



# SOUPS AND SALADS

Add Avocado or Cheese \$1.95

**Soup of the day \$ .95**  
Prepared daily with market fresh ingredients. Ask your server for our daily homemade selection.

### Chef Salad

Crisp iceberg lettuce with tomatoes, cucumbers, carrots, celery, red cabbage and your choice of dressing.  
Small \$.95 Large \$1.95  
Add Cheddar Cheese 1.95

### Greek Salad

A combination of crisp iceberg lettuce, tomatoes, cucumbers, onions, feta cheese, and kalamata olives with our homemade Greek dressing.  
Small \$ .95 Large \$1.95  
Extra Feta \$1.95

### Caesar Salad

Crisp romaine lettuce, bacon, croutons, and parmesan cheese tossed with homemade creamy garlic dressing.  
Small \$.95 Large \$1.95

### Grilled Chicken

**Caesar Salad \$1.95**  
6oz marinated grilled chicken breast on Caesar salad.

### Grilled Chicken

**Greek Salad \$1.95**  
6oz marinated grilled chicken breast on Greek salad.  
Extra Feta \$1.95

### Cobb Salad \$1.95

Sliced flame-grilled chicken breast, smoked bacon, crisp lettuce, cucumber, avocado, sliced hard-boiled egg, cheddar cheese, goat cheese, tomatoes, and home-made croutons with your choice of dressing.

### Paradise

**Chicken Salad \$15.95**  
Herb-marinated grilled chicken breast, mixed greens, avocado, goat cheese, and honey roasted walnuts topped with your choice of dressing.

### Avocado Apple-Feta Salad \$13.95

Mixed greens, avocado, honey roasted walnuts tossed with lemon honey dressing topped with apple slices and feta cheese.  
Add Chicken \$3.95

## Light Flavours

Extra Feta cheese for \$1.95

### Light Pork \$1.95

Pork souvlaki skewer with Greek salad and tzatziki sauce.

### Light Chicken \$1 .95

Chicken souvlaki skewer with Greek salad and tzatziki sauce.

### Light Steak \$1.95

7oz AAA New York striploin steak served with our special Greek salad.

### Light Salmon \$1 .95

Fresh Atlantic grilled salmon served with our special Greek salad.

AVOCADO APPLE-FETA SALAD

## DRESSINGS:

Caesar, Greek, Italian, French, House Honey-Lemon Vinaigrette, Blue Cheese, Ranch, Balsamic, and Thousand Island.

## SPECIALTY

### Chicken or Pork

**Souvlaki Pita \$1.95**  
Chicken Souvlaki on a pita with tomatoes, onions and tzatziki sauce.  
Served with choice of potato, House salad or soup of the day.

### Chicken Fingers \$1 .95

5 tender breaded chicken strips, fried to perfection and served with fries, plum sauce and coleslaw.

French Fries \$5.95  
Sweet Potato Fries \$6.95  
Onion Rings \$6.95  
Gravy \$1.95  
Coleslaw \$4.95

Veggies & Dip \$4.95  
Rice \$4.95  
Mashed Potato \$4.95  
Roasted Potato \$4.95  
Steam Vegetable \$5.95



# WINGS

Served with blue cheese or ranch dressing. Extra dip or sauce \$0.95

## 1. CHOOSE YOUR TYPE OF WING

- **Naked Wings** - Fried until golden and crispy
- **Breaded Wings** - Lightly breaded and fried

## 2. CHOOSE YOUR FLAVOUR

MILD, MEDIUM, HOT, SUICIDE, SWEET CHILI, HONEY GARLIC, AND ASIAN HOT  
**Dry Rub** - LEMON PEPPER OR DRY CAJUN

## 3. CHOOSE YOUR SIZE OF SIDE

Wings & Veggies 1lbs - \$13.95 | 2lbs - \$26.95  
Wings & Fries 1lbs - \$15.95 | 2lbs - \$28.95  
Substitute Sweet Potato Fries \$1.95

# RIBS

## Pork Baby Back Ribs

Tender pork back ribs marinated in our tasty rib sauce. Served with coleslaw and your choice of fries or mashed potatoes  
**Half \$16.95 Full \$24.95**

## Ribs & Wings Combo

**\$25.95**  
Half order of pork baby back ribs and 1 pound wings served with french fries or mashed potatoes.

CHICKEN WINGS

RIBS & WINGS COMBO



# POUTINE

**100% Real Curds**

## Real Curds Poutine

Real cheese curds layered in between our signature fries and topped with hot gravy.  
**Small \$11.95 Large \$15.95**

## Bacon Poutine \$15.95

Our traditional real curds poutine topped with bacon and hot gravy.

## Banquet Poutine \$16.95

Our traditional real curds poutine with ground beef, bacon and cheddar cheese.

## Chili Poutine \$16.95

Our real curds poutine topped with homemade chili, jalapeño & cheddar cheese.

## Butter Chicken Poutine \$16.95

Our signature fries topped with real cheese curds, butter chicken and sauce.

## Buffalo Chicken Poutine \$16.95

Our real curds poutine topped with buffalo chicken.



# WRAPS

## Chicken Caesar Wrap \$16.95

Caesar salad with bacon bits and grilled chicken wrapped in a soft flour tortilla.

## Club Wrap \$16.95

Sliced deli turkey, bacon, cheddar cheese, lettuce, and tomatoes drizzled with chipotle mayonnaise and wrapped in a tortilla.

## Crispy Buffalo

### Chicken Wrap \$16.95

Lightly breaded chicken tenders tossed in a medium buffalo style sauce with tomatoes, cheese and lettuce drizzled with sweet chili sauce and wrapped in a tortilla.

## Crispy Chicken

### Ranch Wrap \$16.95

Mixed cheese, bacon, lettuce, tomato, crispy chicken and ranch dressing wrapped in a tortilla.

## Mediterranean

### Veggie Wrap \$15.95

Lettuce, tomato, black olives, cucumber red onion, feta topped with tzatziki and drizzled with sweet onion sauce wrapped in a tortilla.

# SANDWICHES

**SERVED ON YOUR CHOICE OF WHITE, BROWN OR RYE BREAD.**

**ALL SANDWICHES AND WRAPS ARE SERVED WITH CHOICE OF FRENCH FRIES, HOUSE SALAD, OR SOUP OF THE DAY.**

**Substitute:** Onion Rings, Sweet potato fries, Greek Salad, or Caesar Salad for \$1.95 Upgrade to Poutine \$3.95

## Steak Melt \$18.95

7oz striploin steak with sauteed onions, bell peppers, sauteed mushrooms and melted swiss cheese on a toasted ciabatta bun.

## Steak on a Kaiser \$17.95

7oz steak grilled to perfection with fried onions and served on a kaiser bun. **Add Cheese \$1.95**  
**Add Sauteed Mushrooms \$1.95**

## Corned Beef on a Kaiser \$15.95

Corned beef cooked to perfection served on a fresh kaiser bun.

## Reuben on Rye Bread \$17.95

A grilled sandwich composed of corned beef, melted Swiss cheese, sauerkraut, and grilled between two slices of rye.

## Philly Melt \$17.95

Our home-made sliced roast beef with sauteed onions, mushrooms, bell peppers and cheddar cheese on a fresh ciabatta bun.

## Veal on Ciabatta \$18.95

Homemade veal cutlet on a toasted ciabatta bun with a tomato-herb sauce and melted mixed cheese.

## Chicken Parmesan on a Kaiser \$17.95

Delicious crispy coated chicken breast smothered in a rich home made tomato sauce with melted mozzarella & cheddar cheese served on kaiser.

## Toasted Western \$15.95

3 eggs, ham, onions, and green peppers on your choice of bread.

## French Dip \$18.95

Shaved top sirloin cooked to perfection on French baquette, topped with crispy onions and swiss cheese. Served with au jus. **Add Sauteed Mushrooms \$1.95**

## Avocado-Bacon

### BBQ Chicken \$18.95

Grilled BBQ chicken, avocado, bacon, lettuce, cheddar cheese, and tomato on a Kaiser bun.

## Chicken or

### Pork Souvlaki Pita \$17.95

Served on a pita with tomatoes, onions and tzatziki sauce.

## Classic Club \$17.95

A triple decker sandwich with deli turkey, bacon, lettuce, tomato and mayonnaise. Served on your choice of bread. **Add Cheese \$1.95**

## Chicken Club \$17.95

A triple decker sandwich with chicken breast, bacon, lettuce, tomato and mayonnaise. Served on your choice of bread. **Add Cheese \$1.95**

## Grilled Cheese \$13.95

Melted cheddar cheese between two pieces of your choice bread and grilled to perfection. **Add Bacon \$1.95**

## BLT \$13.95

Crispy smoked bacon, lettuce, tomatoes and mayonnaise on your choice of bread. **Add Bacon \$1.95**



CRISPY BUALO CHICKEN WRAP



STEAK MELT



VEAL PARMESAN



LIVER WITH BACON & ONIONS

# HOT SANDWICHES & POPULAR DISHES

Add a salad to your meal for \$2.95

## Hot Roast Beef \$20.95

Our slowly cooked juicy roast beef on a slice of bread topped with hot gravy, served with fries or mashed potatoes and mixed fresh vegetables.

## Hot Hamburger \$20.95

Our homemade 8oz beef burger on a slice of bread top with hot gravy, served with fries or mashed potatoes and mixed fresh vegetables.

## Chicken Parmesan \$20.95

Delicious crispy coated chicken breast smothered in a rich homemade tomato sauce with melted mozzarella & cheddar cheese served with fries or mashed potatoes and mixed vegetables.

## Veal Parmesan \$21.95

Delicious crispy coated homemade veal cutlet smothered in our rich tomato sauce with melted mozzarella & cheddar cheese served with fries or mashed potatoes and mixed vegetables.

## Chicken or Veal Parm on Pasta \$21.95

Delicious crispy coated chicken breast or veal cutlet smothered in a rich homemade tomato sauce with melted mozzarella & cheddar cheese served with choice of rose or alfredo sauce and pasta (linguine, penne, spaghetti or fettuccine). Served with garlic bread.

## Liver with Bacon & Onions \$20.95

Pan-seared baby beef liver topped with bacon, sautéed onions and hot gravy. Served with mash potatoes or fries and mixed fresh vegetables.

## Shepherd's Pie \$19.95

Lean ground beef, green peas, corn, onions, carrots, and celery, topped with gravy, mashed potatoes and a sprinkle of melted cheddar cheese. Served with mixed vegetables.

## Meat Lasagna \$19.95

Homemade lasagna with 100% ground beef, baked with mozzarella, cheddar and cottage cheese, served with caesar salad and garlic bread.

## KIDS MENU \$10.95

3 - 12 YEARS OLD

SERVED WITH KID'S DRINK AND ICE CREAM

### Spaghetti with tomato sauce

Add meatballs \$1.95

### Chicken fingers with fries

Served with plum sauce

### Penne with alfredo sauce

Add chicken \$1.95

### Grilled cheese with fries

### Kid's burger with fries

Add cheese \$0.95

### Hot dog with fries

Add cheese \$0.95

# DINNER ENTREE

## STEAK

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### Strip Loin Steak \$27.95

10oz AAA strip loin steak grilled to your preference, served your choice of potatoes, vegetables and garlic bread.

### Steak & Shrimp \$29.95

10oz AAA New York strip loin steak grilled to perfection, topped with shrimp, and served with choice of potatoes, vegetables, and garlic bread.

### Steak & Lobster \$34.95

10oz AAA New York strip loin steak grilled to perfection, topped with a lobster tail. Served with choice of potatoes, vegetables, garlic bread and garlic butter.

## CHICKEN & PORK

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### Butter Chicken \$19.95

Tender chicken mixed with butter chicken sauce and served on a bed of steamed basmati rice with naan bread and sour cream

### Stir-Fry

Tender pieces of chicken, beef or shrimp specially marinated and pan-fried with traditional vegetables in special thai stir-fry sauce.

Served with rice and garlic bread.

**Chicken \$20.95 Beef \$22.95**

**Shrimp \$22.95 Vegetable \$18.95**

### Pork Souvlaki Dinner

Tender chunks of pork specially marinated and broiled to perfection, served with Greek salad, roasted potatoes, house rice, tzatziki sauce, and garlic bread.

**Small \$19.95**

**Large (two skewers) \$22.95**

### Chicken Fingers \$16.95

5 tender breaded chicken strips, fried to perfection and served with fries, plum sauce and coleslaw.

**Add Lobster Tail \$12.95**

**Add Shrimp (5) \$6.95**

### Chicken Souvlaki Dinner

Tender chunks of chicken breast, marinated in our own recipe and broiled to perfection. Served with Greek salad, roasted potatoes, house rice, tzatziki, and garlic bread.

**Small \$19.95**

**Large (two skewers) \$22.95**

### Smoked Paprika

### Chicken \$22.95

Smoked paprika chicken breast topped with red wine, and a creamy mushroom sauce. Served with rice pilaf, market vegetables and garlic bread

### Authentic Jambalaya \$24.95

Louisiana favorite jambalaya filled with grilled chicken breast, sausage, shrimp, mussels, bell peppers, onion, tomato with Cajun spice, and rice. Served with garlic bread

## SEAFOOD

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### Fish & Chips \$17.95

Fresh piece of haddock lightly beer battered and deep fried until golden brown. Served with fries and coleslaw.

**Add Extra Fish \$9.95**

### Atlantic Salmon \$24.95

Fresh Atlantic grilled salmon topped with lemon and caper dill butter sauce. Served with our house rice, seasoned vegetables and garlic bread.

### Salmon & Shrimp \$28.95

Fresh Atlantic grilled salmon and pan-seared herb and garlic shrimp topped with lemon and caper-dill butter sauce. Served with house rice and fresh vegetables.

### Baked Lobster and Garlic Shrimp Dinner \$30.95

Atlantic lobster tail baked with garlic butter poached shrimp. Served with market vegetables and your choice of white or yellow rice.



STRIP LOIN STEAK



CHICKEN SOUVLAKI DINNER



SHRIMP PASTA



FETTUCCHINE ALFREDO

## PASTA

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Add a side salad to your meal for \$3.95.  
All pastas are served with garlic bread.  
Add cheese to your garlic bread for \$1.95

### Fettuccine Alfredo \$16.95

Fettuccine tossed in a creamy alfredo sauce.  
Add Chicken \$4.95 Add Shrimp \$6.95

### Seafood Linguine \$24.95

Linguine pasta with black tiger shrimp, mussels, and scallops tossed in a delicious homemade rose sauce.

### Chicken Penne \$21.95

Penne with grilled sliced chicken breast, mushrooms, peppers and onions in our signature rose sauce.

### Spaghetti and Meatballs \$20.95

Spaghetti noodles served with homemade meatballs tossed in a zesty tomato sauce with onions and mushrooms.

### Shrimp Pasta \$22.95

Spaghetti with black tiger shrimp, sundried tomatoes, spinach roasted red peppers, mushrooms, black olives, and goat cheese in a pesto cream sauce. (veggie option available)

### Chicken or Veal Parm on Pasta \$22.95

Delicious crispy coated chicken breast or veal cutlet smothered in a rich homemade tomato sauce with melted mozzarella & cheddar cheese served with choice of rose or alfredo sauce and pasta (linguine, penne, spaghetti or fettuccine). Served with garlic bread.

### Penne Primavera (veggie) \$20.95

Penne with sundried tomato, sweet pepper, onion, mushroom, and spinach, tossed in a tomato cream sauce and topped with goat cheese. Served with garlic bread

## DESSERT

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### New York Cheesecake \$6.95

Choice of cherry or plain

### Cherry Pie with Ice Cream \$6.95

### Apple Pie with Ice Cream \$6.95

### Ice Cream \$5.45

Choice of vanilla, chocolate or strawberry

### Chocolate Brownie with Ice Cream \$6.95

Choice of vanilla, chocolate or strawberry



UNTIL 3:00 PM

# BREAKFAST & LUNCH

## 3 EGGS CLASSIC BREAKFAST

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### Classic Breakfast \$10.95

3 eggs cooked any style with your choice of bacon, ham or sausage served with toast and home fries.

### Quick Flame Big Breakfast \$16.95

4 eggs cooked any style with 2 strips of bacon, 2 sausage links, 2 slices of ham and 2 fluy hot buttermilk pancakes topped with syrup and served with home fries.

### Peameal and Eggs \$13.95

3 eggs cooked any style with peameal bacon served with toast and home fries.

### Grilled Chicken and Eggs \$16.95

6oz marinated grilled chicken breast with 3 eggs cooked any style served with home fries and toast.

### Frank's Breakfast \$14.95

3 eggs cooked any style with 3 strips of bacon and 3 sausage links served with home fries and toast.

### Steak and Eggs \$17.95

Our tender premium 7oz New York striploin grilled to perfection with 3 eggs cooked any style, served with home fries and toast

## 4 EGG OMELETTES

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Egg whites \$1.49 Add cheese \$1.95

### Plain Omelette \$12.95

### Western Omelette \$14.95

Four eggs, diced smoked ham, diced onion and green pepper.

### Mushroom

### Swiss Omelette \$14.95

Four eggs, sauteed mushrooms with Swiss cheese.

### Cheese Omelette \$14.95

Four eggs with grated cheddar cheese.

### Garden Omelette \$14.95

Four eggs, sauteed mushrooms, green peppers, onions, cheddar cheese, and diced tomatoes.

### Meat Lover's Omelette \$16.95

Four eggs diced smoked ham, bacon, sausage, diced peameal, onion and mushrooms.

### Canadian Omelette \$16.95

Four eggs, bacon, mushroom, tomato & cheddar cheese.

## EGGS BENEDICT

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All eggs benedict are served with poached eggs on an English mun covered with hollandaise sauce.

Served with home fries. Add \$1.45 for extra spinach or cheese.

### Ham \$13.95

### Peameal \$14.95

### Steak \$14.95

### Spinach & Cheddar \$14.95

### Mushroom & Swiss \$14.95

### Bacon & Avocado \$15.95



CLASSIC BREAKFAST



MUSHROOM SWISS OMELETTE





## FRENCH TOAST

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All pancakes & French toast are served with icing sugar and syrup.

**Add whipped cream for \$0.95**

### Plain French Toast **\$12.95**

3 slices of bread dipped in our signature egg batter, grilled golden brown, served with butter and syrup.

### French Toast

**With Bacon (3 slices) 13.95**

**With Sausages (3 links) 13.95**

**With 3 Eggs Any Style 13.95**

### Strawberry - Banana French Toast **\$13.95**

3 slices of bread dipped in our signature egg batter, grilled golden brown, topped with fresh strawberries and sliced banana served with butter and syrup.

## PANCAKES

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### Plain Pancakes **\$12.95**

3 fluy buttermilk pancakes topped with icing sugar and served with butter and syrup.

**With Bacon (3 slices) 13.95**

**With Sausages (3 links) 13.95**

**With 3 Eggs Any Style 13.95**

### Chocolate Chip Pancakes **\$12.95**

### Strawberry Banana Pancakes **\$13.95**

### Blueberry Pancakes **\$13.95**

### Chocolate Banana Pancakes **\$13.95**



## KIDS BREAKFAST

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Served with choice of chocolate milk or juice.

**Add fruit to any of these kids meals for \$1.95.**

### Kid's Eggs **\$8.95**

Two eggs cooked any style with two strips of bacon or sausage with home fries and toast.

### Kid's Pancakes **\$8.95**

Two pancakes served with syrup and icing sugar  
**(Chocolate Chips or Blueberries \$0.95)**

## LUNCH ENTRÉE

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### Chicken or Pork Souvlaki **\$15.95**

Tender chunks of chicken breast or pork, marinated in our own recipe and broiled to perfection. Served with Greek salad and house rice.

### Avocado Atlantic Salmon **\$16.95**

Grilled Atlantic salmon glazed with teriyaki sauce. Served with avocado, basmati rice and steamed vegetables.

### Quesadilla

Fresh flour tortilla stued with sauteed bell peppers, onions, mushrooms, and chicken baked with mixed cheese. Served with homemade chunky salsa and sour cream.

**Chicken \$14.95 Veggie \$13.95**

## BEVERAGES

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**Co ee \$2.95**

**Tea \$2.95**

**So Drinks \$3.45**

**Apple Juice \$4.95**

**Orange Juice \$4.95**

**Milk \$4.95**

**Chocolate Milk \$5.95**

**Hot Chocolate \$3.95**

**Milk Shake \$6.95**  
**(Vanilla, Strawberry or Chocolate)**