

STARTERS

BAKED CHEDDAR BROCCOLI SOUP

Melted cheese, croutons, and toasted garlic bread. 7⁴⁹

BREADED CHICKEN TENDERS

Perfectly seasoned white meat chicken with your choice of honey mustard, plum, or BBQ sauce. 11⁴⁹

+ Fries 1⁴⁹ + Salad 1⁴⁹ + Fries and salad 2⁴⁹

CALAMARI

Lightly battered and golden fried with lemon pepper, served with a side of tzatziki and sweet chili sauce. 10⁴⁹

CORONA COCONUT PRAWNS

Cerveza and coconut coated with sweet chili dip. 11⁴⁹

SALADS **All salads served with garlic bread.*

STRAWBERRY SUMMER SALAD

Baby spinach, strawberries, candied nuts, crumbled goat cheese, and roasted sweet beets with a light balsamic vinaigrette. 12⁴⁹

+ Chicken or Prawn Souvlaki 2⁹⁹

+ Wild Salmon Fillet 3⁹⁹

+ Grilled Chicken Breast 3⁹⁹

FIESTA TACO SALAD

Crisp greens, cheddar cheese, tomatoes, green onions, and jalapeños dressed with a zesty ancho chipotle sauce in a taco bowl served with sour cream and pico de gallo.

**Not served with garlic bread.*

Taco Beef 13⁴⁹ Tequila Lime Chicken 14⁴⁹

DRESSINGS:

1000 Island, Blue Cheese, Asian Sesame, Garlic Caesar, Ranch, Italian, LITE Balsamic, LITE Raspberry Vinaigrette.

SANDWICHES & WRAPS *Served with steak cut fries.*

FRENCH BEEF DIP

Slow roasted thinly sliced beef on a grilled french baguette with a bowl of au jus for dipping. 14⁴⁹

MONTE CRISTO

Real carved turkey, shaved ham and swiss cheese served on thick french bread dipped in egg and grilled to perfection. 13⁴⁹

SOURDOUGH PATTY MELT

Homestyle patty, melted swiss cheese, and caramelized onions served between crisp grilled sourdough toast. 12⁴⁹

BLT CLASSIC

Smokey bacon, tomatoes, and crisp lettuce on your choice of toasted bread. 8⁴⁹

Substitute bread for
gluten free bread 99¢

PUB STYLE WINGS

Large meaty wings, your choice of buffalo hot, honey garlic, thai sweet chili, BBQ, or lemon pepper.

Half Pound 7⁹⁹ Full Pound 13⁴⁹

SUPERBOWL NACHOS

Deluxe cheese on chips with diced tomatoes, olives, onions, and jalapeños. Served with pico de gallo and sour cream. 15⁴⁹ Half size 11⁴⁹

+ Seasoned Ground Beef 3⁴⁹

+ BBQ Pulled Pork 3⁹⁹

+ Guacamole 1⁹⁹

+ Double Cheese 2⁹⁹

+ Diced Chicken Breast 3⁹⁹

MEDITERRANEAN QUINOA SALAD

Cucumbers, tomatoes, peppers, onions, olives, and feta cheese tossed in a light balsamic vinaigrette. **Served with pita bread.* 12⁴⁹

+ Chicken or Prawn Souvlaki 2⁹⁹

+ Wild Salmon Fillet 3⁹⁹

+ Grilled Chicken Breast 3⁹⁹

THAI PRAWN SPINACH SALAD

Sautéed prawns tossed with nuts, hard boiled egg, red peppers, and a creamy asian sesame dressing served over a bed of noodles and tender spinach leaves. 14⁴⁹

CHEF SALAD

Slow roasted turkey slices, shaved ham, and sharp cheddar over a bed of fresh greens with cucumbers, tomatoes, a hard boiled egg, and your choice of dressing. 14⁹⁹

PULLED PORK BAGUETTE

Hand pulled slow roasted pork, melted jalapeño jack cheese, chipotle mayo, and fresh slaw on a toasty baguette. 13⁴⁹

BETTER CHEDDAR TURKEY CLUB

Real roasted turkey, smokey bacon, lettuce, tomatoes, and sharp cheddar on this triple decker classic! 14⁹⁹

CRANBERRY TURKEY FOCACCIA

Oven roasted turkey and cranberries spread on toasted basil focaccia bread with mayo, crisp lettuce, and tomatoes. 13⁴⁹

MEDITERRANEAN CHICKEN WRAP

Chicken souvlaki, feta cheese, onions, peppers, olives, and greek tzatziki sauce wrapped in warm flatbread. 13⁴⁹

CALIFORNIA WRAP

Turkey breast, bacon, guacamole, leaf lettuce, tomatoes, and ranch. 12⁴⁹

GOURMET BURGERS *Lettuce, onion, tomato, pickles, mayo, and mustard on a sesame seed bun served with steak cut fries.*

1/3 LB DELUXE BURGER

Homestyle patty served with thick cut fries. 12⁴⁹

ALL CANADIAN BACON CHEESEBURGER

Thick cut bacon and real cheddar. 14⁹⁹

SWISS MOUNTAIN MUSHROOM

Sautéed mushrooms and melted swiss. 14⁴⁹

HULK BURGER

½lb patty, smoked farmers sausage, cheddar cheese, and a fried egg with all the fixings. 15⁴⁹

GOURMET GARDEN VEGGIE BURGER

Fire grilled garden patty, goat cheese, roasted red peppers, lettuce, onions, tomato slices, mayo, and sun-dried tomato pesto. 13⁴⁹

CAJUN CHICKEN BURGER

Tequila lime marinated cajun spiced chicken breast, cheddar cheese, lettuce, tomato, and red onions on a toasted bun with chipotle mayo. 14⁴⁹

CHICKEN RANCHER BURGER

A crispy breast filet topped with sharp cheddar, smokey bacon, and cool ranch dressing. 14⁴⁹

FRANKS BUFFALO CHICKEN BURGER

Crispy fried chicken breast, melted jalapeño jack cheese, jalapeños, Frank's Red Hot, and ancho chipotle sauce. 14⁴⁹

UPGRADE YOUR FRIES

Sweet Potato Fries or Onion Rings 1⁹⁹

Poutine 2⁹⁹

Cheddar Broccoli Soup 4⁵⁹

Add caesar salad or cup of soup to any meal 2⁴⁹

GOURMET PASTAS *Served with a caesar salad and garlic bread.*

BAKED LASAGNA

Our most popular offering! Made with homemade meat sauce and baked to perfection. 15⁴⁹ *Lunch Size 13⁴⁹*

GOURMET MAC & CHEESE

In our zesty cheese sauce topped with aged cheddar and herb garlic crumble. 14⁴⁹

Lunch Size 12⁹⁹ + Crumbled Bacon 99¢

PULLED PORK MAC & CHEESE

Slow roasted pulled pork and caramelized onions topped with melted cheese. 14⁴⁹

CAJUN LIME CHICKEN PENNE

Cajun spiced dry rubbed chicken breast, garlic cream sauce, roasted red peppers, and mushrooms topped with fresh cilantro and pico de gallo. 15⁴⁹

ALFREDO MUSHROOM CHICKEN PENNE

House made alfredo sauce made with real cream, parmesan cheese, and garlic over penne noodles topped with a grilled chicken breast and angel hair parmesan. 15⁴⁹

Any pasta dish can be made with 100% whole grain penne.

SEAFOOD

CALAMARI DINNER

Tender calamari lightly battered and seasoned, served with rice, pita bread, tzatziki and sweet chili sauce with your choice of greek or caesar salad. 14⁴⁹

ENGLISH BEER BATTERED FISH & CHIPS

Perfectly golden fried cod served with thick cut fries, coleslaw, and dill tartar sauce. 14⁴⁹

TERIYAKI GLAZED SALMON & PRAWNS

A charbroiled 4oz salmon fillet and prawns lightly glazed with teriyaki marinade served atop rice and vegetables with garlic bread. 16⁴⁹

FAMOUS ENTREES

SALISBURY STEAK

½ lb patty smothered with onions and gravy, mashed potatoes, fresh vegetables, and garlic bread. 13⁴⁹

LIVER BACON & ONIONS

A healthy portion of tender baby beef liver topped with sautéed onions, bacon, and gravy served with mashed potatoes, vegetables, and garlic bread. 14⁴⁹ *Lunch Size 12⁴⁹*

SOUVLAKI

Two marinated skewers of chicken or prawns flame grilled and served with rice, pita bread, tzatziki and your choice of greek or caesar salad. 15⁴⁹

JAMBALAYA RICE BOWL

Garlic prawns, chorizo sausage, and tender chicken, mushrooms, onions, and peppers tossed in a zesty basil tomato sauce served over rice, served with garlic bread. 15⁴⁹

YANKEE POT ROAST

Slow roasted tender beef pot roast topped with rich gravy served with country fried potatoes, vegetables, and garlic bread. 14⁴⁹
Lunch Size 12⁴⁹

Add a caesar salad or cup of soup to any meal for 2⁴⁹

SWEET & SOUR CHICKEN

Premium chicken breast pieces tossed with sweet and sour sauce, pineapple, peppers, onions, and almond slices, served with rice, chow mein, and garlic bread. 13⁴⁹

ROASTED TURKEY DINNER

Real carved roasted turkey served with stuffing, mashed potatoes, gravy, vegetables, cranberry sauce, and garlic bread. 16⁴⁹ *Lunch Size 13⁴⁹*

BUTTER CHICKEN

Served with citrus basmati rice and naan bread, garnished with cilantro. 14⁴⁹

CHICKEN PARMESAN

Tender breaded chicken filet, vegetable pomodoro sauce, tomato slices, and melted cheese with meat sauce spaghetti. Served with garlic bread. 15⁴⁹

CABBAGE ROLLS

Homestyle cabbage rolls stuffed with beef, pork, onion, garlic, and rice. Served with Yukon gold mashed potatoes and garden vegetables. 13⁴⁹

CHICKEN BURRITO BOWL

Spiced chicken breast, corn pico de gallo, and cheddar cheese topped with guacamole, sour cream, and cilantro. 15⁴⁹

RIB & STEAK ENTREES

BABYBACK RIBS

Falling off the bone tender basted with our signature BBQ sauce. Served with fries and slaw. *Half Rack 16⁴⁹ Full Rack 22⁴⁹*

6OZ AAA TOP SIRLOIN

Flavourful and tender, served with a baked potato, garden vegetables, and garlic bread. 17⁴⁹

8OZ AAA NEW YORK

Excellent marbelling, centre cut striploin with a baked potato, garden vegetables, and garlic bread. 22⁴⁹

RIBS & LASAGNA COMBO

½ rack of our famous ribs and a side of our meaty lasagna. Served with garlic bread. 18⁴⁹

STEAK & CHEESY MACARONI

Choice of flame grilled steak and a side of our homemade macaroni and cheese, served with garlic bread.

6oz Sirloin 20⁴⁹ 8oz New York Striploin 24⁴⁹

STEAK ACCOMPANIMENTS

Sautéed Mushrooms 99¢

Garlic Prawns (4) 2⁹⁹

Coconut Prawns (4) 3⁹⁹

Oscar (baby shrimp, mushrooms, and hollandaise) 2⁹⁹

ALL DAY BREAKFAST

PANCAKES, EGGS & BACON OR SAUSAGE

A triple stack of fluffy buttermilk pancakes, three strips of bacon or sausage, and two eggs any style. 11⁹⁹

STRAWBERRY CAKE BREAKFAST

Two eggs, three bacon or sausage, hashbrowns, and buttermilk pancakes topped with strawberries, whipped cream, and homemade strawberry sauce. 12⁴⁹

STRAWBERRY BANANA FRENCH TOAST

Field fresh strawberries and banana with homemade strawberry sauce and whipped cream. 12⁴⁹

Add two eggs and two bacon 2⁹⁹

FRENCH BREAKFAST

Two thick cut french toast served with two eggs cooked any style, choice of three bacon or sausage and hashbrowns. 13⁹⁹

SUNSHINE FRUIT 'N' YOGURT BOWL

An energizing mix of greek yogurt, honey granola, fresh fruit, and berries. Served with toast. 11⁴⁹

Add two eggs and two bacon 2⁹⁹

CINNAMON BUN BREAKFAST

A warm cinnamon bun with cream cheese icing, two eggs, hashbrowns, and choice of three bacon or sausage. 12⁹⁹

OMELETTES *Served with choice of hashbrowns and toast.*

VEGETARIAN CHEESE OMELETTE

Sautéed mushrooms, diced tomatoes, onions, and melted swiss cheese. 12⁴⁹

ULTIMATE OMELETTE

Bacon, diced sausages, ham, melted cheddar cheese, sautéed onions, peppers and mushrooms. 13⁴⁹

MUSHROOM SWISS OMELETTE

Sautéed mushrooms and melted swiss cheese. 12⁴⁹

THE BENNY'S *All bennys are topped with velvety smooth hollandaise on toasted english muffins. Served with a side of hashbrowns.*

EGGS BENEDICT

Perfectly poached eggs with shaved ham. 11⁹⁹

FULLY LOADED BENNY

Melted cheddar cheese, smokey bacon, and sautéed mushrooms. 13⁴⁹

CHORIZO BENNY

Zesty chorizo sausage topped with sun-dried tomato pesto. 13⁴⁹

BACON OR SAUSAGE & EGGS

Two large eggs cooked any style with choice of three bacon strips or three sausage links with hashbrowns and toast. 11⁹⁹

TRUCKERS BREAKFAST

2 eggs, 3 bacon strips, 3 sausages and bavarian sausage with 2 buttermilk pancakes and hashbrowns. 14⁹⁹

STEAK & EGGS

A juicy AAA 6oz sirloin steak with two eggs cooked any style, premium hashbrowns, and your choice of toast. 17⁴⁹

EUROPEAN BREAKFAST

Grilled bavarian sausage, cheddar perogies with sour cream, two eggs cooked any style, and marble rye toast. 13⁴⁹

CHORIZO BREAKFAST BURRITO

Scrambled eggs, jalapeño jack cheese, bell peppers, onions, and ancho chipotle sauce wrapped in a warm tortilla served with hashbrowns. 13⁴⁹

MEXICAN PULLED PORK HASH

Two eggs, BBQ pulled pork, jalapeño jack cheese, sautéed onions and peppers over hashbrowns topped with pico de gallo, served with your choice of toast. 13⁴⁹

WESTERN OMELETTE

Smokey bacon, melted cheddar cheese, grilled onions, and peppers. 12⁴⁹

TEX MEX OMELETTE

Taco beef, sautéed onions, peppers, and melted cheddar with ancho chipotle sauce, pico de gallo and sour cream. 12⁴⁹

GREEK OMELETTE

Fresh leaf spinach, diced tomatoes, and crumbled feta cheese. 12⁴⁹

EGGS HAIDA BENNY

Westcoast smoked salmon sliced thin. 12⁴⁹

EGGS BLACKSTONE

Smokey bacon and tomato slices. 11⁴⁹

PULLED PORK BENNY

Slow cooked pork, chipotle, hollandaise and a side of homemade pico de gallo. 13⁴⁹