



**Breakfast**

**(Order sides and condiments separately)**

- Three-egg cheese omelette with ham ..... 595
- Steak (13 oz) and 2 eggs ..... 990
- Scrambled eggs ..... 200
- French toast, 3 slices with butter ..... 530
- Oatmeal ..... 175
- Breakfast combo plate – 2 pancakes, 2 eggs, 2 bacon, 2 sausage..... 740

**Sides**

- Toast, 2 whole grain slices..... 150
- Bagel ..... 245
- English muffin..... 135
- Bacon or sausage, 4 pieces ..... 175
- Hash browns..... 160
- Fruit salad..... 130
- Cup of low fat fruit yogurt ..... 250

**Condiments**

- Cream cheese (1 packet) ..... 45
- Maple syrup (1 packet)..... 55
- Butter or margarine (1 packet) ..... 35
- Strawberry jam (1 packet)..... 50
- Peanut butter (1 packet) ..... 95

**Appetizers**

- Chicken wings – 10 wings in tangy sauce ..... 1000
- Loaded nachos – cheese, tomato, and jalapenos ..... 2160
- Feta and spinach dip with pita wedges..... 1450
- Shrimp rolls – crispy tempura shrimp in a sushi roll ..... 310
- Edamame beans, steamed and lightly seasoned..... 65

**Soups and Salads**

- Chicken noodle soup ..... 120
- Creamy wild mushroom soup ..... 150
- Tossed salad with your choice of dressing on the side ..... 45
- Tossed salad with grilled chicken breast and your choice of dressing on the side ..... 235
- Caesar salad – parmesan, croutons, and creamy Caesar dressing..... 555
- Taco salad – mixed greens with cheddar cheese, beef, salsa, and sour cream
  - in a tortilla shell..... 840
  - without shell..... 470

**Lunch Favourites****(Order sides and condiments separately)**

- Classic burger ..... 780
- Chicken club sandwich with bacon and tomato ..... 595
- Taco supreme – soft taco filled with beef, lettuce, tomato, cheese, and sour cream ..... 250
- Beef burrito supreme – filled with beans, lettuce, tomato, cheese, and sour cream ..... 420
- Combo meal: hamburger, medium fries, medium pop ..... 1110
- Individual cheese pizza ..... 620

**Sides**

- French fries ..... 460
- Onion rings ..... 501

**Dinner Favourites****(Order sides and condiments separately)**

- Top sirloin steak, 13 ounces ..... 760
- Top sirloin steak, 6 ounces ..... 350
- Baked salmon filet, 9 ounces ..... 525
- Homestyle lasagna ..... 590
- Penne Alfredo ..... 1340
- Fried chicken meal – 3 pieces, coleslaw, and fries ..... 1230
- Grilled chicken breast ..... 285
- Penne with tomato sauce – kids size ..... 320

**Sides**

- Baked potato ..... 210
- Steamed mixed vegetables ..... 120
- Steamed rice ..... 255
- Dinner bun ..... 85
- Garlic toast ..... 150

**Condiments**

- Ranch dressing ..... 140
- Fat-free Italian dressing ..... 15
- Sour cream ..... 50
- Butter or margarine ..... 35
- Ketchup, mustard ..... 25
- Mayonnaise ..... 210

**Dessert Favourites**

- Apple pie .....300
- Carrot cake with icing .....545
- Ice cream .....305
- Apple crisp .....410

**Beverages**

- Water .....0
- 100% apple juice .....120
- Skim milk .....90
- 2% milk .....130
- Chocolate milk .....165
- Vanilla milkshake.....280
- Calorie-free pop.....0
- Sugar-sweetened pop.....110

**Coffee and Tea**

- French vanilla coffee .....200
- Hot chocolate.....175
- Coffee .....0
- Tea .....0
- Sugar.....15
- Cream .....20

**Alcoholic Drinks**

- Beer, 1 bottle (12 oz) .....140
- Wine (5 oz).....100
- Mixed drink (1½ oz liquor with soft drink).....210

**Note:** The calorie amounts in this resource are averages. To find the exact amount of calories in foods, read the label on packaged foods or find nutrition information from restaurants.