



# MENU

Serving Breakfast Since 1985

## BREAKFAST COMBOS:

### 1 3 Pancakes & 2 Eggs - \$13.99

With choice of Sausage, Bacon, Ham or Canadian Bacon

### 2 2 Eggs, Home Fries & Toast - \$12.99

With choice of Sausage, Bacon, Ham or Canadian Bacon

### 3 4 Eggs & Toast - \$13.99

With choice of Sausage, Bacon, Ham or Canadian Bacon

### 4 3 Fluffy Pancakes - \$12.99

With choice of glazed strawberries, fresh banana slices, peach slices, blueberry or chocolate chips

### 5 Belgian Waffle - \$13.99

With choice of glazed strawberries, fresh banana slices, peach slices or chocolate chips

### 6 6oz New York Strip Steak & 2 Eggs - \$20.99

Served with Home Fries and toast

Substitute Turkey Bacon or Turkey Sausage \$ 2.99

Substitute Gluten Free Toast \$1.99

## GIANT 3 EGG OMELETTES:

All omelettes are served with grilled home fries & toast

### Great Canadian Omelette - \$14.99

Canadian Bacon, Mushrooms & Cheddar Cheese

### Meat Lover Omelette - \$14.99

Ham, Bacon & Sausage

### Western Omelette - \$14.99

Ham, Green Peppers & Onions

### Vegetarian Omelette - \$14.99

Green Peppers, Mushrooms & Onions

### Bacon & Cheese or Ham & Cheese Omelette - \$14.99

choice of American, Cheddar, Mozzarella or Feta Cheese

### Plain Omelette - \$10.99

3 Large Eggs

Build your own \$1.99 per item

### Cheese Omelette - \$12.99

American, Cheddar, Mozzarella or Feta Cheese

### Big Turk Omelette - \$14.99

Turkey Sausage, Green Peppers and Onions

### Greek Omelette - \$14.99

Tomato, Feta & Spinach

### Spinach, Mushroom & Cheese Omelette - \$14.99

American, Cheddar, Mozzarella or Feta Cheese

### CPH Omelette - \$14.99

Sausage, Mixed Peppers, Onions topped with Hollandaise sauce

Substitute Gluten Free Toast \$1.99

Sub Egg Whites \$1.99

Add Cheese to you Omelette \$1.99

## CPH FAVOURITES

### 3 Fluffy Pancakes - \$9.99

Add Bacon, Ham, Sausage or Canadian Bacon \$3.99

Add Turkey Bacon or Turkey Sausage \$4.99

### Golden French Toast with a hint of Vanilla, Cinnamon & Powdered Sugar - \$10.99

Add Bacon, Ham, Sausage or Canadian Bacon \$3.99

Add Turkey Bacon or Turkey Sausage \$4.99

Add fruit topping or Nutella \$2.99

### Continental's Special "Stuffed French Toast" - \$13.99

Nutella, Mascarpone Cheese, Banana stuffed inside 3 slices of French Toast

### ★ Eggs Benny - \$13.99

English muffin, 2 poached eggs, 2 slices of peameal bacon, home fries & hollandaise sauce

### Veggie Eggs Benny - \$13.99

English muffin, 2 poached eggs with spinach, hollandaise sauce, side of tomato & home fries

### Breakfast Poutine - \$13.99

2 eggs any style, choice of bacon, ham, sausage or Canadian bacon served on homefries topped with Hollandaise sauce & cheddar cheese

Substitute Turkey Bacon or Turkey Sausage \$2.99

### Belgian Waffle Sprinkled with Powdered Sugar - \$10.99

Add Bacon, Ham, Sausage or Canadian Bacon \$3.99

Add Turkey Bacon or Turkey Sausage \$4.99

Add 3pc Crispy Chicken Fingers \$4.99

### Homemade Crepes - \$10.99

3 crepes filled with choice of glazed strawberries, fresh banana slices or peach slices

Add Ice Cream \$2.99 Add Nutella \$2.99

### Cheese & Egg Crepes - \$10.99

2 crepes filled with eggs and cheddar cheese

### ★ Nutella Banana Crepes - \$13.99

3 crepes filled with Nutella & bananas

### Cheese & Veggie Crepes - \$13.99

2 crepes filled with green peppers, mushrooms, onions & cheddar cheese

### ★ World Famous Panweech - \$10.99

Cheese and egg with your choice of Bacon, Ham, Sausage or Canadian Bacon served between 2 golden pancakes

Substitute Turkey Bacon or Turkey Sausage \$2.99



## Maple Syrup Glass Bottle

Available for purchase

## SANDWICHES & MORE:



All sandwiches & burgers come with grilled home fries

### Steak Sub Deluxe - \$15.99

cheese, lettuce, tomato, mixed peppers, onions & mushrooms

### Grilled Chicken Breast on a Bun - \$11.99

With lettuce, tomato & cheese

### Vegan Platter - \$11.99

Sauteed mixed peppers, onions, mushrooms with home fries & side tomato

Add 2 Eggs \$4.99

### Toasted Club House - \$13.99

Chicken, lettuce, tomato, bacon & cheese stacked on 3 pieces of white or whole wheat

Substitute Turkey Bacon or Turkey Sausage \$2.99

### Bacon, Egg & Cheese Sandwich - \$10.99

Served on white or whole wheat

### Minestrone or Beef Barley Soup - \$7.99

Served with toast

### 5pc Crispy Chicken Tenders with Home Fries - \$11.99

### BLT - \$10.99

Bacon, lettuce & tomato on white or whole wheat

SUPREME - Add 1 egg & cheese \$3.99

### PLT - \$10.99

Peameal Bacon, lettuce & tomato on white or whole wheat

SUPREME - Add 1 egg & cheese \$3.99

### Western Sandwich - \$10.99

Ham, onion & green peppers on white or whole wheat

Add Cheese \$1.99

### Grilled Cheese - \$7.99

Add Bacon \$3.99

### Grilled Beef Burger - \$10.99

with lettuce, tomato & onion

Add Cheese \$1.99

Add Bacon \$3.99

### CPH Burger - \$14.99

with lettuce, tomato, onion, egg, Canadian bacon, & cheese topped with Hollandaise Sauce



### Juice

Orange, Cranberry, Apple, Lemonade, Tomato

Sm: \$2.99 Lg: \$3.99

### White Milk

Sm: \$2.99 Lg: \$3.99

### Chocolate Milk

Sm: \$3.25 Lg: \$3.99

### 16oz XL Milkshakes/Floats - \$4.99

Vanilla, Chocolate, Strawberry or Banana

### Bottled Water - \$1.99

### Iced Tea (Nestea or unsweetened) - \$2.99

### Bottomless Coffee - \$2.99

with meals

### Pot of Tea - \$2.99

Choice of Orange Pekoe, Green Tea, Chamomile, Peppermint, Earl Grey

### Hot Chocolate served with Whipped Cream - \$2.99

### Pop/Soda (355ml) - \$2.99

Coke, Diet Coke, Ginger Ale, Sprite, A&W

### Specialty Coffees

Espresso - \$2.99

Cappuccino, Cafe Latte, Cafe Mocha - \$3.99

## SIDE ORDERS

2 Eggs any style \$4.99

2 Eggs any style and toast \$7.99

Turkey Sausage (3pc) \$4.99

Turkey Bacon (3pc) \$4.99

Canadian Bacon (3pc) \$4.99

Sausage (3pc) \$3.99

Ham \$3.99

Bacon (3pc) \$3.99

Home Fries \$3.99

Toast, English Muffin or Rye Toast \$2.99

Gluten Free Toast \$3.49

Bagel with Cream Cheese \$3.99

Cold Cereal (corn flakes, bran flakes, fruit loops) \$3.99

Fresh Banana \$2.99

Fruit Topping \$2.99

Peach Cup/Fruit Cocktail \$3.49

Side of Tomato \$1.99

2oz Nutella Cup \$2.99

3 Scoops Ice Cream \$3.49

Hollandaise Sauce \$1.99

Gravy \$1.99

NEW

## BREAKFAST FAMILY PACKS

### Breakfast Family Feast With Pancakes - \$74.99

8 Scrambled Eggs, with 3 serving of Fresh Grilled Home Fries, 9 Bacon strips, 9 Pork Sausage links, and 6 Fluffy Pancakes

Serves 4. Not available for dine-in

### Breakfast Family Feast With Belgian Waffles - \$74.99

8 Scrambled Eggs, with 3 serving of Fresh Grilled Home Fries, 9 Bacon Strips, 9 Pork Sausage Links, and 8 Belgian Waffle Triangles.

Serves 4. Not available for dine-in

### Breakfast Family Feast with Golden French Toast - \$74.99

8 Scrambled Eggs, with 3 serving of Fresh Grilled Home Fries, 9 Bacon Strips, 9 Pork Sausage Links, and 12 Triangles of Golden French Toast

Serves 4. Not available for dine-in



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