

\$6.99

+ TAX

Breakfast *Special*

*DINE-IN ONLY



Stacked

PANCAKE & BREAKFAST HOUSE

MON-FRI 7AM-9AM



Daily Lunch Specials*

Express | 710 - 950 Cals



Monday

Bacon Cheddar
Jalapeno Ranch
Burger | 1160 Cals
Cheddar, Bacon,
Jalapeno, 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 - 380 Cals

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

*Not valid on Statutory holidays.



NEW

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




Maple Chili Chicken Cornbread Waffle



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





All entrées
\$14.99
+ tax

Express | 710 - 950 Cals \$10.99  **Junior Stack | 1040 Cals** \$12.99
 2 eggs, choice of bacon, ham, or sausage, homefries & toast. Substitute peameal or turkey bacon, add \$1.00.
 2 eggs served with 1 bacon, 1 sausage, 1 pancake, homefries & toast. Substitute peameal or turkey bacon, add \$1.00.

Jumbo Express \$12.99  **Pancake Stack** \$15.99
840 - 1220 Cals 1160 Cals
 3 eggs, choice of bacon, ham, or sausage, homefries & toast. Substitute peameal or turkey bacon, add \$1.00.
 2 eggs served with 2 bacon, 2 sausage, 2 pancakes & homefries.

 **Express No-Meat** \$9.49  **French Toast Stack** \$16.99
620 Cals 1190 Cals
 2 eggs, homefries, tomatoes & toast.
 2 eggs served with 2 bacon, 2 sausage, 2 pieces of french toast & homefries.

Farmers Sausage & Eggs \$13.99  **Waffle Stack | 1460 Cals** \$16.99
1330 Cals 1460 Cals
 2 eggs with butterflied farmers sausage, caramelized onions, homefries & toast.
 2 eggs served with 2 bacon, 2 sausage, 2 maple infused waffles & homefries.

The Meatlovers \$15.99  **Stack n' Eggs | 1080 Cals** \$13.99
1230 Cals 1080 Cals
 3 eggs with bacon, ham, sausage, homefries & toast.
 2 eggs, 2 pancakes, homefries & toast.

Steak n' Eggs | 1110 Cals \$19.99
 6 oz. New York Striploin with 3 eggs, homefries & toast.

 **Breakfast Wrap** \$14.99
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.



UPGRADES

Onions in Homefries \$1.29
 20 Cals

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**

 **Healthy Start | 490 Cals** \$9.99
 2 poached eggs, fresh fruit & rye toast.

Healthy Choice | 400 Cals \$14.99
 4 egg white omelette with chicken, guacamole & pico salsa served with turkey bacon & fresh fruit.

 **Veggie Scrambler** \$11.99
570 - 680 Cals
 2 eggs scrambled with onions & peppers topped with pico salsa & guacamole. Served with homefries or fresh fruit & toast.

 **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.

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



*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


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.

*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**



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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 900 - 1050 Cals \$15.99

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

Peameal & Cheddar Melt on a Bun 750 - 950 Cals \$14.99

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 1060 - 1180 Cals \$14.99

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.

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.

*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 1250 - 1400 Cals \$16.99

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 890 - 1050 Cals \$16.99

Crispy chicken, romaine, bacon & parmesan cheese tossed in caesar dressing.

Buffalo Chicken & Bacon Ranch Wrap 950 - 1110 Cals \$16.99

Crispy chicken, bacon, cheddar, romaine & tomatoes tossed in buffalo ranch.

Chipotle Chicken & Guac Wrap 850 - 1000 Cals \$16.99

Grilled chicken, bacon, cheddar, guacamole, romaine & pico salsa tossed in chipotle mayo.



*Pulled Pork Poutine | 1130 Cals

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