

\$6.99

+ TAX

Breakfast Special

*DINE-IN ONLY



MON-FRI 7AM-9AM



Express | 710 - 950 Cals*

Daily Lunch Specials



Monday
Bacon Cheddar Jalapeno Ranch Burger | 1160 Cals
Cheddar, Bacon, Jalapeño, Ranch



Tuesday
California Burger 1370 Cals
Cheddar, Bacon, Guac, Chipotle Mayo



Wednesday
Melt Burger 1390 Cals
Cheddar, Mozza, Bacon, Chipotle Mayo



Thursday
Loaded Mushroom Burger | 900 Cals
Mozza, Mushrooms, Bacon, BBQ, Mayo



Friday
BBQ Philly Burger 1200 Cals
Mozza, Mushrooms, Green Peppers, Crispy Onions, BBQ

\$13.99
+Tax
Each

Served with Chicken Tomato Vegetable Soup or Cheddar Broccoli Soup

Substitute Soup for Fries or HomeFries for \$1.00
170 - 290 Cals

Get your favourite burger any day of the week for \$17.99

NEW

Try Our SPECIALTY DRINKS



Chai Latte
\$5.49 | 270 Cals



Caramel Macchiato
\$5.49 | 270 Cals



Caffè Mocha
\$3.99 | 170 Cals



Caramel Iced Latte
\$5.49 | 270 Cals



Chai Iced Latte
\$5.49 | 270 Cals

SMOOTHIES & LEMONADES

\$4.79+ Tax for Lemonades
\$5.99+ Tax for Smoothies



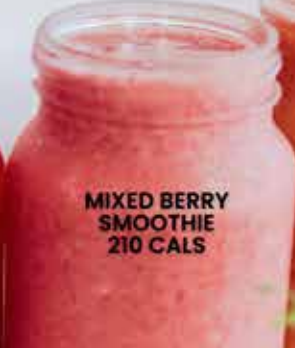
MANGO LEMONADE
180 Cals



STRAWBERRY LEMONADE
180 CALS



BERRY LEMONADE
180 CALS



MIXED BERRY SMOOTHIE
210 CALS



STRAWBERRY BANANA SMOOTHIE
210 CALS



TROPICAL MANGO SMOOTHIE
210 Cals

Express | 710 - 950 Cals

2 eggs, choice of bacon, ham, or sausage, homefries & toast. Substitute peameal or turkey bacon, add \$1.00.

\$10.99

Junior Stack | 1040 Cals

2 eggs served with 1 bacon, 1 sausage, 1 pancake, homefries & toast. Substitute peameal or turkey bacon, add \$1.00.

\$12.99

Jumbo Express 840 - 1220 Cals

3 eggs, choice of bacon, ham, or sausage, homefries & toast. Substitute peameal or turkey bacon, add \$1.00.

\$12.99

Pancake Stack 1160 Cals

2 eggs served with 2 bacon, 2 sausage, 2 pancakes & homefries.

\$15.99

Express No-Meat 620 Cals

2 eggs, homefries, tomatoes & toast.

\$9.49

French Toast Stack 1190 Cals

2 eggs served with 2 bacon, 2 sausage, 2 pieces of french toast & homefries.

\$16.99

Farmers Sausage & Eggs 1330 Cals

2 eggs with butterflied farmers sausage, caramelized onions, homefries & toast.

\$13.99

Waffle Stack | 1460 Cals

2 eggs served with 2 bacon, 2 sausage, 2 maple infused waffles & homefries.

\$16.99

The Meatlovers 1230 Cals

3 eggs with bacon, ham, sausage, homefries & toast.

\$15.99

Stack n' Eggs | 1080 Cals

2 eggs, 2 pancakes, homefries & toast.

\$13.99

Steak n' Eggs | 1110 Cals

6 oz. New York Striploin with 3 eggs, homefries & toast.

\$19.99

Breakfast Wrap 770 - 910 Cals

3 eggs with your choice of 4 toppings: onions, peppers, tomatoes, mushrooms, jalapeños, spinach, guacamole, pico salsa, bacon, ham, sausage, cheddar, mozza, feta or BBQ sauce. Served with homefries.

\$14.99



*Chocolate Caramel Brownie | 1340 Cals

*Pancake Stack | 1160 Cals

Healthy Start | 490 Cals

2 poached eggs, fresh fruit & rye toast.

\$9.99

Avocado Toast \$11.99 470 - 580 Cals

2 pieces of rye toast topped with guacamole, pico salsa & 2 poached medium eggs. Served with homefries or fresh fruit.

Healthy Choice | 400 Cals

4 egg white omelette with chicken, guacamole & pico salsa served with turkey bacon & fresh fruit.

\$14.99

Veggie Scrambler 570 - 680 Cals

2 eggs scrambled with onions & peppers topped with pico salsa & guacamole. Served with homefries or fresh fruit & toast.

\$11.99

G.B.C. Avocado Toast \$14.99 750 - 860 Cals

2 pieces of rye toast topped with guacamole, pico salsa, cheddar, bacon & 2 poached medium eggs. Served with homefries or fresh fruit.



*G.B.C. Avocado Toast | 750 - 860 Cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.



*Pulled Pork Hash | 1390 Cals

STACKED HASH'S

Topped with 2 eggs, tossed with homefries & served with toast.

- Bacon Cheeseburger Hash | 1630 Cals** **\$17.99**
Ground beef, bacon, cheddar, caramelized onions & chipotle mayo.
- Mexican Hash | 1060 Cals** **\$16.99**
Sausage, peppers, onions, mozza, buffalo sauce, guacamole & pico salsa.
- Cowboy Hash | 1080 Cals** **\$16.99**
Bacon, ham, sausage, peppers, onions, cheddar & BBQ sauce.
- Canadian Hash | 1260 Cals** **\$16.99**
Maple bacon, peameal, mushrooms & cheddar.
- Benedict Hash | 1250 Cals** **\$16.99**
Peameal, cheddar, & hollandaise sauce.
- ✔ **Veggie Hash | 970 Cals** **\$16.99**
Mushrooms, tomatoes, onions, peppers, spinach, guacamole & pico salsa.
- Stacked Hash | 1120 Cals** **\$17.99**
Onions, peppers, shaved corned beef, hollandaise sauce & mozza.
- Pulled Pork Hash | 1390 Cals** **\$18.99**
Marinated pulled pork, mozza, pico salsa & buffalo ranch topped with crispy onions.

Eggs Benedict

Served with homefries, fresh fruit & topped with cheese garnish.

- Bacon Benedict | 840 Cals** **\$14.99**
- Ham Benedict | 700 Cals** **\$14.99**
- Peameal Benedict | 820 Cals** **\$14.99**
- Turkey Bacon Benedict | 750 Cals** **\$14.99**
- Peameal & Spinach Benedict | 820 Cals** **\$15.99**
- ✔ **Spinach & Mushroom Benedict | 650 Cals** **\$15.99**
- ✔ **Southwest Benedict | 720 Cals** **\$15.99**
Guacamole, pico salsa & chipotle mayo.
- Pulled Pork & Mozza Benedict | 920 Cals** **\$17.99**
Marinated pulled pork, buffalo ranch & mozza.

STACKED OMELETTES

Served with homefries & toast.
Substitute egg whites, add \$1.99 | 250 Cals.

- Western | 660 Cals** **\$12.99**
Ham & onions.
- Deluxe Western | 850 Cals** **\$13.99**
Ham, onions, peppers & cheddar.
- ✔ **Vegetarian | 690 Cals** **\$13.99**
Mushrooms, peppers, onions & tomatoes.
- Mexican | 930 Cals** **\$14.99**
Sausage, peppers, onions, mozza, buffalo sauce, guacamole & pico salsa.
- ✔ **Spinach Florentine | 920 Cals** **\$14.99**
Spinach, mushrooms, onions & mozza, topped with hollandaise & tomatoes.
- Great Canadian | 880 Cals** **\$13.99**
Bacon, mushrooms & cheddar.
- Homestyle | 780 Cals** **\$14.99**
Bacon, ham, sausage, onions, peppers & cheddar.
- ✔ **Greek | 780 Cals** **\$13.99**
Onions, tomatoes, peppers & feta.
- Meatlovers | 930 Cals** **\$13.99**
Bacon, ham, sausage & cheddar.
- ✔ **Spinach | 790 Cals** **\$14.99**
Spinach, tomatoes, mushrooms, peppers, onions & feta.
- ✔ **Build Your Own | 670-990 Cals** **\$14.99**
3 eggs with your choice of 4 toppings: onions, peppers, tomatoes, mushrooms, jalapeños, spinach, guacamole, pico salsa, bacon, ham, sausage, cheddar, mozza, feta or BBQ sauce.



*Mexican Omelette | 930 Cals



*Peameal & Spinach Benedict | 820 Cals


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*NY Strawberry Cheesecake | 1210 Cals



BRUNCH SANDWICHES

Served with fries, homefries or soup.

- Shaved Ham & Egg Melt | 700 – 990 Cals** **\$13.99**
Shaved ham smothered with mozza, cheddar & scrambled eggs grilled on rye.
-  **Avocado Brunch Sandwich** **\$13.99**
970 – 1260 Cals
Scrambled eggs, guacamole, mozza, lettuce, tomato & chipotle mayo on a bun.
- Toasted Denver | 830 – 1120 Cals** **\$13.99**
Scrambled eggs mixed with ham, onions, tomatoes & peppers topped with cheddar & chipotle mayo.
- Monte Cristo | 680 – 980 Cals** **\$13.99**
French toast stuffed with shaved ham & mozza.
- The C-Belt | 880 – 1180 Cals** **\$14.99**
Triple decker with cheddar, bacon, egg, lettuce, tomato & mayo.
- Bacon & Egg Sandwich | 800 – 1090 Cals** **\$11.99**
- Toasted Western | 620 – 910 Cals** **\$11.99**
- Grilled Cheese & Bacon | 790 – 1090 Cals** **\$11.99**
- B.L.T Sandwich | 770 – 1060 Cals** **\$11.99**

SIGNATURE STACKS

Topped with icing sugar & whipped cream.

- Pancakes | 750 Cals** **\$10.49**
- Gluten-Friendly Pancakes | 1170 Cals** **\$12.49**
- Chocolate Chip | 860 Cals** **\$11.99**
- Blueberry | 830 Cals** **\$12.49**
- Simply Strawberries | 780 Cals** **\$12.49**
- Strawberry Banana | 880 Cals** **\$13.49**
- Chocolate Banana | 1010 Cals** **\$12.99**
- Blueberry Banana | 940 Cals** **\$13.49**
- Nutella Strawberry | 1120 Cals** **\$13.99**
- NY Strawberry Cheesecake | 1210 Cals** **\$14.49**
Topped with fresh strawberries, cream cheese icing, strawberry preserve & graham crumbs.
- NY Blueberry Cheesecake | 1100 Cals** **\$14.49**
Topped with fresh blueberries, cream cheese icing, blueberry preserve & graham crumbs.
- Cookies & Cream | 1030 Cals** **\$13.99**
Stuffed & topped with crushed oreos & vanilla icing.
- Cinnabun Cakes | 1480 Cals** **\$14.49**
Our signature pancakes filled with cinnamon bun filling topped with a cream cheese icing.
- Birthday Cake | 1130 Cals** **\$13.99**
- Chocolate Chip Cookie Dough** **\$14.49**
1190 Cals
- Chocolate Caramel Brownie** **\$14.49**
1340 Cals

*The C-Belt | 880 – 1180 Cals



SIDES

- Bacon | 260 Cals** **\$3.99**
- Ham | 90 Cals** **\$3.99**
- Sausage | 440 Cals** **\$3.99**
- Peameal | 270 Cals** **\$4.99**
- Turkey Bacon | 140 Cals** **\$4.99**
- Extra Egg | 70 Cals** **\$1.99**
- Fresh Fruit | 60 Cals** **\$3.99**
- Homefries | 170 Cals** **\$4.99**
- French Fries | 380 Cals** **\$4.49**
- Gravy | 60 Cals** **\$1.79**
- Hollandaise | 160 Cals** **\$3.49**
- Pure Canadian Maple Syrup | 80 Cals** **\$1.49**
- Fresh Homemade Soup | 190-300 Cals** **\$4.99**
- Single French Toast | 250 Cals** **\$3.99**
- Single Pancake | 260 Cals** **\$3.99**
- Side Farmers Sausage | 780 Cals** **\$5.99**
- Toast n' Jam | 300 Cals** **\$2.99**



Freshly Made
IN HOUSE
Jam
\$6.99

Homemade Jam | 650 Cals*

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*Banana Bread | 1440 Cals

FRENCH TOAST

Topped with icing sugar, whipped cream & cinnamon.

French Toast 700 Cals	\$10.49
Gluten-Friendly French Toast 760 Cals	\$12.49
Simply Strawberries 730 Cals	\$12.99
Strawberry Banana 840 Cals	\$13.99
Nutella Banana 970 Cals	\$13.99
Strawberry Blueberry 740 Cals	\$14.49
Cookies & Cream 980 Cals Topped with crushed oreos & vanilla icing.	\$14.49
NY Strawberry Cheesecake 1160 Cals Topped with fresh strawberries, cream cheese icing, strawberry preserve & graham crumbs.	\$14.99
Berries & Cream 1140 Cals Topped with fresh strawberries, blueberries, cream cheese icing, strawberry & blueberry preserve.	\$14.99
Strawberry Banana Nutella Cream 1230 Cals Topped with fresh strawberries, bananas, nutella & cream cheese icing.	\$14.99
Banana Bread 1440 Cals Banana bread topped with bananas & cream cheese icing.	\$15.99

CREPES

Served with your choice of homefries or fresh fruit.

Spinach Florentine Crepes 760 - 870 Cals	\$13.99
2 crepes stuffed with eggs, spinach, mushrooms, onions & mozza, topped with hollandaise sauce & pico salsa.	
Banana Berry Crepes 810 - 910 Cals	\$13.99
2 crepes stuffed with nutella & bananas, topped with fresh strawberries & a light chocolate drizzle.	
Strawberry Vanilla Crepes 880 - 990 Cals	\$13.99
2 crepes stuffed with strawberry preserve & bananas, topped with vanilla icing & fresh strawberries.	



*Strawberry Vanilla Crepes | 880 - 990 Cals



*Cookies & Cream | 920 Cals

Waffles

Topped with icing sugar & whipped cream.

Waffle 640 Cals	\$10.49
Gluten-Friendly Waffle 870 Cals	\$12.49
Simply Strawberries 670 Cals	\$12.99
Blueberry Banana 830 Cals	\$13.99
Strawberry Banana 780 Cals	\$13.99
Strawberry Blueberry 720 Cals	\$14.49
Fresh Fruit 750 Cals	\$15.49
Nutella Strawberries & Cream 1020 Cals Topped with fresh strawberries, nutella & cream cheese icing.	\$14.99
Cookies & Cream 920 Cals Stuffed and topped with crushed oreos & vanilla icing.	\$14.49

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Lunches

Served with fries, homefries or soup.

Stacked Club | 1060 - 1180 Cals **\$17.99**
Triple decker with chicken, shaved ham, bacon, lettuce, tomato, cheddar & mayo.

Southwest Chicken Sandwich **\$15.99**
900 - 1050 Cals
Grilled chicken, cheddar, guacamole, crispy onions & chipotle mayo served on a bun.

Peameal & Cheddar Melt on a Bun **\$14.99**
750 - 950 Cals
Peameal, cheddar, lettuce, tomato & mayo on a bun.

Original Reuben | 560 - 750 Cals **\$15.99**
Smoked corned beef, mozza, sauerkraut & mustard grilled on rye.

Chicken Club | 900 - 1050 Cals **\$16.99**
Grilled chicken, cheddar, peameal, lettuce, tomato & mayo on a bun.

Chicken Fingers | 800 Cals **\$15.99**
Golden brown fillets of seasoned chicken breast served with fries. Get them sauced & tossed! Your choice of BBQ or buffalo served with ranch to dip, add \$1.00 | 100 - 140 Cals.

Pulled Pork Grilled Cheese **\$14.99**
1060 - 1180 Cals
Marinated pulled pork, cheddar, mozza, caramelized onions & buffalo ranch.

 **Veggie Grilled Cheese | 680 - 970 Cals** **\$12.99**
Cheddar, mozza, onions, peppers, jalapeños, sliced tomatoes & chipotle mayo.

SALADS

Grilled Chicken Caesar Salad | 660 Cals **\$15.99**
Romaine, bacon, parmesan cheese tossed in a caesar dressing, topped with croutons & grilled chicken.

Mexican Cobb Salad | 460 Cals **\$16.99**
Romaine, bacon, cheddar tossed in a buffalo ranch dressing, topped with pico salsa, guacamole, crispy onions & grilled chicken.

*Chipotle Chicken & Guac Wrap | 850 - 1000 Cals



BURGERS & WRAPS

Fresh burgers made in-house garnished with lettuce, tomatoes & red onions. Served with fries, homefries or soup.

Country Burger | 900 - 1030 Cals **\$13.99**
Comes plain, feel free to top it any way you would like.

Banquet Burger | 1050 - 1230 Cals **\$15.99**
Topped with bacon & cheddar.

Chipotle Breakfast Burger **\$16.99**
1250 - 1400 Cals
Over medium egg, peameal & cheddar topped with chipotle mayo.

BBQ Cowboy Burger | 1080 - 1250 Cals **\$16.99**
Bacon, cheddar & crispy onions topped with BBQ sauce.

Stacked Burger | 1300 - 1480 Cals **\$18.99**
2 buffalo chicken fingers on a beef patty topped with cheddar & bacon.

Crispy Chicken Caesar Wrap **\$16.99**
890 - 1050 Cals
Crispy chicken, romaine, bacon & parmesan cheese tossed in caesar dressing.

Buffalo Chicken & Bacon Ranch Wrap **\$16.99**
950 - 1110 Cals
Crispy chicken, bacon, cheddar, romaine & tomatoes tossed in buffalo ranch.

Chipotle Chicken & Guac Wrap **\$16.99**
850 - 1000 Cals
Grilled chicken, bacon, cheddar, guacamole, romaine & pico salsa tossed in chipotle mayo.

POUTINES

Buffalo Chicken Poutine | 990 Cals **\$15.99**
Crispy chicken, bacon, mozza & gravy topped with buffalo sauce.

Chicken & Bacon Poutine | 1150 Cals **\$15.99**
Crispy chicken, bacon, cheddar, tomato & gravy topped with caesar dressing.

Classic Poutine | 740 Cals **\$11.99**
Mozza, cheddar & gravy.

Pulled Pork Poutine | 1130 Cals **\$15.99**
Marinated pulled pork, bacon, mozza & gravy topped with buffalo ranch.



*Pulled Pork Poutine | 1130 Cals

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