

STARTERS

BUFFALO CHICKEN NACHOS
Tortilla chips layered with chicken tossed in our Buffalo Hot sauce, lettuce, tomatoes, red onions, fresh jalapeños, queso blanco, Cheddar Jack and served with our famous Bleu Cheese Dip. (1,625 cal.) 10.49

SWINE CHIPS
Our crispy Saratoga Chips topped with tender Pulled Pork, cheddar jack cheese, queso sauce, tomatoes, onions, fresh jalapeños, cole slaw and drizzled with Sweet BBQ and 'Bama White BBQ sauce. (1,102 cal.) 10.49

FRIED PICKLE CHIPS
Hand breaded and fried to perfection, served with ranch dressing. (470 cal.) 7.49

CHIPS & DIPS LG
Queso blanco topped with BW&R Chili and cilantro, served with tortilla chips. (529 cal.) 5.99

Classic Tortilla Chips and fire-roasted salsa. (284 cal.) 4.49
MOZZARELLA STICKS
Served with classic marinara dipping sauce. (665 cal.) 6.99

RANCHERO TOTS
Oversized bacon and cheese stuffed tater tots. Topped with fresh jalapeños, cilantro and chipotle ranch. (642 cal.) 6.99

SPINACH ARTICHOKE DIP
A homemade, creamy blend of spinach, artichoke, Parmesan, Asiago and Romano cheeses, served with our Classic Tortilla Chips. (671 cal.) 7.99

CAULIFLOWER WINGS
Hand-breaded cauliflower, fried and drizzled in our signature Roasted Garlic Medium sauce and dusted with Parmesan cheese; or substitute your favorite wing sauce. A fresh spin on classic wings. (431 cal.) 6.99

PRETZEL BITES
Soft and airy deep-fried pretzel bites, served with a generous portion of queso dipping sauce topped with fresh jalapeños, salsa and fresh cilantro. (788 cal.) 6.99

ONION RINGS
Our thick cut, crumb-breaded rings served with 'Bama White BBQ dipping sauce. (1,069 cal.) 6.99

SOUTHWEST CHEESY BREAD
Creamy Mexican Panela cheese, charred and served over toasted garlic garlic bread, served with chipotle lime sauce, cilantro and avocado. (1,148 cal.) 7.99

BUFFALO CHICKEN DIP
An amped-up blend of chicken, bleu cheese crumbles, scallions, celery and a medley of cheeses mixed with our Buffalo Hot sauce, served with tortilla chips. (718 cal.) 7.99

PARMESAN GARLIC AIOLI FRIES LG
Natural cut fries topped with garlic aioli and shaved Parmesan cheese. (1,157 cal.) 6.99

APPETIZER SAMPLER
Your choice of three: Pretzel Bites, Parmesan Garlic Aioli Fries, Mozzarella Sticks, Fried Pickles or Onion Rings. Served with dipping sauces. (1,256-1,750 cal.) 12.49

LARGE SALADS

BUFFALO CHICKEN
Grilled or fried chicken tossed in Buffalo Medium sauce, assorted greens, shredded carrots, cucumbers, tomatoes, red onions, croutons and ranch dressing. (408 cal. + dressing) 9.99

BLACKENED CHICKEN CAESER
Blackened chicken, served over romaine leaves, topped with Parmesan and croutons, tossed in Caesar dressing. (414 cal. + dressing) 9.99
Substitute Salmon (503 cal. + dressing) 3.00

CLASSIC COBB GF
A blend of greens topped with diced grilled chicken, avocado, hard-cooked eggs, Applewood-smoked bacon, Kalamata olives, tomatoes and Bleu Cheese crumbles, served with our herbed vinaigrette on the side. (584 cal. + dressing) 9.99

HARVEST GF
Assorted greens, topped with diced grilled chicken, candied pecans, dried cranberries, fresh apples and Bleu cheese crumbles, tossed in our raspberry walnut vinaigrette. (518 cal. + dressing) 10.99

SOUTHWEST CHICKEN
Grilled chicken, served over a blend of greens, topped with avocado, Cheddar Jack, tortilla strips, tomatoes, scallions, cilantro, and fresh jalapeños, served with chipotle ranch on the side. (513 cal. + dressing) 9.99

SMALL SALADS & SOUP

SMALL CAESAR SALAD
A classic Caesar salad with romaine leaves, Parmesan and croutons, tossed in our Caesar dressing. (343 cal.) 4.49

SMALL GARDEN SALAD
Assorted greens, carrots, cucumbers, tomatoes, red onions, croutons and your choice of dressing. (75 cal. + dressing) 4.49

BW&R CHILI GF
Topped with Cheddar Jack Cheese and tortilla strips. (400 cal.) 3.99

SOUP OF THE DAY
Ask your server. (calories vary) 3.99

DRESSINGS
Raspberry Walnut GF (397 cal.)
Ranch GF (300 cal.)
Chipotle Ranch (295 cal.)
Honey Mustard GF (480 cal.)
Caesar GF (420 cal.)
Balsamic & Olive Oil GF (210 cal.)
Herbed Vinaigrette GF (397 cal.)

WINGS

1 SELECT STYLE

BONELESS
GRILLED (GF) OR FRIED

5 (220/290 cal.)..... 6.79
10 (450/570 cal.)..... 11.79
15 (670/860 cal.)..... 16.49
20 (900/1,140 cal.).... 20.99

TRADITIONAL LG

5 (260 cal.)..... 6.79
10 (520 cal.)..... 11.79
15 (780 cal.)..... 16.49
20 (1,040 cal.).... 20.99

TENDERS

3 (340/420 cal.)..... 7.29
5 (570/695 cal.).....10.99

VEGGIE

Cauliflower (431 cal.)..... 6.99

Sweet BBQ GF (+40-270 cal.)
Roasted Garlic GF (+80-470 cal.)
Garlic Parmesan GF (+80-500 cal.)

Bourbon BBQ GF (+90-540 cal.)
Garlic-Q GF (+60-370 cal.)
Buffalo GF (+20-830 cal.)
Teriyaki (+60-360 cal.)

Lemon Pepper GF (+0-20 cal.)
Sweet Thai Chili (+80-510 cal.)
Peach Habanero GF (+60-360 cal.)

DRY SEASONINGS

Cajun GF (+0-20 cal.) Lemon Pepper GF (+0-20 cal.)

3 HEAT

MILD GF (+100-280 cal.)
MEDIUM GF (+60-180 cal.)
HOT GF (+10-50 cal.)
XTRA HOT GF (+10-50 cal.)
ATOMIC GF (+10-50 cal.)

4 ON US

BLEU CHEESE DIP GF (316-631 cal.)
RANCH DRESSING GF (200-400 cal.)
CELERY STICKS GF (8-15 cal.)

SANDWICHES

Served with your choice of natural cut fries (LG), potato wedges, Saratoga chips (LG), steamed broccoli (GF) or homemade coleslaw. Upgrade to onion rings for .99.

BUFFALO CHICKEN CLUB
Grilled or fried tenders, tossed in our Buffalo Hot sauce, topped with Applewood-smoked bacon, lettuce, tomato and your choice of Bleu Cheese Dip or ranch dressing; served on a brioche bun. (746 cal. grilled / 814 cal. fried) 9.99

CLASSIC STYLE (chicken, lettuce, tomato, brioche). (587 cal. grilled / 632 cal. fried) 8.99

TUSCAN CHICKEN
Grilled chicken tenders, Panela cheese, fresh basil pesto, garlic aioli, greens and tomatoes; served on a brioche bun. (869 cal.) 10.29

NASHVILLE HOT CHICKEN
Fried chicken tenders coated in spicy Nashville Hot seasoning with lettuce, tomatoes and pickles; served on a brioche bun. (1,086 cal.) 9.99

DOUBLE BBQ PORK
Tender pulled pork, Sweet BBQ and 'Bama White BBQ sauce, topped with one of our signature onion rings; served on a brioche bun. (831 cal.) 9.49

BAYOU SALMON
Blackened salmon, bacon, garlic aioli, greens and tomato; served on a brioche bun. (891 cal.) 11.99

SANTA FE STEAK
Thinly sliced steak, melted Pepper Jack cheese, onions, bell peppers, fresh jalapeños and chipotle aioli; served on a brioche bun. (747 cal.) 10.49

FISH N' CHIPS
Haddock filet, flash fried in Sam Adams batter, with our house-blend tartar sauce, cole slaw and natural cut fries. (778 cal.) 10.29

QUESADILLAS

BARBECUE CHICKEN
Grilled chicken, Sweet BBQ sauce, red onions fresh cilantro and Cheddar Jack in a whole tortilla. Topped with chipotle ranch and minced celery. (1,082 cal.) 9.99

VEGGIE
Whole wheat tortilla filled with tomatoes, green peppers, portabella mushrooms and red onions, with melty Cheddar Jack cheese. Topped with chipotle aioli for added kick. (1,174 cal.) 9.49

STEAK & PORTABELLA
Loaded with grilled sirloin steak, portabella mushrooms, Cheddar Jack and Bleu cheese crumbles in a whole wheat tortilla. Topped with 'Bama White BBQ sauce and minced celery. (1,553 cal.) 10.99

CLASSIC CHICKEN
Chopped, grilled chicken, Cheddar Jack, grilled red onions and bell peppers in a whole wheat tortilla. Topped with chipotle aioli and cilantro. (1,323 cal.) 9.99

BURGERS

Served with your choice of natural cut fries (LG), potato wedges, Saratoga chips (LG), steamed broccoli (GF) or homemade coleslaw. Upgrade to onion rings for .99.

BLACK AND BLEU BURGER
Seared with cajun spices, topped with melted Bleu Cheese crumbles, Applewood-smoked bacon, and our famous Bleu Cheese Dip. Served on a brioche bun with lettuce, tomato and pickles. (1,224 cal.) 10.99

RINGER BURGER
Topped with our Sweet BBQ sauce, Applewood-smoked bacon, Cheddar Jack cheese and one of our signature onion rings; served on a brioche bun. (982 cal.) 10.99

BELLA BURGER
Grilled portabella slices, garlic aioli, Asiago, Parmesan & Romano cheeses, topped with a sprinkling of truffle oil; served on a brioche bun. (875 cal.) 11.99

MEXI-CADO BURGER
Creamy Mexican Panela cheese, avovado, fresh jalapeños, chipotle aioli, cilantro; served on a brioche bun. (1,016 cal.) 11.99

BACON CHEESEBURGER
Topped with Applewood-smoked bacon and American Cheese. Served on a brioche bun with lettuce, tomato and pickles. (915 cal.) 10.99

CHEESEBURGER
Your choice of: American, Pepper Jack, Cheddar Jack cheese, or Bleu Cheese crumbles. Served on a brioche bun with lettuce, tomato and pickles. (720-830 cal.) 9.99

SOUTHWESTERN VEGGIE BURGER
Made with black beans and topped with cucumber, avocado, Cheddar Jack cheese, chipotle aioli, lettuce, tomato and pickle; served on a brioche bun. High in protein, all natural, low fat and low sodium. (902 cal.) 9.99

EXTRAS

NATURAL CUT FRIES LG

Side: (456 cal.) 2.99 Basket: (810 cal.) 4.99
Add Shredded Cheddar Jack & Bacon: Side: (+295 cal.) .99 Basket: (+591 cal.) 1.99
Add Queso Dip: Side: (+119 cal.) .69 Basket: (+179 cal.) 1.39
Add Cajun Seasoning: Side: (+5 cal.) .49 Basket: (+11 cal.) .99

ONION RINGS
Our famous Onion Rings. (300 cal.) 3.99

BACON MAC & CHEESE
Our three-cheese blend, with bacon. (610 cal.) 5.99

SEASONED POTATO WEDGES

Side: (302 cal.) 3.49 Basket: (541 cal.) 5.99
Add Shredded Cheddar Jack & Bacon: Side: (+295 cal.) .99 Basket: (+591 cal.) 1.99
Add Queso Dip: Side: (+119 cal.) .69 Basket: (+179 cal.) 1.39
Add Cajun Seasoning: Side: (+5 cal.) .49 Basket: (+11 cal.) .99

PARMESAN GARLIC AIOLI FRIES LG
Our natural cut fries topped with Garlic Aioli and shaved Parmesan cheese. (579 cal.) 3.99

SARATOGA CHIPS LG
Served warm and crisp. (221 cal.) 2.99

BROCCOLI GF
Steamed to perfection. (72 cal.) 2.99

HOMEMADE COLESLAW
Our very own blend, sweet and tangy. (342 cal.) 1.99

KIDS' MENU

All Lili' Buffs Kids' Meals come with a soft drink or milk and your choice of apple slices, broccoli, kids' salad or fries. Available for kids 10 and under.

BONELESS WINGS
Four boneless wings tossed in a sauce of your choice. (176-810 cal.) 5.29

KIDS' MAC & CHEESE
Everyone's favorite, Kraft Macaroni & Cheese. (320 cal.) 5.29

CHEESEBURGER
Kid's portion of our fresh-pressed burger, topped with American cheese. (424 cal.) 5.29

GRILLED CHICKEN TENDERS
Two grilled chicken tenders served with your choice of sauce on the side. (230-780 cal.) 5.29

MINI CORN DOGS
Hot dogs dipped in corn meal batter and deep fried to perfection. (230 cal.) 5.29

KID'S GRILLED CHEESE
Toasted garlic bread with melty American cheese. (492 cal.) 5.29

DESSERTS

CHOCOLATE CROISSANT
Two puff pastries filled with rich and creamy chocolate. Topped with vanilla ice cream, caramel and chocolate sauces and powdered sugar. (749 cal.) 5.99

VANILLA CREME BRULEE CHEESECAKE
Lightly warmed and served with raspberry sauce. (595 cal.) 5.99

TURTLE LAVA CAKE
Served with warm vanilla ice cream, topped with chopped pecans and chocolate sauce. (731 cal.) 5.99

VANILLA ICE CREAM
(with chocolate sauce) (131 cal.) 2.29

YOUR BUFFALO

BW&R BISMARCK
4424 N 15th Street
Bismarck, ND 58503
ph: 701-222-4297

WWW.BUFFALOWINGSANDRINGS.COM



BW&R CARES

We'd like our guests to know that the products served here may contain or come in contact with the following ingredients: dairy, tree nuts, peanuts, shellfish, fish, soy, wheat, eggs. Ask your server about menu items that are cooked to order or served raw. Consuming raw or under-cooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Gluten Free Items

We have indicated these as Gluten Free menu options based on the most current ingredient information from our food suppliers and from independent third-party gluten testing which confirms fewer than 20ppm/gluten. However, because our restaurant is not a gluten free establishment, cross-contamination may occur. Please alert your server of any dietary restrictions.

Low Gluten Items

While these menu items are naturally gluten free, we have labeled them as "Low Gluten" as a precaution to our guests who have an intolerance to gluten. Since we prepare these items from scratch, and operations involve shared cooking and prep areas - including common fryer oil - the possibility exists for these items to come into contact with other gluten-containing items, and we cannot guarantee they will be completely free of allergens.

LG = LOW GLUTEN 2018.09.MPM

GF = GLUTEN FREE

= SPECIALTY ITEM