

## STARTERS

### BAKED CHEDDAR BROCCOLI SOUP

Melted cheese, croutons, and toasted garlic bread. 7<sup>49</sup>

### BREADED CHICKEN TENDERS

Perfectly seasoned white meat chicken with your choice of honey mustard, plum, or BBQ sauce. 11<sup>49</sup>

+ Fries 1<sup>49</sup> + Salad 1<sup>49</sup> + Fries and salad 2<sup>49</sup>

### CALAMARI

Lightly battered and golden fried with lemon pepper, served with a side of tzatziki and sweet chili sauce. 10<sup>99</sup>

### CORONA COCONUT PRAWNS

Cerveza and coconut coated with sweet chili dip. 11<sup>99</sup>

## 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. 12<sup>49</sup>

+ Chicken or Prawn Souvlaki 2<sup>99</sup>

+ Wild Salmon Fillet 3<sup>99</sup>

+ Grilled Chicken Breast 3<sup>99</sup>

### 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 13<sup>49</sup> Tequila Lime Chicken 14<sup>49</sup>

#### DRESSINGS:

1000 Island, Blue Cheese, Asian Sesame, Garlic Caesar, Ranch, Italian, Balsamic Vinaigrette, 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. 14<sup>49</sup>

### MONTE CRISTO

Real carved turkey, shaved ham and swiss cheese served on thick french bread dipped in egg and grilled to perfection. 13<sup>49</sup>

### SOURDOUGH PATTY MELT

Homestyle patty, melted swiss cheese, and caramelized onions served between crisp grilled sourdough toast. 12<sup>99</sup>

### BLT CLASSIC

Smokey bacon, tomatoes, and crisp lettuce on your choice of toasted bread. 8<sup>49</sup>

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 7<sup>99</sup> Full Pound 13<sup>49</sup>

### SUPERBOWL NACHOS

Deluxe cheese on chips with diced tomatoes, olives, onions, and jalapeños. Served with pico de gallo and sour cream. 15<sup>49</sup> Half size 11<sup>49</sup>

+ Seasoned Ground Beef 3<sup>49</sup>

+ BBQ Pulled Pork 3<sup>99</sup>

+ Guacamole 1<sup>99</sup>

+ Double Cheese 2<sup>99</sup>

+ Diced Chicken Breast 3<sup>99</sup>

### MEDITERRANEAN QUINOA SALAD

Cucumbers, tomatoes, peppers, onions, olives, and feta cheese tossed in a light balsamic vinaigrette. \*Served with pita bread. 12<sup>49</sup>

+ Chicken or Prawn Souvlaki 2<sup>99</sup>

+ Wild Salmon Fillet 3<sup>99</sup>

+ Grilled Chicken Breast 3<sup>99</sup>

### 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. 14<sup>49</sup>

### 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. 14<sup>49</sup>

### PULLED PORK BAGUETTE

Hand pulled slow roasted pork, melted jalapeño jack cheese, chipotle mayo, and fresh slaw on a toasty baguette. 13<sup>49</sup>

### BETTER CHEDDAR TURKEY CLUB

Real roasted turkey, smokey bacon, lettuce, tomatoes, and sharp cheddar on this triple decker classic! 14<sup>99</sup>

### CRANBERRY TURKEY FOCACCIA

Oven roasted turkey and cranberries spread on toasted basil focaccia bread with mayo, crisp lettuce, and tomatoes. 13<sup>49</sup>

### MEDITERRANEAN CHICKEN WRAP

Chicken souvlaki, feta cheese, onions, peppers, olives, and greek tzatziki sauce wrapped in warm flatbread. 13<sup>49</sup>

### CALIFORNIA WRAP

Turkey breast, bacon, guacamole, leaf lettuce, tomatoes, and ranch. 12<sup>49</sup>

## **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. 12<sup>99</sup>

### **ALL CANADIAN BACON CHEESEBURGER**

Thick cut bacon and real cheddar. 14<sup>99</sup>

### **SWISS MOUNTAIN MUSHROOM**

Sautéed mushrooms and melted swiss. 14<sup>99</sup>

### **HULK BURGER**

½lb patty, smoked farmers sausage, cheddar cheese, and a fried egg with all the fixings. 15<sup>99</sup>

### **GOURMET GARDEN VEGGIE BURGER**

Fire grilled garden patty, goat cheese, roasted red peppers, lettuce, onions, tomato slices, mayo, and sun-dried tomato pesto. 13<sup>99</sup>

### **CAJUN CHICKEN BURGER**

Tequila lime marinated cajun spiced chicken breast, cheddar cheese, lettuce, tomato, and red onions on a toasted bun with chipotle mayo. 14<sup>99</sup>

### **CHICKEN RANCHER BURGER**

A crispy breast filet topped with sharp cheddar, smokey bacon, and cool ranch dressing. 14<sup>99</sup>

### **FRANKS BUFFALO CHICKEN BURGER**

Crispy fried chicken breast, melted jalapeño jack cheese, jalapeños, Frank's Red Hot, and ancho chipotle sauce. 14<sup>99</sup>

#### **UPGRADE YOUR FRIES**

Sweet Potato Fries or Onion Rings 1<sup>99</sup>

Poutine 2<sup>99</sup>

Cheddar Broccoli Soup 4<sup>59</sup>

Add caesar salad or cup of soup to any meal 2<sup>49</sup>

## **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. 15<sup>99</sup> *Lunch Size 13<sup>99</sup>*

### **GOURMET MAC & CHEESE**

In our zesty cheese sauce topped with aged cheddar and herb garlic crumble. 14<sup>99</sup>

*Lunch Size 12<sup>99</sup> + Crumbled Bacon 99¢*

### **PULLED PORK MAC & CHEESE**

Slow roasted pulled pork and caramelized onions topped with melted cheese. 14<sup>99</sup>

### **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. 15<sup>99</sup>

### **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. 15<sup>99</sup>

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. 14<sup>99</sup>

### **TERIYAKI GLAZED SALMON & PRAWNS**

A charbroiled 4oz salmon fillet and prawns lightly glazed with teriyaki marinade served atop rice and vegetables with garlic bread. 16<sup>99</sup>

### **ENGLISH BEER BATTERED FISH & CHIPS**

Perfectly golden fried cod served with thick cut fries, coleslaw, and dill tartar sauce. 14<sup>99</sup>

## FAMOUS ENTREES

### SALISBURY STEAK

½ lb patty smothered with onions, topped with gravy. Served with mashed potatoes, fresh vegetables, and garlic bread. 13<sup>99</sup>

### 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. 14<sup>99</sup> *Lunch Size 12<sup>99</sup>*

### 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. 15<sup>99</sup>

### 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. 15<sup>99</sup>

### YANKEE POT ROAST

Slow roasted tender beef pot roast topped with rich gravy served with country fried potatoes, vegetables, and garlic bread. 14<sup>99</sup>  
*Lunch Size 12<sup>99</sup>*

Add a caesar salad or cup of soup to any meal for 2<sup>49</sup>

### 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. 13<sup>99</sup>

### ROASTED TURKEY DINNER

Real carved roasted turkey, stuffing, and mashed potatoes topped with gravy, served with vegetables, cranberry sauce, and garlic bread. 16<sup>99</sup> *Lunch Size 13<sup>99</sup>*

### BUTTER CHICKEN

Served with citrus basmati rice and naan bread, garnished with cilantro. 14<sup>99</sup>

### CHICKEN PARMESAN

Tender breaded chicken filet, vegetable pomodoro sauce, tomato slices, and melted cheese with meat sauce spaghetti. Served with garlic bread. 15<sup>99</sup>

### CABBAGE ROLLS

Homestyle cabbage rolls stuffed with beef, pork, onion, garlic, and rice. Served with Yukon gold mashed potatoes and garden vegetables. 13<sup>99</sup>

### CHICKEN BURRITO BOWL

Spiced chicken breast on a bed of brown rice topped with corn pico de gallo, cheddar cheese, guacamole, sour cream, and cilantro. 15<sup>99</sup>

## RIB & STEAK ENTREES

### BABYBACK RIBS

Falling off the bone tender basted with our signature BBQ sauce. Served with fries and slaw. *Half Rack 16<sup>99</sup> Full Rack 22<sup>99</sup>*

### 6OZ AAA TOP SIRLOIN

Flavourful and tender, served with a baked potato, garden vegetables, and garlic bread. 17<sup>99</sup>

### 8OZ AAA NEW YORK

Excellent marbelling, centre cut striploin with a baked potato, garden vegetables, and garlic bread. 22<sup>99</sup>

### RIBS & LASAGNA COMBO

½ rack of our famous ribs and a side of our meaty lasagna. Served with garlic bread. 18<sup>99</sup>

### STEAK & CHEESY MACARONI

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

*6oz Sirloin 20<sup>99</sup> 8oz New York Striploin 24<sup>99</sup>*

### STEAK ACCOMPANIMENTS

Sautéed Mushrooms 99¢

Garlic Prawns (4) 2<sup>99</sup>

Coconut Prawns (4) 3<sup>99</sup>

Oscar (baby shrimp, mushrooms, and hollandaise) 2<sup>99</sup>

## 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. 11<sup>99</sup>

### STRAWBERRY CAKE BREAKFAST

Two eggs, three bacon or sausage, hashbrowns, and buttermilk pancakes topped with strawberries, whipped cream, and homemade strawberry sauce. 12<sup>99</sup>

### STRAWBERRY BANANA FRENCH TOAST

Field fresh strawberries and banana with homemade strawberry sauce and whipped cream. 12<sup>99</sup>

*Add two eggs and two bacon 2<sup>99</sup>*

### FRENCH BREAKFAST

Two thick cut french toast served with two eggs cooked any style, choice of three bacon or sausage and hashbrowns. 13<sup>99</sup>

### SUNSHINE FRUIT 'N' YOGURT BOWL

An energizing mix of greek yogurt, honey granola, fresh fruit, and berries. Served with toast. 11<sup>99</sup>

*Add two eggs and two bacon 2<sup>99</sup>*

### CINNAMON BUN BREAKFAST

A warm cinnamon bun with cream cheese icing, two eggs, hashbrowns, and choice of three bacon or sausage. 12<sup>99</sup>

## OMELETTES *Served with choice of hashbrowns and toast.*

### VEGETARIAN CHEESE OMELETTE

Sautéed mushrooms, diced tomatoes, onions, and melted swiss cheese. 12<sup>99</sup>

### ULTIMATE OMELETTE

Bacon, diced sausages, ham, melted cheddar cheese, sautéed onions, peppers and mushrooms. 13<sup>99</sup>

### MUSHROOM SWISS OMELETTE

Sautéed mushrooms and melted swiss cheese. 12<sup>99</sup>

## 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. 11<sup>99</sup>

### FULLY LOADED BENNY

Melted cheddar cheese, smokey bacon, and sautéed mushrooms. 13<sup>99</sup>

### CHORIZO BENNY

Zesty chorizo sausage topped with sun-dried tomato pesto. 13<sup>99</sup>

### BACON OR SAUSAGE & EGGS

Two large eggs cooked any style with choice of three bacon strips or three sausage links with hashbrowns and toast. 11<sup>99</sup>

### TRUCKERS BREAKFAST

2 eggs, 3 bacon strips, 3 sausages and bavarian sausage with 2 buttermilk pancakes and hashbrowns. 14<sup>99</sup>

### STEAK & EGGS

A juicy AAA 6oz sirloin steak with two eggs cooked any style, premium hashbrowns, and your choice of toast. 17<sup>99</sup>

### EUROPEAN BREAKFAST

Grilled bavarian sausage, cheddar perogies with sour cream, two eggs cooked any style, and marble rye toast. 13<sup>99</sup>

### CHORIZO BREAKFAST BURRITO

Scrambled eggs, jalapeño jack cheese, bell peppers, onions, and ancho chipotle sauce wrapped in a warm tortilla served with hashbrowns. 13<sup>99</sup>

### 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. 13<sup>99</sup>

### WESTERN OMELETTE

Smokey bacon, melted cheddar cheese, grilled onions, and peppers. 12<sup>99</sup>

### TEX MEX OMELETTE

Taco beef, sautéed onions, peppers, and melted cheddar with ancho chipotle sauce, pico de gallo and sour cream. 12<sup>99</sup>

### GREEK OMELETTE

Fresh leaf spinach, diced tomatoes, and crumbled feta cheese. 12<sup>99</sup>

### EGGS HAIDA BENNY

Westcoast smoked salmon sliced thin. 12<sup>99</sup>

### EGGS BLACKSTONE

Smokey bacon and tomato slices. 11<sup>99</sup>

### PULLED PORK BENNY

Slow cooked pork, chipotle, hollandaise and a side of homemade pico de gallo. 13<sup>99</sup>