



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 \$8.95
Two eggs, hash browns, & toast
Served with choice of baked beans or oatmeal

Classic with choice of: \$11.75
Bacon, sausage links or ham

Classic with choice of: \$12.75
Peameal, turkey bacon, turkey sausage, sausage patty
veggie patty, chorizo sausage or Polish sausage

Steak & Eggs \$24.95
Classic breakfast served with AAA 8oz ribeye steak

Smoked Meat Hash \$13.95
Two eggs served with smoked meat, onions,
green peppers & homemade hash browns

Mega Breakfast \$16.95
Classic breakfast served with sausage, bacon &
ham with choice of side pancakes or French toast

MORE BREAKFAST

Lighter Option \$11.75
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

Tofu Scrambler \$13.95
Tofu marinated with mild curry, scrambled with
spinach, tomato & onions, served with hashbrowns,
toast & choice of oatmeal or beans

Avocado Toast & Poached Eggs \$13.75
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.

SKILLETS

All skillets 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 \$17.95
Steak, mushrooms, onions & sweet peppers. Tossed
with hash browns & topped with provolone cheese

Veggie Skillet \$17.95
Tomato, spinach, onion, mushroom, broccoli & sweet
peppers. Tossed with hash browns & topped with
blended cheese

Fiesta Skillet \$17.95
Tex-mex ground beef, corn, beans, onions, tomatoes
& jalapeños, tossed with hash browns & topped with
blended cheese. Served with salsa

Protein Skillet \$17.95
Bacon, ham, sausage & onions. Tossed with
hash browns & topped with blended cheese

Smoked Meat Hash Skillet \$17.95
Smoked meat, sweet peppers & onion. Tossed with
hash browns & topped with blended cheese

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 \$14.75
Ham, onions, sweet peppers & cheddar

Mexican Omelette \$16.95
Chorizo sausage, corn, beans, tomatoes, jalapeño &
onion with smashed avocado, salsa & blended cheese

Mediterranean Omelette \$16.95
Fresh baby spinach, tomatoes, black olives & onion.
Stuffed with feta cheese

Meat Lovers \$16.95
Bacon, ham, sausage & cheddar cheese

Mushroom & Spinach Omelette \$16.95
Portobello & cremini mushrooms, onions, spinach
& Swiss cheese

Vegetarian Omelette \$16.95
Mushrooms, green peppers, baby spinach, broccoli,
tomatoes, onion & goat cheese

CREATE YOUR OWN OMELETTE

3 Egg Omelette made with your choice of 2 items \$11.95
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 \$17.50
Ham with Swiss Cheese on an English muffin,
Topped with poached eggs & hollandaise sauce

Canadian Benedict \$17.50
Peameal with cheddar on an English muffin.
Topped with poached eggs & hollandaise sauce

Portobello Benedict \$17.50
Roasted portobello mushrooms, tomatoes & spinach
on an English muffin. Topped with poached eggs &
hollandaise sauce

Texas Benedict \$18.95
Flank steak, fried mushrooms & havarti cheese,
served on a butter biscuit. Topped with poached
eggs, hollandaise sauce & crispy onions

Pacific Benedict \$18.95
Smoked salmon & cream cheese, served on
an English muffin. Topped with poached eggs,
capers & hollandaise sauce

California Benedict \$18.95
Ham, tomatoes, avocado & Swiss cheese served
on an English muffin. Topped with poached
eggs & hollandaise sauce

East Coast Benedict \$18.95
Pair of crab & shrimp cakes served on a butter biscuit.
Topped with poached eggs & hollandaise sauce

PANCAKES

Served with pancake syrup. Real Maple Syrup \$1.70

Buttermilk Pancakes (3 pc) \$9.95

Blueberry Pancakes (3 pc) \$13.75
Pancakes with blueberries & granola.
Topped with blueberry coulis

Chocolate Chip Pancakes (3 pc) \$13.75
Pancakes with chocolate chips.
Topped with chocolate sauce

Oreo Pancakes (3 pc) \$13.75
Pancakes with Oreo crumble.
Topped with vanilla ice-cream & chocolate sauce

CREPES

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

Banana Chocolate Crepe \$14.95
Nutella, bananas & chocolate sauce

Strawberry Banana Crepe \$14.95
Fresh strawberries & bananas.
Topped with strawberry coulis

Berry Crepe \$14.95
Fresh seasonal berries.
Topped with strawberry & blueberry coulis

Apple & Cheddar Crepe \$14.95
Baked apple cinnamon filling, toasted walnuts
& cheddar cheese. Topped with caramel sauce

WAFFLES

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

Plain Belgian Waffle \$10.95

Berry Waffle \$14.25
Topped with seasonal berries & strawberry coulis

Banana & Peanut Butter Waffle \$14.25
Topped with peanut butter, sliced bananas,
walnuts & chocolate sauce

Chicken & Waffles (with Bacon) \$17.25
Topped with house-made chicken tenders
& bacon bits, drizzled with goney

FRENCH TOAST

Served with pancake syrup. Real Maple Syrup \$1.70

Plain & Simple (3 piece) \$10.95

Strawberries & Cream Cheese \$15.75
French toast stuffed with strawberries &
cream cheese. Topped with strawberry coulis

Chocolate & Peanut Butter \$15.75
French toast stuffed with peanut butter, Nutella
& sliced banana. Topped with chocolate sauce

Apple & Cheddar \$15.75
French toast stuffed with baked apple cinnamon
filling, toasted walnuts & cheddar cheese. Topped
with caramel sauce

CEREALS & TOASTS

Oatmeal \$5.95
Homemade oatmeal with brown sugar & dried
cranberries. Topped with seasonal fresh berries

Vanilla Yogurt \$5.95
Topped with honey & seasonal berries

Smashed Avocado Toast \$6.95
Smashed avocado spread on multigrain toast.
Topped with chili flakes & cracked black pepper

Granola Parfait \$7.25
Vanilla yogurt, honey, granola, bananas
& seasonal berries

Combo 1 \$12.50
Fresh fruit bowl served with an everything
bagel, cream cheese & oatmeal

Combo 2 \$12.50
Fresh fruit bowl with vanilla yogurt & berries.
Served with an English muffin & oatmeal

Combo 3 \$12.50
Fresh fruit bowl with oatmeal & butter
biscuit. Served with jam & butter

Combo 4 \$12.50
Fresh fruit bowl served with avocado toast

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 \$11.95
Bacon, lettuce & tomato on choice of toast

Western Sandwich \$12.95
Ham, onions, sweet peppers & cheddar cheese
in a two egg omelette on choice of toast

Grilled Ham & Cheese \$13.75
Shaved ham, Swiss cheese & honey mustard
sauce on grilled rye toast.

Fried Egg Club Triple Decker \$14.95
Two fried eggs, bacon, lettuce, tomato & cheddar
cheese on choice of toast.

Deluxe BLT \$14.95
Bacon, avocado, lettuce, tomato & cheddar cheese.
Topped with a fried egg & mayo. Served on
multigrain toast

Monte Christo Triple Decker \$14.95
Three pieces of French toast, stacked with shaved
ham, grilled chicken & Swiss cheese

Mexican Burrito \$17.55
Tex-mex beef, jalapeños, onions, tomatoes, smashed
avocado, corn, black beans, scrambled eggs &
blended cheese wrapped and pressed in a tortilla.
Served with salsa

Lox & Bagel \$18.95
Smoked salmon, cream cheese, red onion, capers,
lettuce & tomato on an everything bagel

SIDES

Peameal \$6.25
Bacon \$4.95
Chorizo Sausage \$4.95
Pork Sausage Link / Patty \$4.95
Ham \$4.95
Turkey Sausage \$4.95
Turkey Bacon \$4.95
French Fries \$5.45
Poutine with Mixed Cheese \$9.85

Gravy \$1.65
 Veggie Patty \$4.95
 English Muffin \$3.00
 Butter Biscuit \$3.00
 Toast \$3.00
 Cream Cheese \$3.25
 Everything Bagel \$3.50
 Cottage Cheese \$4.95
 Coleslaw \$4.75
 Pickles \$3.75

Hash Browns \$4.95
 Single Egg \$2.75
 Maple Syrup \$2.25
 Single Pancake \$3.50
 Single French Toast \$3.50
 Fruit Bowl \$6.25
 Avocado \$3.85
 Dressing or Sauce \$1.65
 Steamed Broccoli \$6.50

