



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 - \$12.49**
With choice of Sausage, Bacon, Ham or Canadian Bacon
- 3 4 Eggs & Toast - \$12.99**
With choice of Sausage, Bacon, Ham or Canadian Bacon

Substitute Turkey Bacon or Turkey Sausage \$ 2.49
Substitute Rye Toast .99
Substitute Gluten Free Toast \$1.99

- 4 3 Fluffy Pancakes - \$12.99**
With choice of glazed strawberries, fresh banana slices, peach slices, blueberry or apple compote topping or chocolate chips
- 5 Belgian Waffle - \$12.99**
With choice of glazed strawberries, fresh banana slices, peach slices, blueberry or apple compote topping or chocolate chips
- 6 6oz New York Strip Steak & 2 Eggs - \$20.99**
Served with Home Fries and toast

GIANT 3 EGG OMELETTES:

- Great Canadian Omelette - \$14.49**
Canadian Bacon & Canadian Cheddar Cheese
- Meat Lover Omelette - \$14.49**
Ham, Bacon & Sausage
- Western Omelette - \$14.49**
Ham, Green Peppers & Onions
- Vegetarian Omelette - \$14.49**
Green Peppers, Mushrooms & Onions
- Bacon & Cheese or Ham & Cheese Omelette - \$14.49**
choice of American, Cheddar or Feta Cheese

All omelettes are served with grilled home fries & choice of white or brown toast

- Plain Omelette - \$10.49**
3 Large Eggs
Build your own **\$1.99** per item
- Cheese Omelette - \$12.49**
American, Cheddar or Feta Cheese
- Big Turk Omelette - \$14.49**
Turkey Sausage, Green Peppers and Onions
- Greek Omelette - \$14.49**
Tomato, Feta & Spinach
- Spinach, Mushroom & Cheese Omelette - \$14.49**
American, Cheddar or Feta Cheese
- Loaded Potato Omelette - \$14.49**
Homefries & Bacon topped with Hollandaise Sauce

Substitute Rye Toast .99
Substitute Gluten Free Toast \$1.99
Sub Egg Whites \$1.99
Add Cheese to your Omelette \$1.99

CONTINENTAL FAVOURITES

- 3 Fluffy Pancakes - \$9.99**
Add Bacon, Ham, Sausage or Canadian Bacon **\$3.99**
Add Turkey Bacon or Turkey Sausage **\$4.99**
- 3 Slices of Golden French Toast with Powdered Sugar - \$9.99**
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
- Veggie Scramble - \$13.99**
Sautéed veggies, scrambled eggs served on a bed of home fries with choice of white or brown toast
- Breakfast Poutine - \$13.99**
Grilled home fries, chopped Canadian bacon, 2 eggs, topped with cheddar cheese & hollandaise sauce

- Belgian Waffle Sprinkled with Powdered Sugar - \$9.99**
Add Bacon, Ham, Sausage or Canadian Bacon **\$3.99**
Add Turkey Bacon or Turkey Sausage **\$4.99**
- Homemade Crepes - \$10.99**
3 crepes filled with choice of glazed strawberries, fresh banana slices, peach slices, blueberry or apple compote topping or chocolate chips
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
- World Famous Panweech - \$10.99**
Cheese and egg with your choice of Bacon, Ham, Sausage or Canadian Bacon served between 2 goldenpancakes
Substitute Turkey Bacon or Turkey Sausage **\$2.49**
- Plain Poutine - \$8.99**
Grilled home Fries topped with Hollandaise Sauce & Cheddar Cheese
Build your own **\$1.99** per item
Canadian Bacon, Ham, Bacon, Sausage, Green pappers, Onions, Mushrooms, Tomato, Spinach
Add Turkey Sausage or Turkey Bacon **\$2.49**
Add 2 Eggs **\$4.99**



Maple Syrup Glass Bottle

100ml \$10.99 250ml \$15.99

SANDWICHES & MORE:

All sandwiches & burgers come with grilled home fries

- 6oz New York Steak - \$20.99**
With home fries, salad & toast
- Grilled Chicken Breast on a Bun - \$11.99**
With lettuce, tomato & cheese
- House Salad - \$5.99**
Lettuce, tomato, onion, choice of dressing
Add Chicken **\$4.49**
- Vegan Platter - \$11.99**
Sautéed green peppers, onions, mushrooms with home fries & side tomato
- 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 **\$2.49**
- Bacon, Egg & Cheese Sandwich - \$10.99**
Served on white or whole wheat
- Minestrone Soup - \$7.99**
Served on white or whole wheat

- 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 **\$2.99**
- Grilled Beef Burger - \$10.99**
Add Cheese **\$1.99**
Add Bacon **\$2.99**
Add 1 Egg **\$1.99**
- Beef Barley Soup - \$7.99**
Served on white or whole wheat

Add house salad to any meal for \$3.99 (no substituting)



Kids 12 and Under

- 2 Pancakes - \$7.99
- 2 French Toast - \$7.99
- 1 Pancake with choice of 1 topping & 2 scrambled Eggs - \$7.99
- Grilled Cheese with home fries - \$7.99

Add Sausage, Bacon or Ham \$3.99
Add Fruit Topping/Chocolate Chips \$2.99
Ice Cream Sundae - \$4.99



- Juice**
Orange, Cranberry, Apple, Lemonade, Tomato
Sm (355ml): \$2.99 Lg(473ml): \$3.75
- White Milk**
Sm (355ml): \$2.99 Lg (473ml): \$3.75
- Chocolate Milk**
Sm (355ml): \$2.99 Lg (473ml): \$3.75
- 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**
- Pot of Tea - \$2.99**
Choice of Orange Pekoe Tea, Herbal Tea, Green Tea, Chamomile Tea, Peppermint Tea, Earl Grey Tea
- Hot Chocolate served with Whipped Cream - \$2.99**
- Pop/Soda (355ml) - \$2.99**
Coke, Diet Coke, Ginger Ale, Sprite, A&W
- Specialty Coffees**
Espresso - \$2.79
Cappuccino, Cafe Latte, Cafe Mocha - \$3.99

SIDE ORDERS

- 2 Eggs any style **\$4.99**
- 2 Eggs any style and toast **\$7.99**
- Home Fries **\$3.99**
- Turkey Sausage (3pc) **\$4.99**
- Turkey Bacon (3pc) **\$4.99**
- Sausage (3pc) **\$3.99**
- Ham **\$3.99**
- Bacon (3pc) **\$3.99**
- Gravy **\$2.99**
- Canadian Bacon (3pc) **\$4.99**
- Toast, English Muffin **\$2.99**
- Rye Toast **\$2.99**
- Gluten Free Toast **\$3.49**
- Bagel with Cream Cheese **\$3.49**
- 2 Bran Muffins **\$2.99**
- 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 **\$2.99**
- Ice Cream Sundae **\$4.99**

BREAKFAST FAMILY PACKS

- Breakfast Family Feast With Pancakes - \$65.95**
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 - \$65.95**
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 - \$65.95**
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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