BIG BREAKFAST PLATE
2 EGS, PROTEIN, HASHBROWN AND TOAST
$6.99 580-1000 Cals

BREAKFAST SANDWICH
BACON / HAM / SAUSAGE
COMBO $7.99 | 540-910 Cals
SANDWICH ONLY $3.99 | 270-460 Cals

BREAKFAST BAGEL
BACON / HAM / SAUSAGE
COMBO $8.49 | 720-1070 Cals
SANDWICH ONLY $4.49 | 450-620 Cals

BREAKFAST WRAP
BACON / HAM / SAUSAGE
COMBO $9.49 | 810-1150 Cals
WRAP ONLY $5.49 | 540-700 Cals

BUILD YOUR OWN OMELET

OMELET
PICK YOUR TOPPINGS (1 oz each)
• Tomato 5 cals
• Onion 4 cals
• Pepper 4 cals
• Mushroom 25 cals
• Bacon 70 cals
• Shredded Cheese 60 cals
OMELET ONLY $4.49 | 320-340 Cals

MAKE IT A COMBO WITH HASH BROWNS (2) & A BEVERAGE*
$3.99 270-450 Cals

WANT MORE?

BREAKFAST PROTEIN
$1.99 35-260 Cals

HASH BROWNS (2)
$1.49 270 Cals

EGG
$0.99 70 Cals

*COMBO INCLUDES 2 HASH BROWN PATTIES AND A 355 ML JUICE OR MEDIUM COFFEE OR TEA.
### FRESH

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HAMBURGER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Add Bacon $1.99</td>
<td>70 Cals</td>
<td></td>
</tr>
<tr>
<td>Add Cheese $0.99</td>
<td>60 Cals</td>
<td></td>
</tr>
<tr>
<td>BURGER ONLY</td>
<td>$5.99</td>
<td>470-630 Cals</td>
</tr>
<tr>
<td><strong>PLANT POWER BURGER</strong></td>
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<tr>
<td>BURGER ONLY</td>
<td>$7.99</td>
<td>470 Cals</td>
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<tr>
<td><strong>CHICKEN SANDWICH</strong></td>
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<td></td>
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<tr>
<td>GRILLED OR CRISPY</td>
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<td></td>
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<tr>
<td>BURGER ONLY</td>
<td>$6.79</td>
<td>350-550 Cals</td>
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<tr>
<td><strong>CLUB SANDWICH</strong></td>
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<tr>
<td>GRILLED OR CRISPY</td>
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<tr>
<td>SANDWICH ONLY</td>
<td>$9.99</td>
<td>480 Cals</td>
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<td><strong>B.L.T SANDWICH</strong></td>
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<tr>
<td>SANDWICH ONLY</td>
<td>$5.10</td>
<td>330 Cals</td>
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### MAKE IT A COMBO!

- **FRENCH FRIES OR SWEET POTATO FRIES & POP OR WATER***
  - **$4.99**
  - Adds 770-930 Cals

### SIGNATURE FAVOURITES

- **BLT BAGEL** 430-440 Cals
  - **$5.10**

- **GRILLED CHEESE** 330 Cals
  - **$3.59**

- **POUTINE COMBO** 940-1650 Cals
  - SMALL $6.19
  - LARGE $8.29
  - *Poutine Combos include a 16 oz fountain pop

### SIDES

<table>
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<th>Item</th>
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<tr>
<td>FRIES <strong>SMALL</strong></td>
<td>420-770</td>
<td>$2.29</td>
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<tr>
<td><strong>REGULAR</strong></td>
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</tr>
<tr>
<td>SWEET POTATO FRIES</td>
<td>430-850</td>
<td>$2.99</td>
</tr>
<tr>
<td><strong>SMALL</strong></td>
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<td>- $4.69</td>
</tr>
<tr>
<td><strong>REGULAR</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**WANT MORE?**

- **CHEESE** 60 Cals
  - **$0.99**

- **BACON** 70 Cals
  - **$1.99**

- **EGG** 70 Cals
  - **$0.99**

- **GRAVY** 25 Cals
  - **$1.00**

- **POUTINE** 1340 Cals
  - **$5.79**

- **ONION RINGS** 530 Cals
  - **$4.09**

- **FRIES** SMALL 640 Cals
  - **$2.79**

- **LARGE** 830 Cals
  - **$3.84**

*COMBO INCLUDES REGULAR FRIES OR SWEET POTATO FRIES AND 591ML SOFT DRINK OR WATER
**CALORIES EXCLUDE DIPPING SAUCES

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.