

# good morning



## BIG BREAKFAST PLATE

2 EGGS, 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 TOPPIGS (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

# GRILLE WORKS

— BURGERS, FRIES AND MORE —



### HAMBURGER

Add Bacon \$1.99 | 70 Cals

Add Cheese \$0.99 | 60 Cals

**BURGER ONLY \$5.99 | 470-630 Cals**



### PLANT POWER BURGER

**BURGER ONLY \$7.99 | 470 Cals**



### CHICKEN SANDWICH

GRILLED OR CRISPY

**BURGER ONLY \$6.79 | 350-550 Cals**



### CLUB SANDWICH

GRILLED OR CRISPY

**SANDWICH ONLY \$9.99 | 480 Cals**



### B.L.T SANDWICH

**SANDWICH ONLY \$5.10 | 330 Cals**

## MAKE IT A COMBO!

**FRENCH FRIES OR SWEET POTATO**

**FRIES & POP OR WATER\***

\$4.99

Adds 770-930 Cals

## ALL DAY BREAKFAST



### BREAKFAST SANDWICH

\$3.99

340 Cals



### BREAKFAST BAGEL

\$4.49

450-620 Cals

WITH EGG, CHEESE & YOUR CHOICE OF: BACON / HAM / SAUSAGE / TURKEY SAUSAGE

## 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

**FRIES** 420-770 Cals

\$2.29 - \$3.29

SMALL/REGULAR

**SWEET POTATO FRIES** 430-850 Cals

\$2.99 - \$4.69

SMALL/REGULAR

## 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

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.

\*COMBO INCLUDES REGULAR FRIES OR SWEET POTATO FRIES AND 591ML SOFT DRINK OR WATER

\*\*CALORIES EXCLUDE DIPPING SAUCES