



**Breakfast**

	Eggs with bacon, ham, sausage, or peameal	Eggs (no meat)
One	\$10.00	\$7.00
Two	\$12.00	\$9.00

*Served with choice of home fries, baked beans 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, spinach or cheese . . . . . **\$17.00**

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

**Big Breakfast**

1) **2 scrambled eggs with artichokes, spinach & asiago cheese**  
*Served on an English muffin with home fries and salad. Includes toast & Coffee (or juice)* **\$18.00**

**Veg**

2) **Breakfast Wrap: 2 scrambled eggs, bacon, sausage, peppers and cheese**  
*Served with choice of home fries, baked beans or tomato slices. Includes toast & Coffee (or juice)* **\$17.00**

**New**

**Benedicts**

1) **English Muffin topped with peameal, 2 poached eggs & hollandaise**  
*Includes coffee (or juice)* **\$18.00**

2) **Eggs Florentine. English Muffin topped with spinach, 2 poached eggs & hollandaise**  
*Includes coffee (or juice)* **\$18.00**

**Veg**

3) **Mushroom benedict, 2 eggs, hollandaise & salsa verde on an english muffin**  
*Benedicts served with choice of home fries, baked beans or tomato slices* **\$18.00**

**Veg**

**Pancakes, French Toast**

3 Pancakes with bacon, ham or sausage or peameal . . . . . **\$13.50**

3 Blueberry pancakes with bacon, ham or sausage or peameal . . . . . **\$14.50**

3 Slices of French Toast with bacon, ham or sausage or peameal . . . . . **\$13.50**

*Above meals include coffee (or juice)*

**Breakfast Sandwiches**

Toasted Fried Egg . . . . . **\$6.00**

Toasted Bacon & Egg, Toasted Western or Toasted Bacon . . . . . **\$7.75**

*Coffee "Not Included" with breakfast sandwiches*

**Bagels etc.**

Bagel with cream cheese . . . . . **\$3.50**

Breakfast Bagel. Egg, cheese, bacon, lettuce and tomato . . . . . **\$8.00**

English Muffin with cheese and bacon, ham or sausage or peameal . . . . . **\$5.50**

**Veg** Bagel with quacamole & tomato **\$6.00**

*Coffee "Not Included" with bagels and english muffins*

**Tax Not Included**

**TAKE OUT AVAILABLE ALL DAY !**

Call 613 257 3396 ext 2 to place order

### Appetizers & Snacks

Soup of the Day .....		\$5.80
<i>ask for availability</i>		
Zucchini Sticks with ranch dip .....		\$10.95
Onion Rings with chipotle dipping sauce.....		\$10.00
Deep Fried Pickles with garlic dip .....		\$12.00
French Fries .....		\$7.00
	<i>with gravy</i>	\$9.00
Poutine with real curds .....		\$10.00
Sweet Potato French Fries with chipotle dipping sauce.....		\$10.00
Mississippi Nachos: Corn chips, salsa, onion, red pepper, green pepper, jalapenos, beef (or chicken) & cheese .....		\$18.95
Combo Platter - 6 chicken wings, 6 zucchini sticks, 4 chicken fingers, onion rings & garlic bread .....		\$22.00
Chicken Quesadillas - Chicken, red & green peppers, tomato, onion, cheese, sour cream & salsa .....		\$15.50

### Wings

Mild, Medium, Hot, Forty Creek BBQ or Honey Garlic .....	6	\$9.50
<i>Served with hand full of fries</i>		
	12	\$18.00
	24	\$30.00

### Greens Etc.

Caesar Salad		
	Small ....	\$10.00
	Large ....	\$13.95
Chicken Caesar Salad - Topped with grilled chicken slices .....	Small ....	\$12.00
	Large ....	\$15.95
Julienne Salad - Garden Salad topped with turkey, ham, bacon, cheese & egg .....	Small ....	\$12.70
	Large ....	\$16.95
Spinach Salad - with beets, goat cheese, dried cranberries, red onion, and pecans, with balsamic dressing .....	Small ....	\$12.00
	Large ....	\$16.95
Chicken and Hummus Bowl .....		\$17.00

**Dressings Available:** Blue Cheese, Balsamic, Garlic, Italian

*Tax Not Included*

## Wraps

	Alone	Platter
<b>Grilled Caesar Wrap</b> - 4oz chicken breast with Caesar salad . . . . .	\$11.00	\$16.00
<b>Harvest Wrap</b> - turkey, spinach, apples, dried cranberries, red onion and honey dijon sauce . . . . .	\$11.00	\$16.00
<b>Buffalo Chicken Wrap</b> - breaded chicken, lettuce, tomato, red onion, mozzarella cheese, hot sauce & ranch dressing . . . . .	\$11.00	\$16.00
<b>Arizona Wrap</b> - Chicken, bacon, lettuce, tomato, red onion, mozzarella and guacomole . . . . .	\$11.00	\$16.00

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

*Substitute Onion Rings, Sweet Potato fries or Poutine:*

*Add: \$2.00*

## Panini's

	Alone	Platter
<b>Chicken Pesto Panini</b> - Chicken breast, spinach, swiss cheese, tomato, red onion, and pesto mayo . . . . .	\$12.50	\$17.00
<b>ABC Panini</b> - Apple, Bacon, Chicken, Brie, Spinach with Honey Dijon Sauce . . . . .	\$12.50	\$17.00
<b>Vegetarian Panini</b> - with mozzarella cheese, spinach, red onion, tomato and mushrooms with honey dijon sauce . . . . .	\$12.50	\$17.00
<b>New Italian Tuna Melt Panini</b> - Tuna salad with artichokes, fennel, red onion, provolone, caper, mayo & spinach . . . . .	\$13.00	\$18.00

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

*Substitute Onion Rings, Sweet Potato fries or Poutine:*

*Add: \$2.00*

## Sandwiches

	Alone	Platter
<b>Grilled Cheese</b> . . . . .	\$6.00	\$11.00
<b>Grilled Cheese with bacon or ham</b> . . . . .	\$7.00	\$12.00
<b>Egg or Tuna Salad</b> . . . . .	\$7.00	\$12.00
<b>Roast Turkey, Roast Beef, BLT, Western or Ham &amp; Cheese</b> . . . . .	\$8.00	\$13.00
<b>Veg Vegan</b> - lettuce, tomato, red onion, cucumber and vegan cream cheese . . . . .	\$7.25	\$12.25
<b>Smoked Meat</b> . . . . .	\$12.00	\$17.00
<b>Club Sandwich</b> . . . . .	\$12.00	\$17.00

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

*Substitute Onion Rings, Sweet Potato fries or Poutine:*

*Add: \$2.00*

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**From the Grill**

	Alone	Platter
Hot Dog .....	\$5.00	\$10.00
Bacon & Cheese Dog .....	\$6.25	\$11.25
<b>Our Burgers are 6oz made fresh and come with fried onion, shredded iceberg lettuce, tomato and pickle</b>		
Hamburger .....	\$9.00	\$14.00
Cheese Burger .....	\$9.50	\$14.50
Bacon & Cheese Burger .....	\$12.00	\$17.00
Forty Creek Burger - BBQ sauce, peameal, caramelized onions, cheese, lettuce and tomato .....	\$12.25	\$17.25
<b>New</b> Bigger Burger - 2 patties, 2 cheese and burger sauce .....	\$15.00	\$20.00
Chicken Crunch Burger - crispy chicken topped with bacon, swiss, chipotle mayo, lettuce and tomato .....	\$12.50	\$17.50
Chicken Fingers - with fries and plum sauce .....		\$15.95
Fish & Chips - 2pcs, fries, coleslaw & tartar sauce .....		\$18.00
<i>Above Platters include choice of fries, garden or Caesar salad</i>		
<i>Substitute Onion Rings, Sweet Potato fries or Poutine: Add: \$2.00</i>		

***Tax Not Included***

*(additional charges may apply)*

Gluten Free bread, wraps, burger buns and english muffins available Add: \$1.50

please speak to Wendy to arrange alternate meal options

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If you have special food needs due to dietary restrictions, and require food that is not on the menu,