to the Graduate Students' Association (GSA) and the Last Defence Lounge (LDL). We are committed to using locally sourced products where possible to mitigate our environmental footprint and encourage flourishing local businesses. Our beef is 100% Alberta raised, our wild salmon is Marine Stewardship Council certified, all of our bread and cheese is purchased from local Calgary suppliers, and we only serve Fairtrade certified coffee. We actively measure and separate our waste to reduce our burden on landfills, and we use compostable packaging and post-consumer recycled napkins where possible. We value and respect our staff as it is they who put the final touches on everything the LDL does.

Thanks for visiting the LDL.