

● = Contains

M = May Contain

✓=Available in Gluten Friendly Option

Menu Items

BENEDICTS

	Soy (S)	Dairy (D)	Seafood (SF)	Shellfish (SH)	Mustard (M)	Nuts (N)	Tree nuts (TN)	Seeds (SD)	Eggs (E)	Gluten (G)	Gluten Friendly Option (GF)
BACON BENEDICT	●	●							●	●	
CORN & BLACK BEAN BENEDICT	●	●							●	●	
HAM BENEDICT	●	●							●	●	
HOT HONEY CHICKEN BENEDICT	●	●			●				●	●	
PEAMEAL BENEDICT	●	●							●	●	
PEAMEAL & SPINACH BENEDICT	●	●							●	●	
SOUTHWEST BENEDICT	●	●							●	●	
SPINACH & MUSHROOM BENEDICT	●	●							●	●	
TURKEY BACON BENEDICT	●	●							●	●	

BREAKFAST

AVOCADO TOAST	●	●						●	●	●	✓
CORN & BLACK BEAN AVOCADO TOAST	●	●						●	●	●	
BREAKFAST WRAP	●	●			M				●	●	
EXPRESS BREAKFAST	●	●			M				●	●	✓
FARMERS SAUSAGE & EGGS	●	●			●				●	●	
FRENCH TOAST STACK	●	●			●				●	●	✓
G.B.C. AVOCADO TOAST	●	●						●	●	●	✓
HEALTHY CHOICE	●								●		✓
HEALTHY START	●	●							●	●	✓
JUMBO EXPRESS	●	●			M				●	●	✓
JUNIOR STACK	●	●			●				●	●	✓
PANCAKE STACK	●	●			●				●	●	✓
STEAK & EGGS	●	●			M				●	●	✓
THE MEATLOVERS	●	●			●				●	●	✓
VEGGIE SCRAMBLER	●	●							●	●	✓
WAFFLE STACK	●	●			●				●	●	

BURGERS

	S	D	SF	SH	M	N	TN	SD	E	G	GF
BANQUET BURGER	•	•	•		•				•	•	
BBQ COWBOY BURGER	•	•	•		•				•	•	
CHIPOTLE BREAKFAST BURGER	•	•	•		•				•	•	
COUNTRY BURGER	•	•	•		•				•	•	
STACKED BURGER	•	•	•		•				•	•	

CREPES

BANANA BERRY CREPES		•				•	•		•	•	
MEATLOVERS CREPES	•	•							•	•	
SPINACH FLORENTINE CREPES	•	•							•	•	
STRAWBERRY VANILLA CREPS	•	•							•	•	

DAILY SPECIALS

BACON CHEDDAR JALAPENO RANCH BURGER	•	•	•		•				•	•	
BBQ PHILLY BURGER	•	•	•		•				•	•	
CALIFORNIA BURGER	•	•	•		•				•	•	
LOADED MUSHROOM BURGER	•	•	•		•				•	•	
MELT BURGER	•	•	•		•				•	•	✓

FRENCH TOAST

BANANA BREAD FRENCH TOAST	•	•				•	•		•	•	
BERRIES & CREAM FRENCH TOAST	•	•							•	•	✓
COOKIES & CREAM FRENCH TOAST	•	•							•	•	
FRENCH TOAST	•	•							•	•	✓
GLUTEN FRIENDLY FRENCH TOAST	•	•							•		✓
BANANA FRENCH TOAST W/NUTELLA	•	•				•	•		•	•	✓
NY STRAWBERRY CHEESECAKE FRENCH TOAST	•	•							•	•	
SIMPLY STRAWBERRY FRENCH TOAST	•	•							•	•	✓
STRAWBERRY BANANA FRENCH TOAST	•	•							•	•	✓
STRAWBERRY BANANA CREAM FR TST W/NUTELLA	•	•				•	•		•	•	✓
STRAWBERRY BLUEBERRY FRENCH TOAST	•	•							•	•	✓

HASHES

BACON CHEESEBURGER HASH	•	•			•				•	•	
BENEDICT HASH	•	•							•	•	
CANADIAN HASH	•	•							•		✓
COWBOY HASH	•	•			•				•	•	
HOT HONEY CHICKEN HASH	•	•			•				•	•	
MEXICAN HASH	•	•			•				•	•	

HASHES CONT'D

	S	D	SF	SH	M	N	TN	SD	E	G	GF
STACKED HASH	•	•							•	•	
SOUTHWEST STEAK HASH	•	•							•	•	
VEGGIE HASH	•								•		✓

KIDS MENU

KIDS BIRTHDAY PANCAKES	•	•							M	•	✓
KIDS BLUEBERRY PANCAKES	•	•							M	•	✓
KIDS BREAKFAST	•	•			•				•	•	✓
KIDS BIRTHDAY CAKE COMBO	•	•			•				•	•	✓
KIDS CHICKEN FINGERS & FRIES	•	•			•				•	•	
KIDS CHOCOLATE CARAMEL BROWNIE PANCAKES	•	•							•	•	
KIDS CHOCOLATE COOKIE DOUGH PANCAKES	•	•							M	•	
KIDS CHOCOLATE PANCAKES	•	•							M	•	✓
KIDS FRENCH TOAST	•	•							•	•	✓
KIDS GRILLED CHEESE	•	•								•	✓
KIDS BANANA FRENCH TOAST W/NUTELLA	•	•				•	•		•	•	✓
KIDS OREO PANCAKES	•	•							M	•	
KIDS PANCAKES	•	•							M	•	✓
KIDS STRAWBERRY BLUEBERRY FRENCH TOAST	•	•							•	•	✓
KIDS WAFFLE STICKS	•	•							•	•	✓

LUNCHES

CHICKEN FINGERS	•	•			•				•	•	
CHICKEN FINGERS TOSSED IN BBQ	•	•			•				•	•	
CHICKEN FINGERS TOSSED IN BUFFALO	•	•			•				•	•	
CHICKEN CLUB	•	•			•				•	•	
GRILLED CHICKEN CAESAR SALAD		•	•		•				•	•	✓
SANTE FE CRISPY CHICKEN	•	•			•				•	•	
ORIGINAL REUBEN	•	•			•			•		•	✓
PEAMEAL CHEDDAR MELT	•	•							•	•	
SOUTHWEST CHICKEN SANDWICH	•	•							•	•	
STACKED CLUB	•	•							•	•	✓
VEGGIE GRILLED CHEESE SANDWICH	•	•			•				•	•	✓

OMELETTES

BUILD YOUR OWN OMELETTE	•	•			M				•	•	✓
DELUXE WESTERN OMELETTE	•	•							•	•	✓
GREAT CANADIAN OMELETTE	•	•							•	•	✓
GREEK OMELETTE	•	•							•	•	✓

OMELETTES CONT'D

	S	D	SF	SH	M	N	TN	SD	E	G	GF
HOMESTYLE OMELETTE	•	•			•				•	•	
MEATLOVERS OMELETTE	•	•			•				•	•	
MEXICAN OMELETTE	•	•			•				•	•	
SPINACH OMELETTE	•	•							•	•	✓
SPINACH FLORENTINE OMELETTE	•	•							•	•	✓
VEGETARIAN OMELETTE	•	•							•	•	✓
WESTERN OMELETTE	•	•							•	•	✓

PANCAKES

BIRTHDAY CAKE PANCAKES	•	•							M	•	✓
BLUEBERRY PANCAKES	•	•							M	•	✓
BLUEBERRY BANANA PANCAKES	•	•							M	•	✓
CINNABUN CAKES	•	•							M	•	✓
CHOCOLATE CHIP PANCAKES	•	•							M	•	✓
CHOCOLATE BANANA PANCAKES	•	•							M	•	✓
COOKIE BUTTER PANCAKES	•	•						•	M	•	
COOKIES & CREAM PANCAKES	•	•							M	•	
DOUBLE BERRY PANCAKES	•	•							M	•	
GLUTEN FRIENDLY PANCAKES	•	•							•		✓
STRAWBERRY PANCAKES W/ NUTELLA	•	•				•	•		M	•	✓
NY BLUEBERRY CHEESECAKE PANCAKES	•	•							M	•	
NY STRAWBERRY CHEESECAKE PANCAKES	•	•							M	•	
PANCAKES	•	•							M	•	✓
SIMPLY STRAWBERRY PANCAKES	•	•							M	•	✓
STRAWBERRY BANANA PANCAKES	•	•							M	•	✓

POUTINES

BUFFALO CHICKEN POUTINE	•	•			•				•	•	
CLASSIC POUTINE	•	•			•					•	
CHICKEN & BACON POUTINE	•	•	•		•				•	•	

SANDWICHES

AVOCADO BRUNCH SANDWICH	•	•			•				•	•	✓
BACON & EGG SANDWICH	•	•							•	•	✓
BACON, LETTUCE & TOMATO SANDWICH	•	•							•	•	✓
C-BELT	•	•			•				•	•	✓
GRILLED CHEESE & BACON SANDWICH	•	•								•	✓
MONTE CRISTO	•	•							•	•	✓
PEAMEAL, LETTUCE & TOMATO SANDWICH	•	•								•	✓

SANDWICHES CONT'D

	S	D	SF	SH	M	N	TN	SD	E	G	GF
SHAVED HAM & EGG MELT	•	•							•	•	✓
TOASTED DENVER	•	•			•				•	•	✓
WESTERN SANDWICH	•	•							•	•	✓

SIDES

BACON											✓
BROWN TOAST	•	•								•	
CHIPOTLE MAYO	•				•				•		✓
FARMERS SAUSAGE + ONIONS	•				•						
FRENCH FRIES	•										✓
FRESH FRUIT											✓
GLUTEN FRIENDLY TOAST	•	•									✓
JAR OF JAM											✓
MAYO	•				•				•		✓
ONIONS ON HOMEFRIES	•										✓
PEAMEAL											✓
PICO SALSA											✓
RYE TOAST	•	•						•		•	
SAUSAGE		•			•					•	
SMASHED AVOCADO											✓
SPICY HOMEFRIES	•										✓
STACKED UP HOMEFRIES	•	•								•	✓
TURKEY BACON											✓
WHITE TOAST	•	•								•	
GRAVY	•	•			•					•	
HAM											✓
HOLLANDAISE	•	•								•	
HOLLY HOMEFRIES		•								•	
HOMEMADE STRAWBERRY JAM											✓
HOME FRIES	•										✓

SOUPS

CHEDDAR BROCCOLI	•	•								•	
CHICKEN TOMATO VEGETABLE	•	•								•	

WAFFLES

BLUEBERRY BANANA WAFFLE	•	•							•	•	✓
CHICKEN & WAFFLES	•	•	•		•				•	•	
COOKIES & CREAM WAFFLE	•	•							•	•	

WAFFLES CONT'D

	S	D	SF	SH	M	N	TN	SD	E	G	GF
FRESH FRUIT WAFFLE	•	•							•	•	✓
GLUTEN FRIENDLY WAFFLE	•	•							•		✓
STRAWBERRY & CREAM WAFFLE W/NUTELLA	•	•				•	•		•	•	✓
SIMPLY STRAWBERRY WAFFLE	•	•							•	•	✓
STRAWBERRY BANANA WAFFLE	•	•							•	•	✓
STRAWBERRY BLUEBERRY WAFFLE	•	•							•	•	✓
WAFFLE	•	•							•	•	✓

WRAPS

BUFFALO CHICKEN & BACON RANCH WRAP	•	•							•	•	
CHIPOTLE CHICKEN & GUAC WRAP		•			•				•	•	
CRISPY CHICKEN CAESAR WRAP	•	•	•		•				•	•	
POWER WRAP	•	•							•	•	