



VEGETARIAN
 VEGAN
 GLUTEN-FREE
 MANY OF OUR ITEMS CAN BE SUBSTITUTED TO BE VEGAN-FRIENDLY. ASK US HOW!

EGGS

Canadian free-run, prepared over easy, over medium, poached, scrambled, or sunny side-up. Served with hash browns & choice of white or brown toast

Substitutes	
Egg Whites Only	\$1.00
Upgrade to Rye or Multigrain	50c
Upgrade to Gluten-Free Toast	75c

Classic Breakfast Two eggs, hash browns, & toast. Served with choice of baked beans or oatmeal	\$9.95
Classic with choice of: Bacon, sausage links or ham	\$12.95
Classic with choice of: Peameal, turkey bacon, turkey sausage, sausage patty, veggie patty, chorizo sausage or Polish sausage	\$13.95
Steak & Eggs Classic breakfast served with AAA 8oz ribeye steak	\$24.95
Smoked Meat Hash Two eggs served with smoked meat, onions, green peppers & homemade hash browns	\$15.95
Mega Breakfast Classic breakfast served with sausage, bacon & ham with choice of side pancakes or French toast	\$17.95

MORE BREAKFAST

Lighter Option Two poached eggs on a toasted english muffin. Served with oatmeal and tomato slices, along with choice of fresh fruit, vanilla yogurt, or cottage cheese	\$12.95
Tofu Scrambler Tofu marinated with mild curry, scrambled with spinach, tomato & onions, served with hashbrowns, toast & choice of oatmeal or beans	\$14.95
Avocado Toast & Poached Eggs Smashed avocado spread on toasted multigrain with cracked black pepper & chili flakes, topped with two poached eggs. Served with hashbrowns and choice of fresh fruit, oatmeal, vanilla yogurt, or cottage cheese.	\$14.95

SKILLETS

All skillet are served with two eggs any style, toast and choice of beans or oatmeal

Ask for Gluten-Free Toast with most dishes

Philly Cheese Steak Skillet Steak, mushrooms, onions & sweet peppers. Tossed with hash browns & topped with provolone cheese	\$19.95
Veggie Skillet Tomato, spinach, onion, mushroom, broccoli & sweet peppers. Tossed with hash browns & topped with blended cheese	\$17.95
Fiesta Skillet Tex-mex ground beef, corn, beans, onions, tomatoes & jalapeños, tossed with hash browns & topped with blended cheese. Served with salsa	\$18.95
Protein Skillet Bacon, ham, sausage & onions. Tossed with hash browns & topped with blended cheese	\$17.95
Smoked Meat Hash Skillet Smoked meat, sweet peppers & onion. Tossed with hash browns & topped with blended cheese	\$17.95

OMELETTES & SCRAMBLERS

All items can be served in traditional omelette style or in a scrambler. Served with choice of beans or oatmeal, hash browns and choice of toast

Ask for Gluten-Free Toast with most dishes

Western Omelette Ham, onions, sweet peppers & cheddar	\$15.95
Mexican Omelette Chorizo sausage, corn, beans, tomatoes, jalapeño & onion with smashed avocado, salsa & blended cheese	\$17.95
Mediterranean Omelette Fresh baby spinach, tomatoes, black olives & onion. Stuffed with feta cheese	\$17.95
Meat Lovers Bacon, ham, sausage & cheddar cheese	\$17.95
Mushroom & Spinach Omelette Portobello & cremini mushrooms, onions, spinach & Swiss cheese	\$17.95
Vegetarian Omelette Mushrooms, green peppers, baby spinach, broccoli, tomatoes, onion & goat cheese	\$17.95

CREATE YOUR OWN OMELETTE

3 Egg Omelette made with your choice of 2 items \$12.95
Each additional item \$1.65

Meats: Bacon, Sausage, Ham, Chorizo, Smoked Meat, Chicken, Tex-Mex Ground Beef

Veggies: Green Peppers, Onion, Spinach, Tomato, Jalapeño, Mushrooms, Corn, Black Beans, Hot Peppers, Broccoli, Salsa, Black Olives	
Cheese: Feta, Goat Cheese, Havarti, Swiss, Cheddar, Provolone, Blended Cheese	

BENEDICTS

Served with hashbrowns & choice of fruit, oatmeal, baked beans, cottage cheese or vanilla yogurt

Classic Benedict Ham with Swiss Cheese on an English muffin. Topped with poached eggs & hollandaise sauce	\$17.95
Canadian Benedict Peameal with cheddar on an English muffin. Topped with poached eggs & hollandaise sauce	\$17.95
Portobello Benedict Roasted portobello mushrooms, tomatoes & spinach on an English muffin. Topped with poached eggs & hollandaise sauce	\$17.95
Texas Benedict Flank steak, fried mushrooms & havarti cheese, served on a butter biscuit. Topped with poached eggs, hollandaise sauce & crispy onions	\$19.95
Pacific Benedict Smoked salmon & cream cheese, served on an English muffin. Topped with poached eggs, capers & hollandaise sauce	\$19.95
California Benedict Ham, tomatoes, avocado & Swiss cheese served on an English muffin. Topped with poached eggs & hollandaise sauce	\$19.95
East Coast Benedict Pair of crab & shrimp cakes served on a butter biscuit. Topped with poached eggs & hollandaise sauce	\$19.95

PANCAKES

Served with pancake syrup. Real Maple Syrup \$1.70

Buttermilk Pancakes (3 pc)	\$10.95
Blueberry Pancakes (3 pc) Pancakes with blueberries & granola. Topped with blueberry coulis	\$14.75
Chocolate Chip Pancakes (3 pc) Pancakes with chocolate chips. Topped with chocolate sauce	\$14.75
Oreo Pancakes (3 pc) Pancakes with Oreo crumble. Topped with vanilla ice-cream & chocolate sauce	\$14.75

CREPES

Topped with icing sugar and served with whipped cream and pancake syrup. Real Maple Syrup \$1.70

Banana Chocolate Crepe Nutella, bananas & chocolate sauce	\$15.95
Strawberry Banana Crepe Fresh strawberries & bananas. Topped with strawberry coulis	\$16.95
Berry Crepe Fresh seasonal berries. Topped with strawberry & blueberry coulis	\$16.95
Apple & Cheddar Crepe Baked apple cinnamon filling, toasted walnuts & cheddar cheese. Topped with caramel sauce	\$16.95

WAFFLES

Served with butter, whipped cream and pancake syrup. Real Maple Syrup \$1.70

Plain Belgian Waffle	\$11.95
Berry Waffle Topped with seasonal berries & strawberry coulis	\$15.95
Banana & Peanut Butter Waffle Topped with peanut butter, sliced bananas, walnuts & chocolate sauce	\$15.95
Chicken & Waffles (with Bacon) Topped with house-made chicken tenders & bacon bits, drizzled with honey	\$18.95

FRENCH TOAST

Served with pancake syrup. Real Maple Syrup \$1.70

Plain & Simple (3 piece)	\$10.95
Strawberries & Cream Cheese French toast stuffed with strawberries & cream cheese. Topped with strawberry coulis	\$16.75
Chocolate & Peanut Butter French toast stuffed with peanut butter, Nutella & sliced banana. Topped with chocolate sauce	\$16.75
Apple & Cheddar French Toast stuffed with baked apple cinnamon filling, toasted walnuts & cheddar cheese. Topped with caramel sauce	\$17.75

CEREALS & TOASTS

Oatmeal Homemade oatmeal with brown sugar & dried cranberries. Topped with seasonal fresh berries	\$5.95
Vanilla Yogurt Topped with honey & seasonal berries	\$5.95
Smashed Avocado Toast Smashed avocado spread on multigrain toast. Topped with chili flakes & cracked black pepper	\$6.95
Granola Parfait Vanilla yogurt, honey, granola, bananas & seasonal berries	\$7.25

Combo 1 Fresh fruit bowl served with an everything bagel, cream cheese & oatmeal	\$12.50
Combo 2 Fresh fruit bowl with vanilla yogurt & berries. Served with an English muffin & oatmeal	\$12.50
Combo 3 Fresh fruit bowl with oatmeal & butter biscuit. Served with jam & butter	\$12.50
Combo 4 Fresh fruit bowl served with avocado toast	\$12.50

SANDWICHES & WRAPS

All sandwiches & wraps served with hash browns and choice of beans or oatmeal.
Substitute hash browns with a fruit bowl, fruit yogurt, or cottage cheese \$2.50

Classic BLT Bacon, lettuce & tomato on choice of toast	\$12.95
Western Sandwich Ham, onions, sweet peppers & cheddar cheese in a two egg omelette on choice of toast	\$13.95
Grilled Ham & Cheese Shaved ham, Swiss cheese & honey mustard sauce on grilled rye toast.	\$14.75
Fried Egg Club Triple Decker Two fried eggs, bacon, lettuce, tomato & cheddar cheese on choice of toast.	\$15.95
Deluxe BLT Bacon, avocado, lettuce, tomato & cheddar cheese. Topped with a fried egg & mayo. Served on multigrain toast	\$15.95
Monte Christo Triple Decker Three pieces of French toast, stacked with shaved ham, grilled chicken & Swiss cheese	\$15.95
Mexican Burrito Tex-mex beef, jalapeños, onions, tomatoes, smashed avocado, corn, black beans, scrambled eggs & blended cheese wrapped and pressed in a tortilla. Served with salsa	\$17.95
Lox & Bagel Smoked salmon, cream cheese, red onion, capers, lettuce & tomato on an everything bagel	\$18.95

SIDES

Peameal	\$6.25	Gravy	\$1.65	Hash Browns	\$4.95
Bacon	\$4.95	Veggie Patty	\$4.95	Single Egg	\$2.75
Chorizo Sausage	\$4.95	English Muffin	\$3.00	Maple Syrup	\$2.25
Pork Sausage Link / Patty	\$4.95	Butter Biscuit	\$3.00	Single Pancake	\$3.50
Ham	\$4.95	Toast	\$3.00	Single French Toast	\$3.50
Turkey Sausage	\$4.95	Cream Cheese	\$3.25	Fruit Bowl	\$6.25
Turkey Bacon	\$4.95	Everything Bagel	\$3.50	Avocado	\$3.85
French Fries	\$5.45	Cottage Cheese	\$4.95	Dressing or Sauce	\$1.65
Poutine with Mixed Cheese	\$9.85	Coleslaw	\$4.75	Steamed Broccoli	\$6.50
		Pickles	\$3.75		