



ALLERGEN GUIDE

● = 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	●	●							●	●	
STEAK BENEDICT	●	●			●				●	●	
TURKEY BACON BENEDICT	●	●							●	●	

BREAKFAST

AVOCADO TOAST	●	●						●	●	●	✓
CORN & BLACK BEAN AVOCADO TOAST	●	●						●	●	●	
CREPE STACK W/ STRAWBERRY VANILLA	●	●							●	●	
CREPE STACK W/ BANANA BERRY	●	●					●	●	●	●	
BREAKFAST WRAP	●	●			M				●	●	
EXPRESS BREAKFAST	●	●			M				●	●	✓
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	●	●							●	●	✓



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BREAKFAST CONT'D

	S	D	SF	SH	M	N	TN	SD	E	G	GF
YOGURT PARFAIT	•	•				•	•	M		M	
WAFFLE STACK	•	•			•				•	•	

BURGERS

BANQUET BURGER	•	•	•		•				•	•	
COUNTRY BURGER	•	•	•		•				•	•	
AVOCADO BREAKFAST BURGER	•	•	•		•				•	•	
STACKED BURGER	•	•	•		•				•	•	

CREPES

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

DAILY SPECIALS

JALAPENO RANCH BURGER	•	•	•		•				•	•	
BBQ PHILLY BURGER	•	•	•		•				•	•	
CALIFORNIA BURGER	•	•	•		•				•	•	
LOADED MUSHROOM BURGER	•	•	•		•				•	•	
SMOKESHOW	•	•	•		•				•	•	

FRENCH TOAST

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

HASHES

BACON CHEESEBURGER HASH	•	•			•				•	•	
BENEDICT HASH	•	•							•	•	
CANADIAN HASH	•	•							•		
COWBOY HASH	•	•			•				•	•	
HOT HONEY CHICKEN HASH	•	•			•				•	•	
MEXICAN HASH	•	•			•				•	•	
STACKED HASH	•	•							•	•	
SOUTHWEST STEAK HASH	•	•							•	•	
VEGGIE HASH	•								•		



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KIDS MENU

	S	D	SF	SH	M	N	TN	SD	E	G	GF
KIDS BIRTHDAY PANCAKES	•	•							M	•	✓
KIDS BLUEBERRY PANCAKES	•	•							M	•	✓
KIDS BREAKFAST	•	•			•				•	•	✓
KIDS BIRTHDAY CAKE COMBO	•	•			•				•	•	✓
KIDS CHICKEN FINGERS & FRIES	•	•			•				•	•	
KIDS CHOCOLATE PANCAKES	•	•							M	•	✓
KIDS CONFETTI WAFFLE BITES	•	•			•				•	•	✓
KIDS FRENCH TOAST	•	•							•	•	✓
KIDS GRILLED CHEESE	•	•								•	✓
KIDS MORNING START	•	•							•	•	✓
KIDS OREO PANCAKES	•	•							M	•	✓
KIDS PANCAKES	•	•							M	•	✓

LUNCHES

AVOCADO BRUNCH SANDWICH	•	•			•				•	•	✓
BACON, LETTUCE & TOMATO SANDWICH	•	•							•	•	✓
BUFFALO CHICKEN & BACON POUTINE	•	•	•		•				•	•	
C-BELT	•	•			•				•	•	✓
CHICKEN FINGERS	•	•			•				•	•	
CHICKEN FINGERS TOSSED IN BBQ	•	•			•				•	•	
CHICKEN FINGERS TOSSED IN BUFFALO	•	•			•				•	•	
CHICKEN AVOCADO CHOPPED SALAD	•	•			•				•	•	
FIREBIRD CRUNCH SANDWICH	•	•			•				•	•	
GRILLED CHICKEN CAESAR SALAD		•	•		•				•	•	✓
ORIGINAL REUBEN	•	•			•			•	•	•	✓
SHAVED HAM & EGG MELT	•	•							•	•	✓
SOUTHWEST CHICKEN SANDWICH	•	•							•	•	
STACKED CLUB	•	•							•	•	✓
TOASTED DENVER	•	•			•				•	•	✓
ULTIMATE P.E.C.	•	•							•	•	✓
VEGGIE GRILLED CHEESE SANDWICH	•	•			•				•	•	✓
WESTERN SANDWICH	•	•							•	•	✓

OMELETTES

BUILD YOUR OWN OMELETTE	•	•			M				•	•	✓
DELUXE WESTERN OMELETTE	•	•							•	•	✓
GREAT CANADIAN OMELETTE	•	•							•	•	✓
HOMESTYLE OMELETTE	•	•			•				•	•	
SPINACH FLORENTINE OMELETTE	•	•							•	•	✓



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PANCAKES

	S	D	SF	SH	M	N	TN	SD	E	G	GF
BANANA BERRY CHEESECAKE PANCAKES	●	●							M	●	
BIRTHDAY CAKE PANCAKES	●	●							M	●	✓
BISCOFF PANCAKES	●	●						●	M	●	
BLUEBERRY PANCAKES	●	●							M	●	
CHOCOLATE CHIP PANCAKES	●	●							M	●	✓
CHOCOLATE BANANA PANCAKES	●	●							M	●	✓
CINNABUN CAKES	●	●							M	●	✓
CONFETTI COOKIE PANCAKES	●	●							M	●	
DOUBLE BERRY PANCAKES	●	●							M	●	
GLUTEN FRIENDLY PANCAKES	●	●							●		✓
HONEY BUTTER PANCAKES	●	●							M	●	✓
MAPLE BANANA CRUNCH PANCAKES	●	●				●	●	M	M	●	✓
NY STRAWBERRY CHEESECAKE PANCAKES	●	●							M	●	
PANCAKES	●	●							M	●	✓
STRAWBERRY BANANA PANCAKES	●	●							M	●	✓
STRAWBERRY PANCAKES W/ NUTELLA	●	●				●	●		M	●	✓

SIDES

BACON											✓
BROWN TOAST	●	●								●	
CHIPOTLE MAYO	●				●				●		✓
CRISP UP HOMEFRIES		●									
EGG								●			
FRENCH FRIES	●										✓
FRESH FRUIT											✓
GLUTEN FRIENDLY TOAST	●	●									✓
GRAVY	●	●			●				●		
HAM											✓
HOMEFRIES OUT, FRUIT IN											✓
JAR OF JAM											✓
MAYO	●				●				●		✓
ONIONS ON HOMEFRIES	●										✓
PEAMEAL											✓
PICO SALSA											✓
RYE TOAST	●	●						●		●	
SAUSAGE		●			●					●	
SMASHED AVOCADO											✓
SPICY HOMEFRIES	●								M		



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SIDES CONT'D

	S	D	SF	SH	M	N	TN	SD	E	G	GF
TURKEY BACON											✓
WHITE TOAST	●	●								●	
HOLLANDAISE	●	●								●	
HOLLY HOMEFRIES			●							●	
HOMEMADE STRAWBERRY JAM											✓
HOME FRIES	●									M	

SOUPS

HEARTY VEGETABLE MINESTRONE	●									●	
SWEET CORN CHICKEN CHOWDER	●	●								●	

WAFFLES

BANANA BERRY CHEESECAKE WAFFLE	●	●							●	●	
HOT HONEY CHICKEN & WAFFLES	●	●	●		●				●	●	
COOKIES & CREAM WAFFLE	●	●							●	●	
GLUTEN FRIENDLY WAFFLE	●								●		✓
TRADITIONAL CHICKEN & WAFFLES	●	●			●				●	●	
STRAWBERRY & CREAM WAFFLE W/NUTELLA	●	●				●	●		●	●	✓
STRAWBERRY BANANA WAFFLE	●	●							●	●	✓
WAFFLE	●	●							●	●	✓

WRAPS

BUFFALO CHICKEN & BACON RANCH WRAP	●	●							●	●	
CHIPOTLE CHICKEN & GUAC WRAP		●			●				●	●	
CRISPY CHICKEN CAESAR WRAP	●	●	●		●				●	●	