



# MENU

Serving Breakfast Since 1985

## BREAKFAST COMBOS:

- 1 3 Pancakes & 2 Eggs - \$14.99**  
With choice of Sausage, Bacon, Ham or Canadian Bacon
- 2 2 Eggs, Home Fries & Toast - \$13.99**  
With choice of Sausage, Bacon, Ham or Canadian Bacon
- 3 4 Eggs & Toast - \$13.99**  
With choice of Sausage, Bacon, Ham or Canadian Bacon

Substitute Turkey Bacon or Turkey Sausage \$ 2.99

Substitute Gluten Free Toast \$1.99

- 4 3 Fluffy Pancakes - \$12.99**  
With the choice of 1 of the following: glazed strawberries, fresh banana slices, peach slices, blueberry or chocolate chips
- 5 Belgian Waffle - \$13.99**  
With the choice of 1 of the following: 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



## 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 Omelette - \$14.99**

choice of American, Cheddar, Mozzarella or Feta Cheese

**Plain Omelette - \$10.99**

3 Large Eggs

Build your own **\$2.49** 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

**Ham & Cheese Omelette - \$14.99**

choice of American, Cheddar, Mozzarella or Feta Cheese

Substitute Gluten Free Toast \$1.99

Sub Egg Whites \$2.99

Add Cheese to your Omelette \$2.49

## 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 **\$5.99**

**Homemade Crepes - \$11.99**

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 - \$11.99**

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 - \$12.99**

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**

Add 3pc Crispy Chicken Fingers **\$5.99**



## 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 - \$12.99**

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 - \$11.99**

Served on white or whole wheat

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

Served with toast

**Crispy Chicken Tenders with Home Fries - \$13.99**

**BLT - \$11.99**

Bacon, lettuce & tomato on white or whole wheat

**SUPREME - Add 1 egg & cheese \$3.99**

**PLT - \$11.99**

Peameal Bacon, lettuce & tomato on white or whole wheat

**SUPREME - Add 1 egg & cheese \$3.99**

**Western Sandwich - \$11.99**

Ham, onion & green peppers on white or whole wheat

Add Cheese **\$1.99**

**Grilled Cheese - \$7.99**

Add Bacon **\$3.99**

**Grilled Beef Burger - \$11.99**

with lettuce, tomato & onion

Add Cheese **\$1.99**

Add Bacon **\$3.99**

**Chicken Finger Burger - \$13.99**

with lettuce & tomato



**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 - \$4.99**

Vanilla, Chocolate, Strawberry

Banana Shake add **\$0.99**

**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) \$4.99**

**Fresh Banana \$2.99**

**Fruit Topping \$2.99**

**Peach Cup/Fruit Cocktail \$3.49**

**Side of Tomato \$2.99**

**2oz Nutella Cup \$2.99**

**3 Scoops Ice Cream \$3.49**

**Hollandaise Sauce \$2.99**

**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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