

Breakfast

Classic Breakfast 1 Egg \$12.00
Eggs with choice of bacon, sausage, ham or peameal. Served with choice of home fries, baked beans or grilled tomato 2 Egg \$14.00

Big Breakfast \$22.00
2 Eggs, bacon, ham, sausage, 2 pancakes, home fries, and grilled tomato or beans

Includes toast & coffee or juice.

Omelet

3 Egg Omelet \$19.00
Choose 3 of the following: ham, bacon, sausage, peameal, green pepper, red pepper, spinach or cheese. Served with choice of home fries, baked beans or grilled tomato

Includes toast & coffee or juice.

Benedicts

Classic Benedict \$19.00
English Muffin topped with peameal, 2 poached eggs & hollandaise. Served with choice of home fries, baked beans or grilled tomato

Eggs Florentine (Veg) \$19.00
English Muffin topped with spinach, 2 poached eggs & hollandaise. Served with choice of home fries, baked beans or grilled tomato

Includes coffee or juice

Pancakes & French Toast

3 Pancakes \$16.00
With bacon, ham, sausage or peameal add blueberries \$4.00

3 Slices of French Toast \$17.00
With bacon, ham, sausage or peameal

Includes coffee or juice

Breakfast Sandwiches

Toasted Western \$8.00
Fried egg with ham and onion

Toasted Fried Egg \$7.00

English Muffin with fried egg and cheese \$6.00
Choice of bacon, ham, sausage or peameal

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

Bagel with cream cheese \$3.50

Bagel with guacamole & tomato (Veg) \$7.50

Buttermilk Biscuit \$8.00
With crispy chicken, bacon, lettuce, tomato and mayo

*Add home fries to any breakfast sandwich.....\$4.00
coffee or juice not included*

Appetizers & Snacks

Zucchini Sticks with ranch dip	\$14.00
Onion Rings with chipotle dipping sauce	\$12.00
Cauliflower Bites with choice of dipping sauce	\$13.00
French Fries	\$8.00
Poutine with cheese curds	\$11.00
Sweet Potato Fries with chipotle dipping sauce	\$11.00
Chicken Quesadillas	\$17.00
Chicken, red & green peppers, tomato, onion, cheese, sour cream & salsa	
Mississippi Nachos	\$19.00
Corn chips, salsa, mixed red and green peppers and onions, jalapeños, beef or chicken & cheese	
Combo Platter	\$25.00
6 chicken wings, 6 zucchini sticks, 4 chicken fingers, onion rings & garlic bread	

Wings

Wings	6	\$11.00
Served with fries. Choice of Mild, Medium, Hot, Forty Creek BBQ or Honey Garlic	12	\$17.00
	24	\$30.00

Greens

Caesar Salad	Small	\$11.00
	Large	\$14.00
Julienne Salad	Small	\$14.00
Garden salad topped with turkey, ham, bacon, cheese & egg	Large	\$17.50
Spinach Salad	Small	\$14.00
Beets, goat cheese, dried cranberries, red onion, and pecans, with balsamic dressing	Large	\$17.00

Dressing Available: Blue Cheese, Balsamic, Garlic, Italian

Add chicken to any salad for \$4.00

Tax Not Included

Gluten Free bread, wraps, burger buns and english muffins available. \$3.00

TAKE OUT AVAILABLE ALL DAY!

Call 613 257 3396 ext 2 to place order

Please speak to Wendy if you have special food needs due to dietary restrictions, and require food that is not on the menu.

Wraps

Grilled Caesar Wrap	\$11.00
Grilled chicken breast with Caesar salad	
Harvest Wrap	\$11.00
Turkey, spinach, apples, dried cranberries, red onion, and honey dijon sauce	
Buffalo Chicken Wrap	\$11.00
Crispy chicken, lettuce, tomato, red onion, mozzarella cheese, hot sauce, and ranch dressing	
Arizona Wrap	\$11.00
Crispy chicken, bacon, lettuce, tomato, red onion, mozzarella cheese, and guacamole	

Sandwiches

Pesto Chicken	\$13.00
Chicken breast, spinach, Swiss cheese, tomato, red onion, and pesto mayo on a schiacciata bun	
ABC Sandwich	\$13.00
Apple, bacon, chicken, brie, spinach with honey dijon sauce on a schiacciata bun	
Mediterranean Sandwich	\$13.00
Roasted zucchini, red pepper, chickpeas, feta with hummus and spinach on a schiacciata bun	
Grilled Cheese	\$7.50
	add bacon or ham \$1.00
Toasted Sandwiches	\$8.00
Turkey, BLT, Western	
Club Sandwich	\$13.00
Turkey, bacon, lettuce, tomato, and mayo	

From the Grill

Hot Dog	\$5.50
	add bacon and cheese \$7.00
Hamburger	\$10.00
Lettuce, tomato, pickle, red onion	add bacon and cheese \$2.75
Forty Creek Burger	\$13.00
BBQ sauce, peameal, caramelized onions, cheese, lettuce, and tomato	
Chicken Crunch Burger	\$13.00
Crispy chicken, topped with bacon, Swiss cheese, chipotle mayo, lettuce, tomato	
Chicken Fingers & Fries	\$17.00

Add fries, garden or caesar salad.....\$6.00
Substitute onion rings or sweet potato fries.....\$7.00

Tax Not Included

Plant-Based

Buffalo Cauliflower Wrap	\$11.00
Grilled wrap with cauliflower bites, mozzarella, hot sauce, lettuce, tomato, red onion and ranch	
Black Bean Burger	\$11.00
Lettuce, tomato, red onion, pickle, and spicy mayo	
Falafel Wrap	\$11.00
Onion, cucumber, tzatziki	
Mediterranean Sandwich	\$13.00
Roasted zucchini, tzatziki, red pepper, chickpeas, feta with hummus and spinach on a schiacciata bun	

Add fries, garden or caesar salad.....\$6.00

Substitute onion rings or sweet potato fries.....\$7.00

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Items can be made vegan upon request