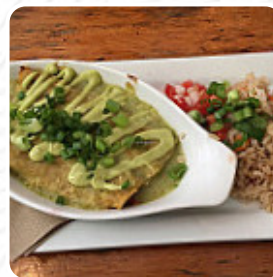




## *Rise Above Menu*

<https://menulist.menu>

120 St. Paul St, St. Catharines, Ontario L2R 3M4, Canada, St. Catharines  
(+1)2893622636 - <https://www.riseaboverestaurant.com/>



Here you can find the menu of Rise Above in St. Catharines. At the moment, there are 86 menus and drinks on the food list. You can inquire about changing offers via phone. What [User](#) likes about Rise Above: I had stopped by to grab some takeout dessert (awesome Nanaimo bars!) a number of times before, but hadn't been eaten there. Went with a friend and we both raved about the food. We had burgers (beet and lentil, subbed out blue cheese for lemon aioli instead for me; the chickpea burger for me friend; both of us upgraded to fancy salads). Everything was delicious and I'll definitely be back!! [read more](#). The restaurant and its premises are wheelchair accessible and thus reachable with a wheelchair or physiological limitations, and there is complimentary WiFi. If the weather are right, you can also eat and drink outside. What [User](#) doesn't like about Rise Above:

rise above was the best one before, but it went down in the run of the years. they never know what they get, be hit or miss in a lot of aspects. my favorite dishes are the killer crunch wrap, crispy sincean wrap (with added bbq sauce,) [pizza](#) rolls, bbq or honey garlic sincean wings and peanut butterballs for dessert. Unfortunately, her menu is very small at the moment. hopefully it will be expanded in the future. up... [read more](#). If you crave for sweet dishes, Rise Above with its **magical desserts** can surely make an end of it, Also, there are *oven-warm and snacks* available, complemented by an array of cold and hot beverages. Of course, there's also delicious [pizza](#), baked fresh according to traditional recipes, and you can try delicious American menus like **Burger or Barbecue**.

# *Rise Above Menu*



## *Salads*

KALE SALAD

## *Alcoholic Drinks*

BEER

## *Appetizers*

STUFFED MUSHROOMS

## *Pasta*

MAC CHEESE

## *Süße Desserts*

BROWNIE

## *Pizza*

SPICY

## *Burgers*

B.L.T.

## *Extras*

GINGER

## *Sandwich, Bagels, Burger*

BLT

## *Tex Mex*

POTATO WEDGES

## *Side dishes*

POUTINE

## *Sweets*

CHEESE CAKE

## *Dessert*

DONUTS

## *Fingerfood*

POTATO WEDGES

## *Tapas*

EGGPLANT

## *Kraut & Rüben*

MAC AND CHEESE

## *Ice cream\**

VANILLA

## *Fresh Juices*

CARROT

## *Subs*

PHILLY

## *Sweets & Ice*

COOKIES

## *Milkshakes*

MILKSHAKE

## *Coffee*

ESPRESSO

# Rise Above Menu

## Slushes

LIME

## Cereals

STARTER

## Condiments

SYRUP

## Hot Italian Subs

CHEESE STEAK

## Add - Ons

SOUR CREAM

## Saucen

KNOBLAUCHSAUCE

## White Based Sauce

CHEESE SAUCE

## Biscuits and Cookies

CHEESECAKE

## Sauces

SAUCE

## Non alcoholic drinks

KOMBUCHA

LEMON

## 10 most popular

ORIGINAL

MILK SHAKES

## Starters & Salads

WINGS

FRIES

## Sauces

BBQ SAUCE

AIOLI

## Sandwiches

PHILLY CHEESE STEAK

PHILLY CHEESESTEAK

B.L.T

## Restaurant Category

GLUTEN FREE

DESSERT

BAR

VEGETARIAN

VEGAN

BBQ

**These types of dishes are being served**



SANDWICH

PANINI

BURGER

WRAP

SALAD



# Rise Above Menu



STEAK

SOUVLAKI

BREAD

NOODLES

DESSERTS

SOUP

APPETIZER

PIZZA

*Dishes are prepared with*



FETA

GARLIC

RASPBERRY

BROCCOLI

TOFU

KALE

MUSHROOMS

POTATO

PEPPERMINT

AVOCADO

CHEDDAR

HONEY

CHEESE

BLUE CHEESE

COCONUT

STRAWBERRY

POTATOES

MEAT

BUFFALO

CHOCOLATE

ONIONS

MILK

MUSHROOMS

TRAVEL

POTATOES

# *Rise Above Menu*



## *Rise Above*

120 St. Paul St, St. Catharines,  
Ontario L2R 3M4, Canada, St.  
Catherines

**Opening Hours:**  
Sunday 10:00-15:00  
Tuesday 11:00-22:00  
Wednesday 11:00-22:00  
Thursday 11:00-22:00  
Friday 11:00-22:00  
Saturday 11:00-22:00

Made with [menulist.menu](https://menulist.menu)

