

J's Pub and Grill

3201 Wyoming Blvd SW 82604-4589 · +13074723100 · Updated: Jan 14, 2026

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THE BEGINNING 12

Crispy Brussel Sprouts **\$9.00**

Brussel sprouts topped with crispy bacon, grated parmesan and finished with a bacon aioli

Seared Ahi Tuna **\$13.50**

Sashimi grade tuna rubbed with spices and seared rare. Served with a wasabi cream and soy sauce

Spinach Artichoke Dip **\$11.50**

Cream cheese, sour cream, white cheddar, spinach and artichoke hearts

Chicken Quesadilla **\$13.50**

Grilled chicken, melted cheese, crisp bacon, avocado, peppers and onions in a flour tortilla

Jalapeño Pretzel **\$7.50**

One large pretzel baked with fresh jalapeños and served with a spicy cheese dipping sauce

Hot Beef Sliders **\$8.00**

Two braised beef chuck sliders, toasted brioche buns, pepperoncini, cheese sauce

Pot Stickers **\$8.50**

Pan fried pork potstickers served with spicy Asian chili sauce

Chicken Chorizo Nachos **\$13.00**

Crisp tortilla chips, melted cheddar jack cheese, queso, black bean salsa, onions, grilled chicken, chorizo and jalapeños, with guacamole and habañero mayo drizzle

Bang Bang Rock Shrimp **\$14.00**

Tempura-dipped Gulf shrimp, tossed in firecracker sauce

Bruschetta **\$9.50**

Creamy artichoke-basil spread, marinated heirloom tomatoes, fresh mozzarella, balsamic glaze

Korean Fried Cauliflower **\$8.50**

Sweet and spicy glaze, toasted sesame scallions

Pub Wings **AVAILABLE OPTIONS**

Fried crisp and spun fresh in your favorite wing sauce. Choose from classic hot buffalo, mild buffalo, hot BBQ, honey mustard or teriyaki

6 Wings: \$10.50

10 Wings: \$14.50

SOUPS & SALADS 12

Daily Soup

Made fresh daily

AVAILABLE OPTIONS

Cup: \$4.50

Bowl: \$6.50

Irish Beef Stew

AVAILABLE OPTIONS

Cup: \$5.00

Bowl: \$7.00

Onion Soup au Gratin

\$7.00

Sweet sautéed onion soup topped with gruyere cheese and a toasted crostini

House Salad

\$4.50

Wedge Salad

\$7.00

Side Caesar

\$4.50

Greek Salad

AVAILABLE OPTIONS

Chopped romaine, tomatoes, Greek olives, feta cheese, red onions, chopped pepperoncini peppers and croutons. Tossed in Greek dressing

\$10.00

Chicken: \$16.00

Shrimp: \$17.00

The Lorla

AVAILABLE OPTIONS

Mixed greens, fresh strawberries, applewood-smoked bacon, Gorgonzola cheese, avocado, candied walnuts and dried cranberries tossed with raspberry vinaigrette dressing

\$10.00

Chicken: \$16.00

Shrimp: \$17.00

Grilled Salmon BLTA Salad

\$18.00

Lemon Dijon vinaigrette, romaine, cherry tomatoes, bacon, avocado, red onion and croutons

Turkey Cobb Salad

\$15.00

Romaine lettuce, roasted turkey breast, Gorgonzola cheese, applewood-smoked bacon, avocado, tomatoes and boiled eggs with buttermilk ranch dressing and fried onion frizzles

Grilled Sirloin Steak Salad

\$17.00

Mixed greens, tomatoes, pickled red onion, crumbled blue cheese, tossed in a herb vinaigrette

Thai Salad

AVAILABLE OPTIONS

Nappa cabbage slaw, cucumber, peanuts, yakisoba noodles tossed in a peanut dressing, toasted sesame and crispy wontons

\$10.00

Shrimp: \$17.00

Chicken: \$16.00

Ahi Tuna: \$16.00

BURGERS & SANDWICHES 17

J's Cheeseburger

\$13.00

Cheddar cheese, lettuce, tomato, onion and pickle on a toasted challah bun

Pub Burger

\$14.50

Applewood-smoked bacon, cheddar cheese, fried egg, lettuce, tomato, onion, pickle and J's sauce on a toasted challah bun

Mushroom Swiss Burger	\$13.50
Herb sautéed mushrooms and Swiss cheese with lettuce, tomato, onion and pickle, served on a toasted challah bun	
Tijuana Torpedo Burger	\$15.00
Burger patty stuffed with fire roasted poblanos, green chilis, and cheddar cheese, topped with pepperjack, queso and habanero mayo	
BBQ Bacon Burger	\$14.50
Applewood-smoked bacon, cheddar cheese, spicy BBQ sauce and a crispy onion ring. Served with lettuce, tomato, onion and pickle on a toasted challah bun	
Bacon Guacamole Burger	\$15.00
Applewood-smoked bacon, house-made guacamole and pepperjack cheese, with lettuce, tomato, onion and pickle on a toasted challah bun	
Southwest Bison Burger	\$16.50
Lean ground bison patty, topped with caramelized onions, cheddar cheese and chipotle mayo on a toasted challah bun, served with lettuce, tomato, onion and pickle	
Buffalo Chicken Sandwich	\$14.00
Chicken fried chicken tossed in buffalo sauce and served with lettuce, tomato, onion, pickle and a side of bleu cheese dressing on a toasted challah bun	
Grilled Chicken Sandwich	\$14.50
A boneless breast of chicken, grilled and topped with crispy strips of bacon, melted cheddar jack cheese and drizzled with sweet BBQ sauce	
Italian Stack Sandwich	\$13.00
Pepperoni, salami, prosciutto shaved ham, pepperoncinis, spring mix, Italian dressing and dijon mustard, topped with melted mozzarella on marble rye	
Bison Meatloaf Sandwich	\$14.50
Two slices of chili glazed bison meatloaf, served on toasted sourdough with mushrooms, onions and jack cheese	
Philly Cheesesteak	\$16.00
Shaved sirloin, caramelized onions, bell peppers and pepperoncinis, topped with swiss cheese and served on a hoagie	
French Dip	\$15.00
Thinly shaved sirloin served on a hoagie roll, with au jus for dipping	
Pub Club	\$15.00
Lettuce, tomato, mayo, swiss, cheddar, ham, bacon and turkey served on toasted sourdough bread	
BLTA	\$13.00
Bacon, lettuce, tomato and avocado, mayo, served on a toasted ciabatta bun	
Cubano	\$14.50
Roasted pork, baked ham, swiss cheese, sliced garlic pickles and Dijonnaise on pressed Cuban bread	
Reuben	\$15.50
Thinly sliced corned beef, swiss cheese, sauerkraut, and 1000 Island on marble rye	

Bison Meatloaf	\$19.50
Two hearty chili glazed slices with brown gravy, mashed potatoes and your choice of one side	
Bison Tenderloin Stroganoff	\$26.00
Sautéed bison tips in a creamy rich mushroom demi over fettucuni	
Chicken Fried Steak	\$21.50
Hand-breaded steak, served with mashed potatoes, country gravy and one side	
Fajitas	AVAILABLE OPTIONS
Grilled with onions and peppers and served with flour tortillas, lettuce, guacamole, sour cream, pico de gallo, shredded cheese, Mexican rice and black beans	Grilled Sirloin: \$19.50
	Grilled Chicken: \$18.50
	Combo: \$19.50
Crispy Lemon Chicken	\$20.00
Parmesan breaded chicken breast, white wine-lemon sauce, mashed potatoes, arugula and sun dried tomato salad with olives and parmesan	
Chicken Tenders Platter	\$14.00
Four hand battered chicken tenders, served with fries and honey mustard	
Green Chili Chicken Enchiladas	\$16.00
Two chicken enchiladas, topped with a rich green chili sauce and cheese, served with black beans and Mexican rice	
Chicken Pot Pie	\$18.00
Carrots, peas, celery, corn and chicken cooked in chicken gravy and topped with puff pastry. Served with choice of soup or salad	

STEAKS 5

Rancher's Sirloin	AVAILABLE OPTIONS
Center-cut sirloin, served with choice of two sides	6 oz.: \$19.50
	8 oz.: \$23.50
	10 oz.: \$25.50
New York Strip	\$32.00
A classic 12 oz. cut, loaded with flavor and choice of two sides	
Cowboy Ribeye	\$39.00
A 14 oz ribeye, topped with maitre d'butter, served with choice of two sides	
Signature Filet	AVAILABLE OPTIONS
Juicy tenderloin steak grilled and served with choice of two sides	6 oz.: \$27.00
	8 oz.: \$33.00
Prime Rib	AVAILABLE OPTIONS
Hand seasoned, slow roasted, served with au jus and choice of two sides. Daily after 4 pm, and noon on Sundays	12 oz.: \$37.50
	Larger Cut Add per oz.:
	\$3.00

SEAFOOD 4

Fish Tacos

\$16.50

Tempura-dipped Atlantic cod wrapped in flour tortillas with Southwest slaw, pico de gallo and drizzle of habañero mayo. Served with one side

Shrimp Scampi

\$22.00

Large shrimp, sautéed with garlic, lemons, tomatoes, shallots and white wine on a bed of fresh spaghetti

Cedar Plank Salmon

\$26.00

Honey-chipotle glaze, served with your choice of 2 sides

Fish N Chips

\$18.50

Tempura battered cod, served with fries and tartar sauce for dipping

PASTAS 6

Buffalo Chicken Mac & Cheese

\$18.00

Cavatappi pasta, buffalo tossed crispy chicken tenders, bleu cheese, green onion

Blackened Chicken Fettuccine Alfredo

\$19.00

Tender blackened chicken breast, served over fettuccine noodles tossed with asparagus in a rich Alfredo sauce

Spaghetti and Meatballs

\$16.00

Spaghetti tossed in marinara and topped with two homemade bison meatballs

Mediterranean Pasta

AVAILABLE OPTIONS

Seasonal vegetables and kalamata olives tossed in a sun dried tomato pesto with spaghetti, feta, gremolata

\$13.00

With Chicken: \$19.00

With Shrimp: \$20.00

With Crispy Prosciutto:

\$19.00

Bourbon Street Pasta

\$20.00

Blackened chicken, shrimp, andouille sausage, onions and peppers tossed with cavatappi pasta in a creamy Cajun sauce

Yak Chili Mac

\$18.00

Star Ranch Yak chili, cavatappi, cheese sauce, jalapenos, sour cream and frito crumbles

CREATE YOUR OWN PASTA 1

Create your Own Pasta

AVAILABLE OPTIONS

Choice of Fresh Pasta: Fettuccine, Cavatappi, Spaghetti. Choice of Sauce: Alfredo, Marinara, Butter Parmesan & Olive Oil

\$12.00

Grilled Shrimp: \$7.00

Grilled Chicken:

\$6.00

Meatballs-Two: \$7.00

FLATBREAD PIZZAS 5

Meaty Meaty	\$13.50
Italian sausage, pepperoni, ham, and salami	
Classic Italian	\$13.50
Pepperoni, spicy Italian sausage, roasted red bell peppers and mushrooms over house-made marinara and topped with grated Parmesan	
J's Signature Pepperoni	\$13.00
Proprietary blend of mozzarella, fontina, white cheddar and Parmesan topped with sliced pepperoni on house-made marinara	
Margarita	\$11.00
Mozzarella cheese blend, tomato slices, tomato sauce, and fresh basil	
Buffalo Chicken	\$13.00
Diced buffalo chicken, ranch sauce, Gorgonzola, mozzarella cheese and green onions	

SIDES ⁹

Seasonal Vegetables

Grilled Asparagus

Crispy Brussel Sprouts

Cavatappi Marinara

Mashed Potatoes

French Fries

Sweet Potato Fries

House Salad

Onion Rings

add \$1.00

ADDITIONAL SIDES AFTER 4:00 PM ¹

Baked Potato

loaded add \$1.50