

Daily Lunch Specials\*

Express | 710 - 950 Cals



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 Each

Served with Chicken Tomato Vegetable Soup or Cheddar Broccoli Soup

Substitute Soup for Fries or HomeFries for \$1.00 170 – 380 Cals

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

\*Not valid on Statutory holidays.



# CARAMEL PUMPKIN LATTE

\$5.49 + tax





# Fall Specials

#### **Apple Streusel French Toast**

Apple pie filling & crunchy streusel, topped with cinnamon & icing sugar



#### Salted Caramel Banana Pancakes

Salted caramel sauce & chips, bananas, topped with vanilla & icing sugar



# **Limited Time Only**

Maple Chili Chicken Cornbread Waffle

Cheddar cornbread waffle, topped with maple chili glazed crispy chicken & chives



All entrées

\$14.99 + tax



\$10.49

\$16.99

\$15.99

\$10.99

\$12.99

# BREAKFAST

#### Express | 710 - 950 Cals

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

#### Jumbo Express 840 - 1220 Cals

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

# **愛Express No-Meat**620 Cals

2 eggs, homefries, tomatoes & toast.

#### Farmers Sausage & Eggs 1330 Cals

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

#### The Meatlovers 1230 Cals

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

#### Steak n' Eggs | 1110 Cals \$20.99

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

# ⊗ 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.

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

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

# French Toast Stack \$17.99

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

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

#### **𝝼೦** Stack n' Eggs | 1080 Cals \$14.99

2 eggs, 2 pancakes, homefries & toast.

## **UPGRADES**

Onions in Homefries 20 Cals

\$1.29

Spice Up Your Homefries \$1.99 40 Cals

Spice up your homefries with onions, peppers & jalapeños.

#### Holly Up Your Homefries \$2.99 160 Cals

Holly up your homefries with hollandaise & cheddar cheese.

#### Stack Up Your Homefries \$4.49 180 Cals

Stack up your homefries with onions, peppers, bacon & cheddar cheese.

#### Flavour Up Your Stack \$1.99 230-1000 Cals

Flavour your stack to any of the options under "Signature Stacks".

**Vegetarian** 

# \*Chocolate Caramel Brownie | 1340 Cals

#### Healthy Start | 490 Cals

2 poached eggs, fresh fruit & rye toast.

#### Healthy Choice | 400 Cals \$15.99

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

# ✓ Veggie Scrambler 570 - 680 Cals

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

## Avocado Toast \$12.99470 - 580 Cals

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

#### G.B.C. Avocado Toast \$15.99 750 - 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



# STACKED HASH'S

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

Bacon Cheeseburger Hash 1630 Cals Ground beef, bacon, cheddar, caramelized onions & chipotle mayo.	\$18.99
Mexican Hash   1060 Cals Sausage, peppers, onions, mozza, buffalo sauce, guacamole & pico salsa.	\$17.99
Cowboy Hash   1080 Cals Bacon, ham, sausage, peppers, onions, cheddar & BBQ sauce.	\$17.99
Canadian Hash   1260 Cals Maple bacon, peameal, mushrooms & cheddar.	\$17.99
Benedict Hash   1250 Cals Peameal, cheddar, & hollandaise sauce.	\$17.99
Veggie Hash   970 Cals Mushrooms, tomatoes, onions, peppers, spinach, guacamole & pico salsa.	\$17.99
Stacked Hash   1120 Cals Onions, peppers, shaved corned beef, hollandaise sauce & mozza.	\$17.99
Pulled Pork Hash   1390 Cals Marinated pulled pork, mozza, pico salsa &	\$19.99

# Eggs Benedict

buffalo ranch topped with crispy onions.

Marinated pulled pork, buffalo ranch

& mozza.

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

Bacon Benedict   840 Cals	\$15.99
Ham Benedict   700 Cals	\$15.99
Peameal Benedict   820 Cals	\$15.99
Turkey Bacon Benedict   750 Cals	\$15.99
Peameal & Spinach Benedict   820 Cals	\$16.99
Spinach & Mushroom Benedict 650 Cals	\$16.99
Southwest Benedict   720 Cals Guacamole, pico salsa & chipotle mayo.	\$16.99
Pulled Pork & Mozza Benedict   920 Cals	\$18.99

#### STACKED OMELETTES

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

Western   660 Cals Ham & onions.	\$13.99
<b>Deluxe Western   850 Cals</b> Ham, onions, peppers & cheddar.	\$14.99
Vegetarian   690 Cals  Mushrooms, peppers, onions & tomatoes.	\$14.99
Mexican   930 Cals Sausage, peppers, onions, mozza, buffalo sauce, guacamole & pico salsa.	\$15.99
Spinach Florentine   920 Cals Spinach, mushrooms, onions & mozza, topped with hollandaise & tomatoes.	\$15.99
Great Canadian   880Cals Bacon, mushrooms & cheddar.	\$14.99
Homestyle   780 Cals Bacon, ham, sausage, onions, peppers & cheddar.	\$15.99
Greek   780 Cals Onions, tomatoes, peppers & feta.	\$14.99
<b>Meatlovers   930 Cals</b> Bacon, ham, sausage & cheddar.	\$14.99
Spinach   790 Cals Spinach, tomatoes, mushrooms, peppers, onions & feta.	\$15.99
Build Your Own   670-990 Cals 3 eggs with your choice of 4 toppings: onions, peppers, tomatoes, mushrooms, jalapeños, spinach,	\$15.99



guacamole, pico salsa, bacon, ham, sausage,

cheddar, mozza, feta or BBQ sauce.





## **SIGNATURE STACKS**

Topped with icing sugar & whipped cream.

Pancakes   750 Cals	\$11.49
Gluten-Friendly Pancakes   1170 Cals	\$13.49
Chocolate Chip   860 Cals	\$12.99
Blueberry   830 Cals	\$13.49
Simply Strawberries   780 Cals	\$13.49
Strawberry Banana   880 Cals	\$14.49
Chocolate Banana   1010 Cals	\$13.99
Blueberry Banana   940 Cals	\$14.49
Nutella Strawberry   1120 Cals	\$14.99
NY Strawberry Cheesecake   1210 Cals Topped with fresh strawberries, cream cheese icing, strawberry preserve & graham crumbs.	\$15.49
NY Blueberry Cheesecake   1100 Cals Topped with fresh blueberries, cream cheese icing, blueberry preserve & graham crumbs.	\$15.49
Cookies & Cream   1030 Cals Stuffed & topped with crushed oreos & vanilla icing.	\$14.99
Cinnabun Cakes   1480 Cals Our signature pancakes filled with cinnamon bun filling topped with a cream cheese icing.	\$15.49
Birthday Cake   1130 Cals	\$14.99
Chocolate Chip Cookie Dough 1190 Cals	\$15.49
Chocolate Caramel Brownie 1340 Cals	\$15.49

## **BRUNCH SANDWICHES**

Served with fries, homefries or soup.

Toasted Western | 620 - 910 Cals

B.L.T Sandwich | 770 - 1060 Cals

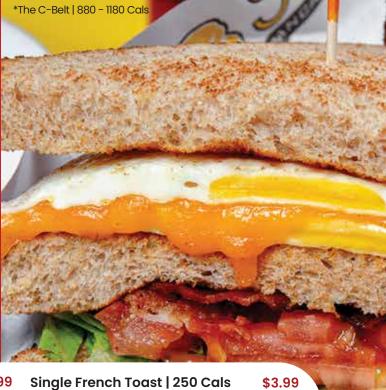
Grilled Cheese & Bacon | 790 - 1090 Cals

Shaved Ham & Egg Melt   700 - 990 Cals Shaved ham smothered with mozza, cheddar & scrambled eggs grilled on rye.	\$14.99
Avocado Brunch Sandwich 970 - 1260 Cals Scrambled eggs, guacamole, mozza, lettuce, tomato & chipotle mayo on a bun.	\$14.99
<b>Toasted Denver   830 - 1120 Cals</b> Scrambled eggs mixed with ham, onions, tomatoes & peppers topped with cheddar & chipotle mayo.	\$14.99
Monte Cristo   680 - 980 Cals French toast stuffed with shaved ham & mozza.	\$14.99
The C-Belt   880 - 1180 Cals  Triple decker with cheddar, bacon, egg, lettuce, tomato & mayo.	\$15.99
Bacon & Egg Sandwich   800 - 1090 Cals	\$12.99

\$12.99

\$12.99

\$12.99



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	\$4.49
Homefries   170 Cals	\$4.99
French Fries   380 Cals	\$4.99
Gravy   60 Cals	\$1.99
Hollandaise   160 Cals	\$3.99
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







Served with your choice of homefries or fresh fruit.

**Spinach Florentine Crepes | 760 - 870 Cals** \$14.99 2 crepes stuffed with eggs, spinach, mushrooms, onions & mozza, topped with hollandaise sauce & pico salsa.

Banana Berry Crepes | 810 - 910 Cals 2 crepes stuffed with nutella & bananas, topped with fresh strawberries & a light chocolate drizzle.

ppea with

\$14.99

**Strawberry Vanilla Crepes | 880 - 990 Cals \$14.99** 2 crepes stuffed with strawberry preserve & bananas, topped with vanilla icing & fresh strawberries.





Topped with icing sugar, whipped cream & cinnamon.

French Toast   700 Cals	\$11.49
Gluten-Friendly French Toast   760 Cals	\$13.49
Simply Strawberries   730 Cals	\$13.99
Strawberry Banana   840 Cals	\$14.99
Nutella Banana   970 Cals	\$14.99
Strawberry Blueberry   740 Cals	\$15.49
Cookies & Cream   980 Cals Topped with crushed oreos & vanilla icing.	\$15.49
NY Strawberry Cheesecake   1160 Cals Topped with fresh strawberries, cream cheese icing, strawberry preserve & graham crumbs.	\$15.99
Berries & Cream   1140 Cals Topped with fresh strawberries, blueberries, cream cheese icing, strawberry & blueberry preserve.	\$15.99
Strawberry Banana Nutella Cream 1230 Cals	\$15.99
Topped with fresh strawberries, bananas, nutella & cream cheese icing.	
Banana Bread   1440 Cals Banana bread topped with bananas & cream cheese icing.	\$16.99





Topped with icing sugar & whipped cream.

Waffle   640 Cals	\$11.49
Gluten-Friendly Waffle   870 Cals	\$13.49
Simply Strawberries   670 Cals	\$13.99
Blueberry Banana   830 Cals	\$14.99
Strawberry Banana   780 Cals	\$14.99
Strawberry Blueberry   720 Cals	\$15.49
Fresh Fruit   750 Cals	\$16.49
Nutella Strawberries & Cream 1020 Cals Topped with fresh strawberries, nutella & cream cheese icing.	\$15.99
Cookies & Cream   920 Cals	\$15.49

Stuffed and topped with crushed oreos & vanilla icing.



Served with fries, homefries or soup.

Stacked Club   1060 - 1180 Cals	\$18.99
Triple decker with chicken, shaved ham, bacon,	
lettuce, tomato, cheddar & mayo.	

Southwest Chicken Sandwich \$16.99 900 - 1050 Cals

Grilled chicken, cheddar, guacamole, crispy onions & chipotle mayo served on a bun.

Peameal & Cheddar Melt on a Bun \$15.99 750 - 950 Cals

Peameal, cheddar, lettuce, tomato & mayo on a bun.

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

**Chicken Club | 900 - 1050 Cals** \$17.99 Grilled chicken, cheddar, peameal, lettuce,

\$16.99

\$17.99

Grilled chicken, cheddar, peameal, lettuce, tomato & mayo on a bun.

\$1.00 | 100 - 140 Cals.

Chicken Fingers | 800 Cals
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

Pulled Pork Grilled Cheese \$15.99 1060 - 1180 Cals

Marinated pulled pork, cheddar, mozza, caramelized onions & buffalo ranch.

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

\$13.99

#### **SALADS**

Grilled Chicken Caesar Salad | 660 Cals \$16.99

Romaine, bacon, parmesan cheese tossed in a caesar dressing, topped with croutons & grilled chicken.

Mexican Cobb Salad | 460 Cals

Romaine, bacon, cheddar tossed in a buffalo ranch dressing, topped with pico salsa, guacamole, crispy onions & grilled chicken.



#### **BURGERS & WRAPS**

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

Country Burger   900 - 1030 Cals Comes plain, feel free to top it any way you would like.	\$14.99
Banquet Burger   1050 - 1230 Cals Topped with bacon & cheddar.	\$16.99
Chipotle Breakfast Burger 1250 - 1400 Cals	\$17.99
Over medium egg, peameal & cheddar topped with chipotle mayo.	
BBQ Cowboy Burger   1080 - 1250 Cals Bacon, cheddar & crispy onions topped with BBQ sauce.	\$17.99
Stacked Burger   1300 - 1480 Cals 2 buffalo chicken fingers on a beef patty topped with cheddar & bacon.	\$19.99
Crispy Chicken Caesar Wrap 890 - 1050 Cals Crispy chicken, romaine, bacon & parmesan cheese tossed in caesar dressing.	\$17.99
Buffalo Chicken & Bacon Ranch Wrap 950 - 1110 Cals Crispy chicken, bacon, cheddar, romaine & tomatoes tossed in buffalo ranch.	\$17.99

\$17.99

Chipotle Chicken & Guac Wrap

Grilled chicken, bacon, cheddar, guacamole,

romaine & pico salsa tossed in chipotle mayo.

850 - 1000 Cals

### **POUTINES**

Buffalo Chicken Poutine   990 Cals Crispy chicken, bacon, mozza & gravy topped with buffalo sauce.	\$16.99
Chicken & Bacon Poutine   1150 Cals Crispy chicken, bacon, cheddar, tomato & gravy topped with caesar dressing.	\$16.99
Classic Poutine   740 Cals Mozza, cheddar & gravy.	\$12.99
Pulled Pork Poutine   1130 Cals	\$16.99

Marinated pulled pork, bacon, mozza & gravy

topped with buffalo ranch.

