

BREAKFAST MENTAL MANAGEMENT OF THE PROPERTY OF

We serve fresh, top quality ingredients, homemade food at a great value at our family style run restaurant and our customers enjoy the home dining feeling in a restaurant environment.

Proudly offering a variety of dietary options

Vegetarian Vegan Gluten-free HOT

Sub bacon, ham or sausage For 3 peameal bacon or 5 turkey bacon.	\$ 2.00			
Classic	\$ 13.95	STEAK & EGGS		BENEDICTS
3 Eggs any style with choice of 3 slices of bacon or 3 sausages or 3 ham, home fries and choice of toast. No Meat 3 Eggs any style, home fries and choice of	\$ 10.75	Eggs & Grilled NY Striploin 3 Eggs any style, 6oz NY striploin, served with home fries and toast.	\$ 17.95	Eggs Benedict \$ 15.95 2 Eggs poached on toasted English muffin with peameal bacon, topped with hollandaise sauce and served with home fries.
toast. Big Bacon 3 Eggs any style with 2 pieces of peameal, 3	\$ 16.95	OMELETTES		Lorraine \$ 16.95 2 Eggs poached on an toasted English muffin
slices of bacon, served with home fries and your choice of toast. Cheery	\$ 17.85	Turkey Bacon Club Omelette Diced turkey breast, bacon, tomato and cheddar cheese.	\$ 16.95	with bacon, caramelized onions, cheddar cheese topped with hollandaise sauce and served with home fries.
3 Eggs any style with 3 slices of bacon, 3 sausages, Served with your choice of toast and a fruit cup.		Western Cheddar Cheese Omelette	\$ 15.95	BBQ Pulled Pork Benedict \$ 16.95 2 Poached eggs on a toasted English muffin with Swiss cheese, BBQ pulled pork topped
Sunrise 3 Eggs any style with 2 slices of bacon, 2 sausages, 2 ham, home fries and your of either	\$ 18.95	Ham, onions and cheddar cheese. Omelettes 3 Eggs omelette, served with home fries and		with hollandaise sauce and crispy onion strings. Served with home fries.
Smoked Salmon Breakfast 3 Eggs any style, smoked salmon, sautéed spinach with caramelized onions and feta	\$ 18.95	choice of toast. Sub egg white Sub home fries for fruit or house salad	\$ 3.45 \$ 3.25	Florentine 2 Poached eggs on toasted English muffin with fresh baby spinach topped with hollandaise sauce and served with home fries. \$ 15.95
cheese, home fries, served with choice of toast and hollandaise sauce on side.		Mexican Omelette Stuffed with beef chili & melted cheddar cheese.	\$ 18.95	Grilled ham, spinach, caramelized onions
Champion 3 Eggs any style, 2 golden fried chicken tenders, 3 bacon, home fries and your choice	\$ 18.95	Monte Cristo Omelette Diced Turkey breast, ham and Swiss cheese.	\$ 16.95	and Swiss cheese served on a toasted English muffin, topped with 2 poached eggs, hollandaise sauce and served with home fries.
of either toast or 2 French toast or 2 pancakes.		Eastern Omelette Ham, onions and green peppers.	\$ 14.95	Jerk Bacon Benedict \$ 16.95 Toasted English muffin topped with fresh
Keto Breakfast 3 Eggs omelette with ham,onion,mushroom & Swiss cheese,keto bread and a fruit cup.	\$ 16.95	Loaded Bacon, ham, sausages, green peppers, onion, mushroom and cheddar cheese.	\$ 17.95	tomato,red onions, jerk bacon and topped with 2 poached eggs and covered in hollandaise sauce.
Avocado Toast 2 Slices of Rye toasted and served with guacamole,pico de gallo,2 eggs any style and	\$ 16.95	Healthy Breaky Bacon, roasted red peppers, spinach, onion & mushrooms. Served with home fries and toast.	\$ 15.95	Avocado Benedict \$ 15.95 2 Poached eggs on the top of toasted English muffin, guacamole, pico de gallo, cheddar cheese and covered in hollandaise sauce.
hollandaise sauce on side. Served with a fruit cup. Doubles This popular street food originated from Trinidad,	\$ 15.95	Mediterranean Red onions, zucchini,tomatoes,black olives and feta cheese.	\$ 15.75	Corned Beef Benedict \$ 17.95 Corned beef,Sauerkraut,Swiss cheese on a toasted English muffin with 2 poached eggs
Tobago. This breakfast includes 3 baras (flat fried dough) each filled curry channa and topped with chutney (mild or spicy) homemade		Grilled Chicken Omelette Grilled chicken breast, roasted red peppers, onions and cheddar cheese.	\$ 16.85	and topped with hollandaise sauce. Chicken & Bacon Waffle \$ 17.95
	\$ 16.95	Great Canadian Bacon, onion, mushroom and cheddar cheese.	\$ 15.95	Benedict 2 Mini sweet Belgian waffles with 2 poached eggs, crispy chicken tenders, covered in
Parathas Whole wheat Indian 2 flatbreads stuffed with savory, spiced grated paneer (Indian cottage cheese)This paneer parathas makes a filling		Omega Smoked Salmon, spinach, onion, roasted red peppers and Swiss cheese. Served with	\$ 18.95	hollandaise sauce and topped with bacon bits. Mexican Roast Beef Benedict \$ 18.95
breakfast with flavourful channa masala (chickpeas curry) and served with sour cream on side.		a side of hollandaise sauce Mushroom, Onion & Mixed Cheese Omellete	\$ 14.95	2 poached eggs on a toasted English muffin, guacamole, cheddar cheese, caramelized onions, roast beef and topped with hollandaise
Samosa with Chana Masala 3 Crispy and flaky samosa stuffed with a filling potatoes, onions, green peas, garlic, ginger, aromatic spices and red chili flakes. Served with channa masala, sweet tamarind and spicy cilantro chutney.	\$ 14.95	Indian Desi Flavor Omelette Green peppers, mushrooms, onions, cilantro, mozzarella and cheddar cheese cooked with Indian spices to create balanced flavors of ground spices, chillies and eggs. Served with pita bread and home fries.	\$ 16.75	Smoked Salmon Avocado \$ 18.95 Benedict Smoked Salmon, guacamole and pico de gallo served on a toasted English muffin, topped with 2 poached eggs and hollandaise sauce Served
Nutri with Toasted Pita Bread Nutri is a famous street food from Amritsar, India, a flavorful nutri nuggets curry made with soya nuggets,onions,garlic,tomatoes, red chilli flakes,	\$ 16.85	Delectable Chicken, ham, spinach, tomato, onion and feta chees omelette.	\$ 16.95	with home fries.
ginger,carrots,red,yellow, green bell peppers, spinach and aromatic spices. Served with pita bread and coleslaw on side.		Garden Vegetables Omelette Zucchini, mushroom, onion, roasted red pepper, and cheddar cheese.	\$ 16.45	

LIGHTER OPTIONS

Comfy
Rye toast topped with hummus, guacamole,
pico de gallo, 2 poached eggs and served
with a side of home fries.

Delight 3 Eggs any style, buttered toast, jam and

fruit cup.

Healthy Start Vanilla Yogurt Bowl with mixed fruits, granola and honey.

TOFU Breakfast Scramble Scrambled tofu, turmeric, cumin, garlic, aromatic spices, spinach, caramelized onions, roasted red peppers. Served with grilled pita bread and home fries.

QUESADILLA

\$ 15.95

\$ 16.95

\$ 18.95

\$ 15.95

\$ 13.95

\$ 15.95

\$ 18.95

\$ 13.95

Veggie Quesadilla 3 Eggs scrambled, mushrooms, green

peppers, onions, mixed cheese inside a flour tortilla. Served with home fries, salsa and sour cream.

Breakfast Quesadilla

3 Eggs scrambled, cheddar cheese, tomato, bacon bits, inside a tortilla. Served with home fries, salsa and sour cream.

BURRITO

Roast Beef & Eggs Burrito

Roast beef, scrambled eggs, caramelized onions, guacamole, black beans, cheddar cheese and lettuce all wrapped up in a flour tortilla .Served with home fries, salsa and sour cream.

BREAKFAST SANDWICHES

Cuban
Roasted pulled pork, ham, Swiss cheese,
2 fried egg, pickle slices and mustard on a
ciabatta bun with side of fruit cup.

Day Break

3 peameal bacon, fried egg, cheddar cheese, lettuce and tomato on a toasted buttered every thing bagel. Served with home fries.

Western Sandwich	with home fries
3 eggs, ham and onions.	

Add cheese

Eastern Sandwich with home fries 3 eggs, ham, onion and green peppers.

Eggs Sandwich 5 Bacon, 2 eggs, cheddar cheese sandwich,

lettuce and tomato served with home fries.

Classic BLT with home fries Bacon, lettuce, tomato and mayo.
Add Cheese

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Add	an egg

\$ 17.95

\$ 16.75

\$ 14.95

\$ 1.50

\$ 14.95

\$ 15.95

\$ 12.95

\$ 1.50

\$ 1.50

\$ 16.95

\$ 17.95

\$ 16.95

\$ 17.95

cream

\$ 15.95

\$ 12.95

\$ 15.95

\$ 16.95

Triple Decker Breakfast Club 2 Fried eggs, cheddar cheese, bacon, lettuce, tomato & mayo in triple decker sandwich.

Served with home fries.

Mixed Cheese Omelette Sandwich

3 Eggs cheddar and mozzarella cheese omelette sandwich & home fries.

Stuffed Grill Cheese Grilled ham, 2 fried eggs, caramelized onions,

Swiss grill cheese sandwich. Served with home fries.

Queen Smoked Salmon, 2 fried eggs, cheddar cheese, lettuce,tomato,red onions, pickle slices on a

toasted buttered every thing bagel. Served with a side of fruit cup.

Triple Decker Grill Cheese with home fries

BREAKFAST WRAPS

\$ 16.95 Roasted pulled pork, ham, Swiss cheese, 2 fried egg,pickle slices and mustard on a ciabatta bun with side of fruit cup.

CORDON BLEU

Grilled chicken, ham,2 eggs scrambled,Swiss cheese, lettuce and mayo all wrapped up in a flour tortilla. Served with a side of home fries.

SPICY CHICKEN PHILLY

2 Eggs scrambled, grilled chicken, sautéed Peppers, caramelized onions, mushrooms mixed cheese lettuce and Sriracha mayo all wrapped up in a flour tortilla. Served with a side of home fries.

ULTIMATE

2 Eggs scrambled, grilled chicken breast Sautéed zucchini, roasted red peppers, cheddar cheese, guacamole, pico de gallo and lettuce wrapped up in a flour tortilla. Served with a side of home fries and sour cream.

EGGS & VEGGIES

2 Eggs scrambled, cheddar cheese, roasted red peppers, caramelized onions, mushrooms, black beans, guacamole, lettuce all wrapped up in a flour tortilla and served with a side of home fries.

PANCAKES

Pancakes 3 large fluffy pancakes served with butter & syrup. Sprinkled with icing sugar.	\$ 12.95
With chocolate chips	\$ 13.95
Blueberries Pancakes	\$ 13.95
With fresh fruit cup	\$ 15.95
With bacon bits and chocolate chips	\$ 16.95
With strawberries,banana,	\$ 16.95

FRENCH TOAST

chocolate sauce and whipped

French Toast 3 slices of Texas toast served with butter and syrup. Sprinkled with icing sugar.	\$ 13.95
With a fruit cup	\$ 15.95
Caramel Banana French	\$ 15.95
Toast With 2 ham or 3 bacon or 3 sausages	\$ 17.95

SKILLETS

\$ 16.95 **Benny Skillet** 2 Poached eggs, peameal bacon and home

\$ 18.95 **Country Skillet** 2 Eggs any style, home fries, cheddar cheese,

fries all topped with hollandaise sauce.

bacon,ham,sausages,mushrooms,caramelized onions and hollandaise sauce.

Veggie Skillet 2 Eggs any style, home fries, cheddar cheese, sauteed mushrooms, spinach, roasted red peppers, caramelized onions and hollandaise sauce.

\$ 18.95 Supreme Skillet

\$ 16.95

\$ 17.95

\$ 16.95

2 Eggs any style, home fries, cheddar cheese, grilled chicken, bacon, sausages, caramelized onions and hollandaise sauce.

Chicken Breakfast Skillet

2 Eggs any style, home fries, cheddar cheese, grilled chicken breast, mushrooms, roasted red peppers, caramelized onions and hollandaise sauce.

Sausage & Pepper Skillet Sausages, peppers and onion, home fries, shredded cheddar cheese and 2 eggs any

style.

SIDES

2 egg any style	\$ 3.00
Single pancake	\$ 3.95
Single French toast	\$ 3.95
Whipped cream	\$ 1.99
Turkey bacon (3)	\$ 5.95
Tomato	\$ 1.99
Fruit cup	\$ 4.95
Fruit Bowl	\$ 7.95
Sub home fries for fresh fruit or house salad	\$ 3.95
Toast white or brown	\$ 2.95
Sub brown or white toast for Rye	\$ 0.50
English muffin	\$ 2.95
Bagel	\$ 3.45
Keto bun Add an Egg	\$ 3.45 \$ 1.50
Real Canadian Maple syrup Side 3 bacon Side 3 sausages or 3 ham Side 2 peameal bacon	\$ 2.95 \$ 5.95 \$ 6.95
Side home fries Side hollandaise sauce	\$ 4.95 \$ 3.95

BELGIAN WAFFLE

Served with whipped cream sprinkled with icing sugar	\$ 12.95
With strawberries, banana toppings and chocolate sauce	\$ 14.95
With whipped cream and a fruit cup	\$ 15.95