

LATTES

Iced
or
Hot!

Latte

Sweetened or unsweetened.
\$4.99 (180–190 Cals)

Caramel Macchiato

Topped with whipped topping & caramel drizzle. \$5.49 (250–270 Cals)

Vanilla Cupcake Latte 🍰

Topped with whipped topping & rainbow sprinkles. \$5.99 (260–270 Cals)

Chai Latte

Espresso based topped with whipped topping & cinnamon sprinkle.
\$5.49 (150–230 Cals)

Vanilla Cookie Butter

Crunch Latte 🍪

Topped with whipped topping & Biscoff® topping. \$5.99 (260–270 Cals)

Caramel Tiramisu Latte 🍰

Topped with whipped topping, caramel drizzle & cinnamon sprinkle. \$5.99 (270–280 Cals)

French Vanilla Iced Latte

Topped with whipped topping.
\$5.49 (230 Cals)

Specialty Drinks (150–280 Cals)



HOT DRINKS

Coffee/Tea

\$2.99 (0 Cals)

Espresso

\$2.99 (0 Cals)

Hot Chocolate

Topped with whipped topping & chocolate drizzle. \$2.99 (170 Cals)

Specialty Tea

Earl Grey | Green | Apple Cinnamon | Chamomile | Decaf | Peppermint |
\$3.19 (0 Cals)

Café Mocha

Hot chocolate & espresso, with whipped topping & chocolate drizzle.
\$3.99 (170 Cals)

Cappuccino

Sweetened or unsweetened.
\$3.99 (110 Cals)

French Vanilla Cappuccino

Topped with whipped topping.
\$4.99 (160 Cals)

**SUBSTITUTE
OAT MILK**
Add 99¢ (50 Cals)

Cold Drinks

Soft Drinks

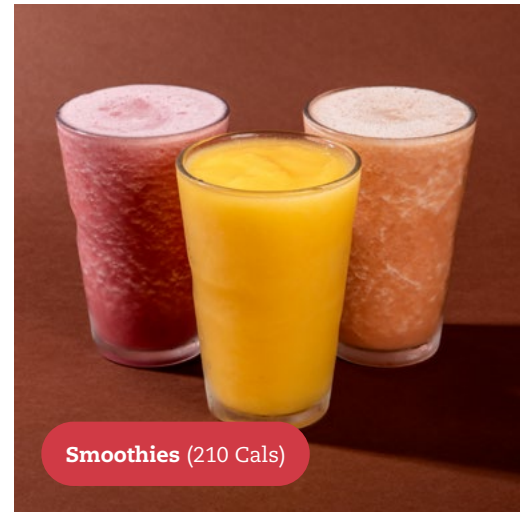
Pepsi | Diet Pepsi | 7UP | Ginger Ale | Iced Tea | \$2.49 (150 Cals)

Juice

Apple | Orange | Cranberry | Grapefruit | Lemonade | \$3.99 (140–240 Cals)

Milk

White | Chocolate | \$3.99 (190–240 Cals)



Smoothies (210 Cals)

Smoothies & Lemonades

Strawberry Banana Smoothie

Strawberries, banana & orange juice.
\$5.99 (210 Cals)

Tropical Mango Smoothie

Mangoes, banana & orange juice.
\$5.99 (210 Cals)

Mixed Berry Smoothie

Mixed berries, banana & orange juice.
\$5.99 (210 Cals)

Strawberry Lemonade

\$4.99 (180 Cals)

Mango Lemonade

\$4.99 (180 Cals)

Mixed Berry Lemonade

\$4.99 (180 Cals)

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.

BREAKFAST

Express

2 eggs, choice of bacon, ham or sausage, homefries & toast. Substitute peameal or turkey bacon, add \$1.00. \$11.99 (710–950 Cals)

Express No Meat

\$10.49 (620 Cals)

Jumbo Express

3 eggs, choice of bacon, ham or sausage, homefries & toast. Substitute peameal or turkey bacon, add \$1.00. \$13.99 (840–1220 Cals)

Farmers Sausage & Eggs


2 eggs with butterflied farmers sausage, caramelized onions, homefries & toast. \$14.99 (1330 Cals)

The Meatlovers


3 eggs with bacon, ham, sausage, homefries & toast. \$16.99 (1230 Cals)

Steak n' Eggs

6 oz. New York Striploin with 3 eggs, homefries & toast. \$20.99 (1110 Cals)

 Flavour your stack for \$1.99

 Vegetarian

 Fan favourite

Junior Stack

2 eggs served with 1 bacon, 1 sausage, 1 pancake, homefries & toast. Substitute peameal or turkey bacon, add \$1.00. \$13.99 (1040 Cals)

Pancake Stack

2 eggs served with 2 bacon, 2 sausage, 2 pancakes & homefries. \$16.99 (1160 Cals)

Pancake Stack No Meat

\$14.99 (1080 Cals)

French Toast Stack

2 eggs served with 2 bacon, 2 sausage, 2 pieces of french toast & homefries. \$17.99 (1190 Cals)

Waffle Stack

2 eggs served with 2 bacon, 2 sausage, 2 maple infused waffles & homefries. \$17.99 (1460 Cals)

Breakfast Wrap

3 eggs with your choice of 4 toppings: onions, peppers, tomatoes, mushrooms, jalapeños, spinach, smashed avocado, pico salsa, bacon, ham, sausage, cheddar, mozza, feta or BBQ sauce. Served with homefries. \$15.99 (770–910 Cals)

Pancake Stack (1160 Cals)

UPGRADES

Onions in Homefries

\$1.29 (20 Cals)

Spice Up Your Homefries

Spice up your homefries with onions, peppers & jalapeños. \$1.99 (40 Cals)

Holly Up Your Homefries

Holly up your homefries with hollandaise & cheddar. \$2.99 (160 Cals)

Stack Up Your Homefries

Stack up your homefries with onions, peppers, bacon & cheddar. \$4.49 (180 Cals)

Flavour Up Your Stack

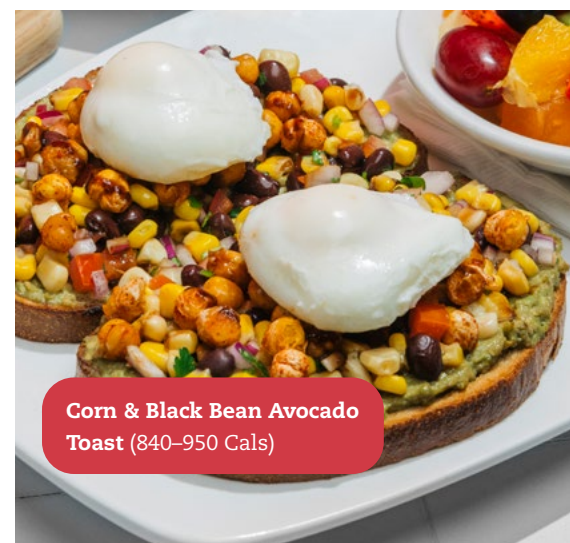
Flavour your stack to any of the options under "Signature Stacks." \$1.99 (230–1000 Cals)

TAKE HOME A JAR OF OUR FRESHLY MADE IN-HOUSE JAM 

\$6⁹⁹



Strawberry Jam (650 Cals)



Corn & Black Bean Avocado Toast (840–950 Cals)

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Cinnabun Cakes (1480 Cals)



Cookie Butter Pancakes (1650 Cals)

Avocado Toasts

SERVED WITH HOMEFRIES OR FRESH FRUIT.

Avocado Toast

2 pieces of rye toast topped with smashed avocado, pico salsa & 2 poached medium eggs.

\$12.99 (470-580 Cals)

G.B.C. Avocado Toast

2 pieces of rye toast topped with smashed avocado, pico salsa, cheddar, bacon & 2 poached medium eggs.

\$15.99 (750-860 Cals)

Corn & Black Bean

Avocado Toast

2 pieces of rye toast topped with smashed avocado, black bean, corn & pico salsa, fried chickpeas, balsamic & 2 poached medium eggs.

\$14.99 (840-950 Cals)

SIGNATURE STACKS

TOPPED WITH ICING SUGAR & WHIPPED TOPPING. 

Pancakes

\$10.99 (750 Cals)

Gluten-Friendly Pancakes

\$13.99 (1170 Cals)

Chocolate Chip

\$11.49 (860 Cals)

Blueberry

\$12.49 (830 Cals)

Simply Strawberries

\$12.49 (780 Cals)

Strawberry Banana

\$13.49 (880 Cals)

Chocolate Banana

\$12.99 (1010 Cals)

Blueberry Banana

\$13.49 (940 Cals)

NY Strawberry Cheesecake

Topped with fresh strawberries, cream cheese icing, strawberry preserve & graham crumbs. \$14.49 (1210 Cals)

NY Blueberry Cheesecake

Topped with fresh blueberries, cream cheese icing, blueberry preserve & graham crumbs. \$14.49 (1100 Cals)

Cookies & Cream

Stuffed & topped with crushed cookie pieces & vanilla icing. \$13.99 (1030 Cals)

Cinnabun Cakes

Our signature pancakes filled with cinnabun filling topped with a cream cheese icing. \$14.49 (1480 Cals)

Birthday Cake

\$13.99 (1130 Cals)

Strawberry with NUTELLA®

\$13.99 (1210 Cals)

Cookie Butter

Biscoff® spread, Biscoff® crumble & vanilla icing. \$15.99 (1650 Cals)

Double Berry

Mixed berry swirl, fresh blueberries, strawberries & cream cheese icing. \$14.99 (1120 Cals)

"You had me at pancakes"

Starting Light

Healthy Start

2 poached eggs, fresh fruit & rye toast.

\$10.99 (490 Cals)

Healthy Choice

4 egg white omelette with chicken, smashed avocado & pico salsa served with turkey bacon & fresh fruit.

\$15.99 (400 Cals)

Veggie Scrambler

2 eggs scrambled with onions & peppers, topped with smashed avocado & pico salsa. Served with homefries or fresh fruit & toast.

\$12.99 (570-680 Cals)

STACKED HASHES

TOPPED WITH 2 EGGS, TOSSED WITH HOMEFRIES, GARNISHED WITH GREEN ONION & SERVED WITH TOAST.

Bacon Cheeseburger Hash

Ground beef, bacon, cheddar, caramelized onions & chipotle mayo. \$17.99 (1630 Cals)

Mexican Hash 🌮

Sausage, peppers, onions, mozza, buffalo sauce, smashed avocado & pico salsa. \$16.99 (1060 Cals)

Cowboy Hash

Bacon, ham, sausage, peppers, onions, cheddar & BBQ sauce. \$16.99 (1080 Cals)

Canadian Hash

Maple bacon, peameal, mushrooms & cheddar. \$16.99 (1260 Cals)

Benedict Hash

Peameal, cheddar, & hollandaise. \$16.99 (1250 Cals)

Veggie Hash 🌱

Mushrooms, tomatoes, onions, peppers, spinach, smashed avocado & pico salsa. \$16.99 (970 Cals)

Stacked Hash

Shaved corned beef, onions, peppers, mozza & hollandaise. \$17.99 (1120 Cals)

Hot Honey Chicken Hash 🍯

Crispy chicken tossed in hot honey, black bean, corn & pico salsa, cheddar & ranch. \$18.99 (1490 Cals)

Southwest Steak Hash

Sliced seasoned steak, mozza, peppers, mushroom, chipotle mayo, black bean, corn & pico salsa, smashed avocado & crispy onions. \$20.99 (1500 Cals)



Eggs Benedicts

TOPPED WITH HOLLANDAISE, GARNISHED WITH CHEESE, SERVED WITH HOMEFRIES & FRESH FRUIT.

Bacon Benedict

\$14.99 (840 Cals)

Ham Benedict

\$14.99 (700 Cals)

Peameal Benedict

\$14.99 (820 Cals)

Turkey Bacon Benedict

\$14.99 (750 Cals)

Southwest Benedict 🌱

Smashed avocado, pico salsa & chipotle mayo. \$15.99 (720 Cals)

Spinach & Mushroom Benedict 🌱

\$15.99 (650 Cals)

Peameal & Spinach Benedict

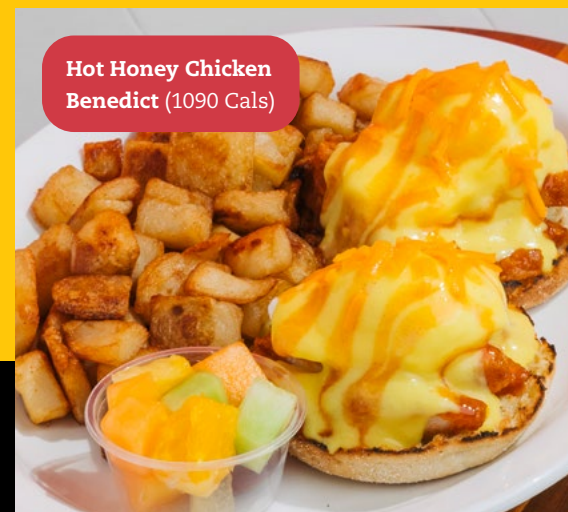
\$15.99 (820 Cals)

Hot Honey Chicken Benedict 🍯

Shaved crispy chicken tossed in hot honey. \$17.99 (1090 Cals)

Corn & Black Bean Benedict 🌱 🌮

Smashed avocado, black bean, corn & pico salsa, fried chickpeas, balsamic & feta. \$16.99 (930 Cals)



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Stacked Omelettes

SERVED WITH HOMEFRIES & TOAST.

Substitute egg whites, add \$1.99 (250 Cals)

Western

Ham & onions. \$12.99 (660 Cals)

Deluxe Western

Ham, onions, peppers & cheddar.
\$13.99 (850 Cals)

Vegetarian

Mushrooms, peppers, onions & tomatoes. \$13.99 (690 Cals)

Mexican

Sausage, peppers, onions, mozza,
buffalo sauce, smashed avocado & pico
salsa. \$14.99 (930 Cals)

Spinach Florentine

Spinach, mushrooms, onions & mozza,
topped with hollandaise & tomatoes.
\$14.99 (920 Cals)

Great Canadian

Bacon, mushrooms & cheddar.
\$13.99 (880 Cals)

Homestyle

Bacon, ham, sausage, onions, peppers
& cheddar. \$14.99 (780 Cals)

Greek

Onions, tomatoes, peppers & feta.
\$13.99 (780 Cals)

Meatlovers

Bacon, ham, sausage & cheddar.
\$13.99 (930 Cals)

Spinach

Spinach, tomatoes, mushrooms,
peppers, onions & feta.
\$14.99 (790 Cals)

Build Your Own

3 eggs with your choice of 4
toppings: onions, peppers, tomatoes,
mushrooms, jalapeños, spinach,
smashed avocado, pico salsa, bacon,
ham, sausage, cheddar, mozza, feta or
BBQ sauce. \$14.99 (670–990 Cals)

Mexican Omelette (930 Cals)



BRUNCH SANDWICHES

SERVED WITH FRIES, HOMEFRIES, SOUP OR UPGRADE YOUR SIDE.

Shaved Ham & Egg Melt

Shaved ham smothered with mozza,
cheddar & scrambled eggs grilled on
rye. \$14.99 (700–990 Cals)

Avocado Brunch Sandwich

Scrambled eggs, smashed avocado,
mozza, lettuce, tomato & chipotle
mayo on a bun. \$14.99 (970–1260 Cals)

Toasted Denver

Scrambled eggs mixed with ham,
onions, tomatoes & peppers, topped
with cheddar & chipotle mayo.
\$14.99 (830–1120 Cals)

B.L.T. Sandwich

\$12.99 (770–1060 Cals)

The C-Belt

Triple decker with cheddar, bacon, egg,
lettuce, tomato & mayo.
\$15.99 (880–1180 Cals)

Bacon & Egg Sandwich

\$12.99 (800–1090 Cals)

Toasted Western

\$12.99 (620–910 Cals)

Grilled Cheese & Bacon

\$12.99 (790–1090 Cals)

Monte Cristo

French toast stuffed with shaved ham
& mozza. \$14.99 (680–980 Cals)

Shaved Ham & Egg
Melt (700–990 Cals)



The C-Belt (880–1180 Cals)



FRENCH TOAST

TOPPED WITH ICING SUGAR, WHIPPED TOPPING & CINNAMON. 🌱

French Toast

\$10.99 (700 Cals)

Gluten-Friendly French Toast

\$13.99 (760 Cals)

Simply Strawberries

\$12.99 (730 Cals)

Strawberry Banana

\$13.99 (840 Cals)

Cookies & Cream

Topped with crushed cookie pieces & vanilla icing. \$14.49 (980 Cals)

NY Strawberry Cheesecake

Topped with fresh strawberries, cream cheese icing, strawberry preserve & graham crumbs. \$14.99 (1160 Cals)

Banana with NUTELLA®

\$13.99 (970 Cals)

Strawberry Blueberry

\$14.49 (740 Cals)

Berries & Cream

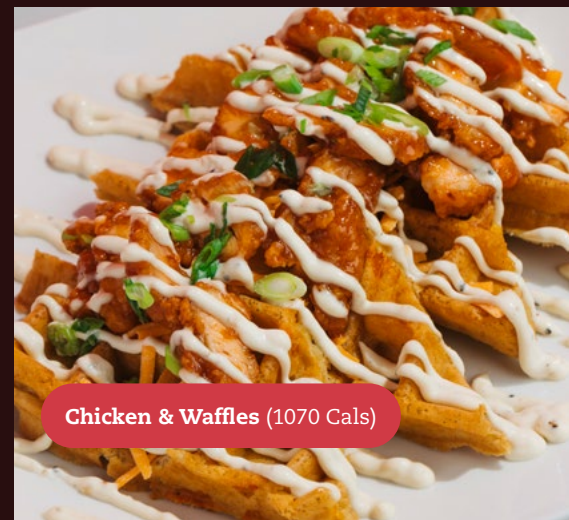
Topped with fresh strawberries, blueberries, cream cheese icing, strawberry & blueberry preserve. \$14.99 (1140 Cals)

Strawberry Banana Cream with NUTELLA®

Topped with fresh strawberries, bananas, NUTELLA® & cream cheese icing. \$14.99 (1230 Cals)

Banana Bread 🍌

Banana bread topped with bananas & cream cheese icing. \$16.99 (1440 Cals)



WAFFLES

TOPPED WITH ICING SUGAR & WHIPPED TOPPING.

Waffle 🌱

\$10.99 (640 Cals)

Gluten-Friendly Waffle 🌱

\$13.99 (870 Cals)

Simply Strawberries 🌱

\$12.99 (670 Cals)

Blueberry Banana 🌱

\$13.99 (830 Cals)

Strawberry Banana 🌱

\$13.99 (780 Cals)

Fresh Fruit 🌱

\$15.49 (750 Cals)

Strawberry Blueberry 🌱

\$14.49 (720 Cals)

Strawberries & Cream with NUTELLA® 🌱

Topped with fresh strawberries, NUTELLA® & cream cheese icing. \$14.99 (1020 Cals)

Cookies & Cream 🌱

Stuffed & topped with crushed cookie pieces & vanilla icing. \$14.49 (920 Cals)

Chicken & Waffles 🍌

Cheddar infused waffle, crispy chicken tossed in hot honey, topped with gar-parm drizzle & green onion. \$16.99 (1070 Cals)

LUNCH UPGRADES

Sub Buffalo Chicken Poutine
\$5.99 (490 Cals)

Sub Chicken & Bacon Poutine
\$5.99 (570 Cals)

Sub Classic Poutine
\$2.99 (370 Cals)

Sub Caesar Salad
\$3.99 (240 Cals)

Crepes

SERVED WITH HOMEFRIES
OR FRESH FRUIT.

Spinach Florentine Crepes 🌱
2 crepes stuffed with eggs, spinach, mushrooms, onions & mozza, topped with hollandaise & pico salsa.
\$14.99 (760–870 Cals)

Banana Berry Crepes 🌱 🍓
2 crepes stuffed with NUTELLA® & bananas, topped with fresh strawberries & chocolate drizzle.
\$13.99 (810–910 Cals)

Strawberry Vanilla Crepes 🌱
2 crepes stuffed with strawberry preserve & bananas, topped with vanilla icing & fresh strawberries.
\$13.99 (880–990 Cals)

Meatlovers Crepes
2 crepes stuffed with eggs, bacon, ham, sausage & cheddar, topped with hollandaise & buffalo sauce.
\$15.99 (880–990 Cals)

LUNCH

SERVED WITH FRIES, HOMEFRIES, SOUP OR UPGRADE YOUR SIDE.

Stacked Club 🍔
Triple decker with chicken, shaved ham, bacon, lettuce, tomato, cheddar & mayo. \$18.99 (1060–1180 Cals)

Southwest Chicken Sandwich
Grilled chicken, cheddar, lettuce, tomato, smashed avocado, crispy onions & chipotle mayo served on a bun. \$16.99 (900–1050 Cals)

Peameal & Cheddar Melt on a Bun
Peameal, cheddar, lettuce, tomato & mayo on a bun. \$15.99 (750–950 Cals)

Original Reuben
Smoked corned beef, mozza, sauerkraut & mustard grilled on rye. \$15.99 (560–750 Cals)

Chicken Club
Grilled chicken, cheddar, peameal, lettuce, tomato & mayo on a bun. \$17.99 (900–1050 Cals)

Chicken Fingers
Golden brown fillets of seasoned chicken breast served with fries. \$16.99 (800–900 Cals)

Get Them Sauced & Tossed
Your choice of BBQ or buffalo served with ranch to dip. \$1.00 (100–140 Cals)

Veggie Grilled Cheese 🌱
Cheddar, mozza, onions, peppers, jalapeños, sliced tomatoes & chipotle mayo. \$12.99 (680–970 Cals)

Stacked Club (1060–1180 Cals)



SALADS

Grilled Chicken Caesar Salad
Romaine, bacon & parmesan tossed in a caesar dressing, topped with croutons & grilled chicken. \$16.99 (660 Cals)

Santa Fe Crispy Chicken Salad 🍔
Romaine, bacon, cheddar, buffalo ranch, black bean, corn & pico salsa, topped with smashed avocado & crispy chicken. \$18.99 (890 Cals)



Grilled Chicken Caesar Salad (660 Cals)

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BURGERS & WRAPS



GARNISHED WITH LETTUCE, TOMATOES, RED ONIONS & PICKLES. SERVED WITH FRIES, HOMEFRIES, SOUP OR UPGRADE YOUR SIDE.

Country Burger

Comes plain, feel free to top it any way you would like. \$14.99 (900-1030 Cals)

Banquet Burger

Topped with bacon & cheddar. \$16.99 (1050-1230 Cals)

Chipotle Breakfast Burger

Over medium egg, peameal & cheddar, topped with chipotle mayo. \$17.99 (1250-1400 Cals)

BBQ Cowboy Burger

Bacon, cheddar & crispy onions, topped with BBQ sauce. \$17.99 (1080-1250 Cals)

Stacked Burger

2 buffalo chicken fingers on a beef patty, topped with cheddar & bacon. \$19.99 (1300-1480 Cals)

Crispy Chicken Caesar Wrap

Crispy chicken, romaine, bacon & parmesan, tossed in caesar dressing. \$16.99 (890-1050 Cals)

Buffalo Chicken & Bacon Ranch Wrap

Crispy chicken, bacon, cheddar, romaine & tomatoes, tossed in buffalo ranch. \$16.99 (950-1110 Cals)

Chipotle Chicken & Guac Wrap

Grilled chicken, bacon, cheddar, smashed avocado, romaine & pico salsa, tossed in chipotle mayo. \$17.99 (850-1000 Cals)

Power Wrap

Smashed avocado, black bean, corn & pico salsa, fried chickpeas & romaine, tossed in balsamic. \$15.99 (780 Cals)

Stacked Burger (1300-1480 Cals)



Poutines

Buffalo Chicken Poutine

Crispy chicken, bacon, mozza & gravy, topped with buffalo sauce. \$15.99 (990 Cals)

Chicken & Bacon Poutine

Crispy chicken, bacon, cheddar, tomato & gravy, topped with caesar dressing. \$15.99 (1150 Cals)

Classic Poutine

Mozza, cheddar & gravy. \$11.99 (740 Cals)

Chicken & Bacon Poutine (1150 Cals)



SIDES

Bacon (260 Cals)	\$3.99	Gravy (60 Cals)	\$1.99
Ham (90 Cals)	\$3.99	Hollandaise (160 Cals)	\$3.99
Sausage (440 Cals)	\$3.99	Pure Canadian Maple Syrup (80 Cals)	\$1.49
Peameal (270 Cals)	\$4.99	Fresh Homemade Soup (190-300 Cals)	\$4.99
Turkey Bacon (140 Cals)	\$4.99	Single French Toast (250 Cals)	\$3.99
Extra Egg (70 Cals)	\$1.99	Single Pancake (260 Cals)	\$3.99
Fresh Fruit (60 Cals)	\$4.49	Farmers Sausage & Onions (780 Cals)	\$5.99
Homefries (170 Cals)	\$4.99	Toast n' Jam (300 Cals)	\$2.99
French Fries (380 Cals)	\$4.99	Mayo Chipotle Mayo (260 Cals)	\$0.29

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