

Fully Licenced - Open at 6.00am Daily

Omelettes

all 3 egg omelettes served with hashbrowns and toast

WESTERN OMELETTE

smoky bacon, cheddar cheese, grilled onions and peppers 12.99

VEGETARIAN SWISS OMELETTE

melted swiss cheese with diced mushrooms, tomatoes and green onions 12.99

CLASSIC MUSHROOM SWISS OMELETTE

melted swiss cheese and sautéed mushrooms 12.99

GREEK OMELETTE

spinach, melted feta and tomatoes 12.99

GOAT CHEESE GREEK OMELETTE...add 1.99

TEX-MEX OMELETTE

seasoned taco beef, onions, peppers, cheddar cheese with ancho chipotle sauce, salsa & sour cream 12.99

DENVER HAM & CHEESE OMELETTE

diced ham, cheddar cheese and green onions 11.99

COLORADO ANGUS & CHEDDAR

slow roasted beef, cheddar, sautéed bell peppers and mushrooms 12.99

ZESTY CHORIZO OMELETTE

spicy chorizo sausage, jalapeño jack cheese, roasted red peppers and mushrooms 12.99

CHICKEN FLORENTINE OMELETTE

grilled chicken breast, fresh spinach, tomatoes, onions and angel hair parmesan cheese 13.99

MEATLOVERS OMELETTE

smoked bavarian sausage, chorizo sausage and bacon with melted cheddar 12.99

OVERSTUFFED BACON & CHEESE

6 strips of smoky bacon, cheddar, mozza, edam cheese and sautéed onion \$13.99

Jumpstarts

a sensible way to jumpstart your day

PANCAKES & EGG & BACON JUMPSTART

2 buttermilk pancakes, a large egg and a strip of bacon 6.49

FRUIT SALAD & TOAST JUMPSTART

a fresh cut fruit bowl and your choice of toast 8.49

2 EGG CHEESE OMELETTE

served with your choice of toast 7.49

½ EGGS BENNY

your choice of classic ham, blackstone or greek benedict with hashbrowns 8.49

SUNRISER JUMPSTART

2 large grade A eggs, hashbrowns and toast 6.99

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Oatmeals

STRAWBERRIES & CREAM OATMEAL

fresh sliced strawberries, honey almond granola, whipped cream and a spoonful of our homemade strawberry sauce 7.99

BLUE BANANA OATMEAL

BC blueberries, fresh banana, crunchy granola 7.99

TROPICAL OATMEAL

strawberries, banana, blueberries & whipped cream 8.99



Pancakes & Waffles

TRIPLE STACK STRAWBERRY CAKES

three buttermilk pancakes topped with field fresh strawberries, whipped cream and a side of homemade strawberry sauce. 8.99

BELGIAN WAFFLE

our own light and fluffy recipe with a side of whipped butter and syrup 8.99

PANCAKES, EGGS & BACON OR SAUSAGE

3 thick & fluffy buttermilk cakes, 2 eggs and choice of 3 bacon strips or 3 sausages 11.99

BERRY BERRY BELGIAN

fresh strawberries, blueberries and whipped cream on top of a golden waffle with a side of homemade strawberry sauce 11.99

STRAWBERRY BANANA PANCAKES

field fresh strawberries, fresh banana and a spoon of homemade strawberry sauce and whipped cream 11.99

BELGIAN BREAKFAST

a golden belgian waffle, 2 eggs and choice of 3 bacon or 3 sausages 12.99

SOUTHERN FRIED CHICKEN & WAFFLES

a crispy fried chicken breast on top of a golden waffle served with 2 eggs and maple syrup 14.99

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Famous Breakfasts



BACON OR SAUSAGES & EGGS

choice of 3 strips of smoky bacon or 3 sausage links with 2 eggs, hashbrowns and toast 10.99

HONEY HAM & EGGS

thick and juicy Canadian ham served with eggs, hashbrowns and toast 11.99

SUNSHINE FRUIT & YOGURT BOWL

an energizing mix of greek yogurt, honey granola and fresh fruit and berries, served with toast 11.99 with 2 eggs & 2 bacon... add 2.99

MORNING BREAKFAST SANDWICH

thin sliced ham, egg & cheese on your choice of English muffin, bagel or croissant with hashbrowns 10.99

TRUCKER'S BREAKFAST

3 smokey bacon strips, 3 sausage links, 1 slice grilled bavarian sausage, 2 eggs, hashbrowns and 2 buttermilk pancakes 13.99

FRENCH BREAKFAST

2 thick slices of French toast, 2 eggs cooked to order, choice of 3 strips of bacon or 3 sausages and hashbrowns 13.99

STEAK & EGGS

a 6 oz top sirloin steak grilled to order with eggs, hashbrowns and toast 17.99

CHORIZO BREAKFAST BURRITO

scrambled eggs, jalapeno cheese, bell peppers, onions and ancho chipotle sauce wrapped in a warm tortilla and served with pico de gallo, sour cream and hashbrowns 12.99

STRAWBERRY CAKES BREAKFAST

2 eggs, 3 bacon or sausages, hashbrowns and buttermilk pancakes topped with fresh strawberries, whipped cream and a side of homemade strawberry sauce 12.99

FIRESTARTER CHORIZO BREAKFAST

spicy grilled chorizo sausage with ancho chipotle sauce for dipping, 2 eggs, hashbrowns and toast 11.99

MEXICAN PULLED PORK EGGS HASH

2 eggs, bbq pulled pork, jalapeno cheese, sauteed onions and peppers over hashbrowns and topped with pico de gallo salsa, served with toast 13.99

EUROPEAN BREAKFAST

smoked Bavarian sausage, sauerkraut, cheddar perogies with sour cream and bacon bits, 2 eggs and marble rye toast 13.99

CINNAMON BUN BREAKFAST

A warm cinnamon bun with cream cheese icing, two eggs, hashbrowns and choice of three bacon or sausage 12.99



may we suggest a glass of 100% real juice to start your day
orange, apple, grapefruit, cranberry,
tomato, clamato, pineapple
thirst quenching refills are only 99 cents !

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The Bennys

farm fresh large grade a eggs on toasted english muffin served with hashbrowns

CLASSIC HAM BENNY

thinly sliced Canadian ham and poached eggs topped with velvety smooth hollandaise 11.99

EGGS BLACKSTONE

smoky bacon, fresh tomato slices, poached eggs and hollandaise 11.99

GREEK BENNY

spinach, feta cheese & tomato slices all topped with poached eggs & rich hollandaise served with hashbrowns 11.99

GOAT CHEESE GREEK BENNY...add 1.99

MEXICAN PULLED PORK BENEDICT

slow cooked pork, chipotle hollandaise, poached eggs and a side of homemade pico de gallo salsa 13.99

HAIDA EGGS BENNY

west coast smoked salmon topped with poached eggs and hollandaise 12.99

CHORIZO BENNY

grilled spanish sausage butterflied and topped with poached eggs, hollandaise and sundried tomato pesto 13.99

FULLY LOADED BENNY

melted cheddar cheese, smoky bacon, mushrooms, poached eggs and rich hollandaise 13.99



French Toast

STRAWBERRY BANANA FRENCH TOAST

field fresh strawberries and banana topped with a spoonful of homemade strawberry sauce and whipped cream 12.99

STRAWBERRY PATCH

field fresh strawberries and a spoonful of homemade strawberry sauce topped with whipped cream 11.99

FRENCH TOAST

2 pieces of thick sliced french toast with butter and maple flavoured syrup 7.99
for 3 pieces add 1.99

Customize any breakfast by adding 2 bacon or 2 sausages for only 1.59!

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Especially For Seniors

for our valued citizens aged 60 or better

SENIORS BACON OR SAUSAGE BREAKFAST

2 eggs cooked to order with 2 bacon or 2 sausage, hashbrowns & toast 8.49

SENIORS PANCAKES & BACON

2 light & fluffy buttermilk cakes with 2 strips of smoky bacon 7.49

SENIORS PANCAKES & EGGS

2 light & fluffy buttermilk cakes with 2 eggs cooked your way 7.49

SENIORS 2 EGG CHEESE OMELETTE

hashbrowns and your choice of toast 9.49

SENIOR FRENCH BREAKFAST

a thick sliced french toast, 2 eggs, choice of 2 bacon or 2 sausages 9.49

Kids Breakfasts

kids 10 and under

KIDS BACON OR SAUSAGE & EGG BREAKFAST

1 egg, bacon or Sausage, hashbrowns, toast & your choice of milk or juice 6.99

KIDS STRAWBERRY PANCAKES

fresh strawberry slices and homemade strawberry sauce and whipped cream 6.99

KIDS MIXED FRUIT BREAKFAST

fresh cut fruit topped with yogurt, granola & strawberry sauce with 1 egg, toast and milk or juice 6.99

KIDS PANCAKE, BACON & EGG

a buttermilk pancake with 1 egg and 1 bacon or sausage served with a glass of milk or juice 6.99

KIDS FRENCH TOAST & EGG

served with whipped butter and Syrup, comes with milk or juice 6.99

