

Winger's Grill & Bar

3626 E Grand Ave Laramie WY 82070 · +15418810062 · Updated: Jan 14, 2026

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KID'S MENU 6

ALL AMERICAN CHEESEBURGER

CHICKEN FINGERS (Grilled or Battered)

GRILLED CHEESE

CHEESE OR CHICKEN QUESADILLA

CHICKEN ALFREDO

MAC & CHEESE

SIGNATURE SAUCES 8

ORIGINAL AMAZING

The famous Wingers Sauce uniquely sweet and sticky

TERIYAKI SAUCE

Island flavor blended with fresh citrus

DOUBLE BARREL BBQ (1 flame)

Sweet, rich traditional BBQ

CLASSIC BUFFALO SAUCE (2 flames)

Traditional wing sauce with a touch of heat

THAI RED CHILI SAUCE (3 flames)

Bold Asian chilies with a ginger finish

ORIGINAL REBEL (3 flames)

The Original Amazing sauce you love with the heat you need

GHOST PEPPER BBQ (4 flames)

Rich BBQ with an intensity that lasts

ATOMIC GHOST (5 flames)

Classic Buffalo charged with ghost pepper

SIGNATURE RUBS 8

RANCH DRY RUB

Perfect blend of savory onions and herbs

GARLIC PARMESAN DRY RUB

Aged Parmesan with roasted garlic

SWEET BBQ DRY RUB

Tangy, smokey and sweet

TENNESSEE HOT DRY RUB (2 flames)

Paprika, cane sugar and peppery spice

THE LOT (3 flames)

Equal parts of all rubs blended and balanced

CARIBBEAN JERK (3 flames)

Island spice with a smokey taste

CAJUN SPICE (3 flames)

Delicious Southern Louisiana spice

HONEY HABANERO (4 flames)

Ripened habanero peppers with a touch of honey

WEEKDAY LUNCH SPECIALS 9

ENDLESS STICKY FINGER LUNCH

Sticky Fingers, fries, a soda or iced tea. No sharing please. Dine in only.

WING LUNCH (5)

Wings with fries and slaw

STICKY FINGER SALAD

Sticky Fingers, lettuce, shredded cheese, tomatoes, and craisins. Homemade ranch dressing on the side.

CHICKEN RICE BOWL

Sautéed fresh veggies and Island Teriyaki sauce on a bed of rice garnished with rice noodles. Your choice of grilled chicken or Sticky Fingers.

STICKY FINGER WRAP

Our Famous Sticky Fingers, shredded cheddar jack cheese, lettuce, tomato, and Creamy Amazing Sauce packed in a fresh tortilla.

ORIGINAL CHICKEN POUNDER

Grilled or hand-breaded chicken breast served with Swiss and our signature Original Amazing sauce on a mayo’d bun.

WINGER BURGER

100% fresh ground chuck basted in our Original Amazing Sauce, with Swiss Cheese and mayo.

STICKY FINGER TACOS

Our Famous Sticky Fingers coated in your choice of sauce with mango slaw, pico de gallo, cilantro, fresh house made guacamole, and shredded cheddar jack cheese.

SOUP & SALAD

Our house salad and a bowl of our Chicken Tortilla Soup.

SOUTHWEST 4

STICKY FINGER TACOS

Our Famous Sticky Fingers coated in your choice of sauce with miso-ginger coleslaw, pico de gallo, fresh house made guacamole, grated queso fresco, and southwest crema.

CHICKEN BACON FRESCA TACOS

Grilled Chicken, crisp bacon, with miso-ginger coleslaw, pico de gallo, fresh house made guacamole, grated queso fresco, and southwest crema.

GRILLED SALMON TACOS

Atlantic Salmon, miso-ginger coleslaw, pico de gallo, fresh house made guacamole, grated queso fresco, cilantro and southwest crema.

STICKY FINGER QUESADILLA

Our Famous Sticky Fingers, shredded cheddar jack cheese, pico de gallo, topped with cilantro. Served on a fresh tortilla with a side of our Creamy Amazing Sauce.

ADD ONS 9

CHEESE

EXTRA SAUCE

EXTRA DRESSING

SAUTEED MUSHROOMS

SAUTEED ONIONS

APPLEWOOD SMOKED BACON

GUACAMOLE

AVOCADO

EXTRA BURGER PATTY

BURGERS 5

WINGER BURGER

100% fresh ground chuck smothered in our Original Amazing sauce with Swiss cheese and mayo.

COWBOY BURGER

100% fresh ground chuck LOADED with Double Barrel BBQ Sauce with cheddar cheese, applewood smoked bacon and mayo. Crowned with Cajun onion straws.

GARLIC BREATH BURGER

100% fresh ground chuck with garlic parmesan aioli and melted sharp cheddar cheese.

BACON CHEESEBURGER

100% fresh ground chuck, applewood smoked bacon and mayo. Served with your choice of bleu cheese, sharp cheddar, pepper jack, or swiss cheese.

SUNRISE BURGER

100% fresh ground chuck topped with sliced ham, bacon, cheddar cheese and mayo. Topped with a fried egg.

DESSERTS 3

ASPHALT PIE

Mint chocolate chip ice cream on an Oreo crust, smothered with our Caramel Sauce and topped with real whipped cream.

COOKIE ZOOKIE

Fresh baked chocolate chip cookie, topped with vanilla ice cream, hot fudge, pecans, and real whipped cream in its own deep dish!

CINNAMON POPS

Cinnamon & Sugar doughnut holes, served with vanilla ice cream and a bourbon caramel sauce.

SIGNATURE ENTREES 10

WING DINNER

Six of our hand-battered Wings or non-battered Naked Wings in the sauce or rub of your choice with seasoned fries and miso-ginger coleslaw.

Gluten Free available upon request.

STICKY FINGER DINNER

Our Famous Sticky Fingers smothered in the sauce of your choice. Four Famous Fingers served with seasoned fries and miso-ginger coleslaw.

BLACKENED CHICKEN ALFREDO

Parmesan Alfredo tossed with penne pasta. Topped with Cajun grilled chicken and green onions with toasted cheddar bread on the side.

WINGERS COUNTRY FRIED QUESO STEAK

11 oz. Breaded country fried steak smothered in our Alehouse Queso with crisp bacon and pico de gallo topped with sour cream and green onions. Served with sauteed fresh veggies and choice of red skin mashed potatoes or seasoned fries.

STIR FRY RICE BOWL

Your choice of grilled chicken or Famous Sticky Fingers with sautéed fresh veggies and Island Teriyaki sauce on a bed of rice, garnished with rice noodles. Substitute Salmon or Yakisoba Noodles for an additional charge. Gluten Free available upon request.

BROILED LEMON SALMON

Atlantic Salmon filet broiled with a lemon butter. Served with red skin mashed potatoes and sauteed fresh veggies.

THE LOADED BIRD

2 grilled chicken breasts loaded with Double Barrel BBQ sauce, topped with sharp cheddar cheese, bacon, sautéed mushrooms & onions. Served with red skin mashed potatoes and fresh veggies.

CHEF'S BACON, MAC & CHEESE

A blend of four cheeses melted over penne pasta mixed with applewood smoked bacon and green onions. Served with cheddar bread.

BUFFALO SALMON FINGERS

Strips of hand-battered Atlantic Salmon, Served with seasoned fries and miso-ginger coleslaw with our Creamy Amazing sauce.

MAKE IT A COMBO

Add 3 Famous Wings or 2 Sticky Fingers to any Entree, Pounder or Burger for a small fee.

STICKY FINGERS 4

REGULAR

5 STICKY FINGERS | 1 SAUCE

LARGE

8 STICKY FINGERS | 2 SAUCES

JUMBO

11 STICKY FINGERS | 2 SAUCES

COLOSSAL

14 STICKY FINGERS | 3 SAUCES

FAMOUS WINGS 4

REGULAR

7 WINGS | 1 SAUCE

LARGE

10 WINGS | 2 SAUCES

JUMBO

14 WINGS | 2 SAUCES

COLOSSAL

18 WINGS | 3 SAUCES

POUNDERS 6

STICKY FINGER WRAP

Our Famous Sticky Fingers, shredded cheddar jack cheese, lettuce, tomato, and Creamy Amazing sauce packed in a chipotle tortilla.

AVOCADO CHICKEN CLUB POUNDER

Grilled or hand breaded chicken breast, applewood smoked bacon, ham, sharp cheddar cheese, lettuce, tomato, onion, and avocado with mayo on toasted sourdough bread.

ORIGINAL CHICKEN POUNDER

Grilled or hand-breaded chicken breast served with Swiss cheese and our signature Original Amazing sauce on a mayo'd bun.

THE CHEESE LOVER

Thick-sliced sourdough with sharp cheddar, Swiss, and cheddar jack cheese bustin' out the sides, coated with a Parmesan cheese crust. Add ham to this delicious sandwich for a small price.

GRILLED SALMON POUNDER

Grilled Atlantic Salmon, miso-ginger coleslaw, pico de gallo, fresh house made guacamole and grated queso fresco on a mayo'd bun.

TENNESSEE CHICKEN POUNDER

Grilled or Crispy fried sweet and spicy chicken, tomato, miso-ginger coleslaw and onion straws on a fresh baked bun with spicy garlic aioli.

SALADS & SOUPS 7

STICKY FINGERS SALAD

Chopped Sticky Fingers, lettuce, shredded cheddar jack cheese, tomatoes, and craisins with homemade Ranch Dressing on the side.

SOUTHWEST CHICKEN COBB SALAD

Diced grilled chicken tossed in fresh romaine lettuce with avocado, grated queso fresco, pico de gallo, diced egg, chopped bacon, and roasted corn, dressed with our Creamy Amazing sauce. Finished with corn tortilla strips. Substitute Atlantic Salmon for an additional charge. Gluten Free available upon request.

CHICKEN HONEY GINGER SALAD

Grilled chicken with fresh lettuce mix, crisp apples, candied pecans, raisins and blue cheese, tossed in our Honey Ginger vinaigrette. Substitute Sticky Fingers for a small fee. Gluten Free available upon request.

Asian Crunch Salad

Chopped Sticky Fingers tossed with crunchy cabbage, romaine lettuce, shredded carrots, edamame, crispy rice noodles, green onions, cilantro, and grape tomatoes tossed in our sweet sesame citrus dressing.

HOUSE SALAD

Side salad available to add to any entree or sandwich for an additional fee.

CHICKEN TORTILLA SOUP

Chicken, tomatoes, green chilies, corn, chopped onion, southwest crema, topped with tortilla strips.

SOUP & SALAD

Our House Salad and a bowl of our Chicken Tortilla Soup

STARTERS 7

WTF COMBO (WINGS, THINGS & FINGERS)

Your choice of any 1 STARTERS item, plus 4 Famous Wings & 4 Famous Sticky Fingers

CHIPS & SALSA

Fresh house made salsa and chips. Add fresh house made guacamole for a small price

GARLIC FRIES

Fries tossed in our garlic Parmesan

CAJUN ONION STRAWS

One whole sweet onion, hand breaded and dusted with Cajun spice. Served with our Creamy Amazing sauce.

BUFFALO CAULIFLOWER

Fresh cauliflower hand battered in our signature buffalo sauce, served with house made ranch.

CHEDDAR BACON FRIES

Wingers fries smothered in our Alehouse Queso, topped with applewood smoked bacon bits, southwest crema & green onions. Add Sticky Fingers for a small charge for a taste you won't forget!

ALEHOUSE NACHOS

Fresh corn tortilla chips smothered with Alehouse Queso,. Served with pico de gallo, cilantro and guacamole, topped with southwest crema & green onions.