



Breakfast

	Eggs Only	Eggs with bacon, ham or sausage	Eggs with Peameal
One	\$5.75	\$7.05	\$7.30
Two	\$6.25	\$8.20	\$9.50
Three	\$7.20	\$9.45	\$10.75

English Muffin with bacon, ham or sausage \$7.20
with Peameal \$8.20

Served with choice of home fries, baked beans, stewed tomato or tomato slices. Includes toast & Coffee (or juice)

Omelet

3 Egg omelet, choose up to three of the following: ham, bacon, sausage, peameal, mushroom, green pepper, red pepper, spinach or cheese **\$13.95**

Served with choice of home fries, baked beans, stewed tomato or tomato slices. Includes toast & Coffee (or juice)

Big Breakfasts

- | | | | |
|------------|--|---------------------|----------------|
| 1) | 2 eggs, 2 pancakes, ham, 2 sausages, 3 bacon | <i>Served with:</i> | |
| | <i>Choice of home fries, baked beans, stewed tomato or tomato slices. Includes toast & Coffee (or juice)</i> | | \$15.50 |
| 2) | Steak (6oz grilled striploin) and 2 eggs. <i>Served with:</i> | | |
| | <i>Choice of home fries, baked beans, stewed tomato or tomato slices. Includes toast & Coffee (or juice)</i> | | \$16.50 |
| 3) | Frittata with side of bacon and arugula salad with dijon vinaigrette | | |
| New | <i>includes coffee or juice (no toast)</i> | | \$13.00 |

Benedicts

- | | | | |
|------------|--|--|----------------|
| 1) | English Muffin topped with peameal, 2 poached eggs & hollandaise | | |
| | <i>Includes fruit salad & coffee (or juice)</i> | | \$14.00 |
| 2) | Eggs Florentine. English Muffin topped with spinach, 2 poached eggs & hollandaise | | |
| | <i>Includes fruit salad & coffee (or juice)</i> | | \$14.00 |
| 3) | Mediterranean Benedict. Fried tomato, spinach, feta on english muffin, topped with poached eggs and hollandaise | | |
| New | <i>Includes fruit salad & coffee (or juice)</i> | | \$14.00 |

Benedicts served with choice of home fries, baked beans, stewed tomato or tomato slices

Pancakes, French Toast

3 Pancakes with bacon, ham or sausage	\$9.50
3 Blueberry pancakes with bacon, ham or sausage	\$10.00
3 Slices of French Toast with bacon, ham or sausage	\$10.25

Above meals include coffee (or juice)

Breakfast Sandwiches

Toasted Fried Egg	\$5.00
Toasted Bacon & Egg, Toasted Western or Toasted Bacon	\$6.50
New Grilled almond butter and banana	\$6.50

Coffee "Not Included" with breakfast sandwiches

Bagels etc.

Bagel with butter	\$2.80
Bagel with cream cheese	\$3.00
Breakfast Bagel. Egg, cheese, bacon, lettuce and tomato	\$6.60
English Muffin with cheese and bacon, ham or sausage	\$4.50
	with Peameal \$5.50

Coffee "Not Included" with bagels and english muffins

Tax Not Included

Appetizers & Snacks

Soup of the Day	\$5.15
Garlic Bread	\$5.90
Garlic Bread with Cheese & Bacon	\$8.15
New Bruschetta with parmesan cheese and balsamic drizzle	\$9.00
Zucchini Sticks (15) with ranch dip	\$8.95
Onion Rings with chipotle dipping sauce	\$7.00
French Fries Sm \$4.00 Lg \$6.00	
	with gravy 5.25	\$7.25
Poutine with real curds	\$7.50
Sweet Potato French Fries with chipotle dipping sauce Small	\$6.65
	Large	\$8.65
Mississippi Nachos: Corn chips, salsa, onion, red pepper, green pepper, jalapenos, beef (or chicken) & cheese	\$16.25
Combo Platter -		
1 6 chicken wings, 6 zucchini sticks, 4 chicken fingers, onion rings & garlic bread	\$19.00
Chicken Quesadillas -		
Chicken, red & green peppers, tomato, onion, cheese, sour cream & salsa	\$13.90
New Protein Box TO GO. Cold meat, cheese, eggs, rice crackers, grapes	\$8.50

Wings

Mild, Medium, Hot, Forty Creek BBQ or Honey Garlic \$1.25 each

Served with fries and sour cream

Greens Etc.

Garden Salad	Small	\$6.75
	Large	\$10.40
Caesar Salad	Small	\$8.00
	Large	\$11.75
Chicken Caesar Salad - Topped with grilled chicken slices	Small	\$9.15
	Large	\$13.30
Julienne Salad -		
Garden Salad topped with turkey, ham, bacon, cheese & egg	Small	\$9.70
	Large	\$13.30
Spinach Salad - with beets, goat cheese, dried cranberries, red onion, and pecans, with balsamic dressing	Small	\$9.70
	Large	\$13.30
Mediterranean Salad. Romaine lettuce, tomato, cucumber, feta, red onions, black olives, red pepper and artichokes with Greek dressing	Small	\$9.70
	Large	\$13.30

Dressings Available: Italian, Ranch, Balsamic, Garlic, Blue Cheese,
Caesar, 1000 Island

Wraps

	Alone	Platter
Grilled Caesar Wrap - 4oz chicken breast with Caesar salad	\$8.40	\$12.40
New Falafel Wrap - with lettuce, cucumber, tomato, red onion and hummus	\$9.20	\$12.20
Harvest Wrap - turkey, spinach, apples, dried cranberries, red onion and honey dijon sauce	\$9.20	\$12.20
Buffalo Chicken Wrap - breaded chicken, lettuce, tomato, red onion, mozzarella cheese, hot sauce & ranch dressing	\$9.20	\$12.20

Platters include choice of soup, fries, garden or Caesar salad

Substitute Onion Rings, Sweet Potato fries or Poutine:

Add: \$2.00

Panini's

	Alone	Platter
Chicken Pesto Panini - Chicken breast, spinach, swiss cheese, tomato, red onion, and pesto mayo	\$10.20	\$13.20
ABC Panini - Apple, Bacon, Chicken, Brie, Spinach with Honey Dijon Sauce	\$10.20	\$13.20
Chicken Artichoke - with goat cheese, spinach, red onion & honey dijon sauce	\$10.20	\$13.20
Vegetarian Panini - with mozzarella cheese, spinach, red onion, tomato and mushrooms with honey dijon sauce	\$10.20	\$13.20

Platters include choice of soup, fries, garden or Caesar salad

Substitute Onion Rings, Sweet Potato fries or Poutine:

Add: \$2.00

Sandwiches

	Alone	Platter
Grilled Cheese	\$5.05	\$8.05
Grilled Cheese with bacon or ham	\$6.15	\$9.15
Egg or Tuna Salad	\$5.00	\$8.00
Roast Turkey, Roast Beef, BLT, Western or Ham & Cheese	\$6.80	\$9.80
Veggie Sandwich - cream cheese, lettuce, tomato, red onion and cucumber	\$6.00	\$9.00
Smoked Meat	\$8.50	\$11.50
Club Sandwich	\$9.80	\$12.80
Grilled Turkey, brie, arugula with apple butter on rustico bread	\$9.50	\$12.50
New Mississippi Beef Sandwich . Grilled with carmalized onions, swiss tomato, spinach and horseradish mayo on rustico bread	\$9.50	\$12.50

Platters include choice of soup, fries, garden or Caesar salad

Substitute Onion Rings, Sweet Potato fries or Poutine:

Add: \$2.00

Tax Not Included

Burgers & Dogs

	Alone	Platter
Hot Dog	\$4.10	\$7.10
Bacon & Cheese Dog	\$5.10	\$8.10

Our Burgers are 6oz made fresh

Hamburger	\$8.00	\$11.00
Cheese Burger	\$8.50	\$11.50
Bacon & Cheese Burger	\$9.50	\$12.50
Forty Creek Burger - BBQ sauce, peameal, caramelized onions, cheese, lettuce and tomato	\$9.80	\$12.80
Beyond Meat Burger. Vegetarian patty with arugula, tomato, red onion and red pepper hummus	\$9.00	\$12.00
New Nashville Hot Chicken	\$10.60	\$13.60
All Day Breakfast Burger - 6oz burger, potato pancakes, bacon, cheese, sunny side up egg and raspberry jam	\$10.10	\$13.10
Chicken Crunch Burger - crispy chicken topped with bacon, swiss, chipotle mayo, lettuce and tomato	\$9.80	\$12.80
Cranberry Brie Chicken Breast Burger. With lettuce and tomato	\$9.60	\$12.60

*Above Platters include choice of soup, fries, garden or Caesar salad
Substitute Onion Rings, Sweet Potato fries or Poutine:*

Add: \$2.00

Favourites

Chicken Fingers - with fries and plum sauce	\$12.90
Fish & Chips - 2pcs, fries, coleslaw & tartar sauce	\$14.50
Steak Sandwich - 6oz striploin topped with mushrooms & onions on garlic bread with fries	\$16.35
Blackened Chicken on a bun with jalapeno cheese, chipotle mayo, lettuce, tomato, red onion with fries	\$12.95

Tax Not Included