



# MENU

## BREAKFAST {until 11am}

### **Banana-Granola Breakfast Smoothie 6**

Delicious and nourishing, this smoothie is like a bowl of granola on the go.

### **Toasted Banana Bread 5**

House-made served with cold butter.

### **Yogurt Bowl 9**

Greek yogurt with fresh fruit & toasted granola drizzled with honey.

### **Health Club 9.5**

One poached egg, toast, fresh tomato & fresh fruit or Greek yogurt.

### **Traditional Eggs Benedict 12**

Two lightly toasted english muffin, canadian back bacon, medium poached egg with hash browns, topped with buttery hollandaise sauce.

### **Pancakes, Waffles or French Toast 10**

Garnished with whipped cream and fruit compote or syrup.

### **Traditional Breakfast 10**

Two eggs your way, three breakfast sausages or three strips of bacon or two slices of ham. Served with hashbrowns or diced potatoes & toast.

### **Heritage Omelette 10**

Three egg omelette with your choice of 3 fillings. Served with hashbrowns or diced potatoes & toast.

White • Wheat • Marble Rye • Multigrain • Udi's 

# SALADS

## Garden Greens 10 (V)

your choice of dressing.

## Caesar Salad 12 (V)

romaine, parmesan, garlic croutons, garlic bread.

## Bread Salad 12 (V)

grilled naan bread topped with bocconcini cheese & grape tomatoes, garden greens, with an olive oil balsamic drizzle.

add 4. for bacon • 4. for chicken • for any salad

# BURGERS\*

## SK Burger + Fries 13

6 oz. fresh 100% Canadian beef patty, chef's sauce on a toasted brioche bun with lettuce, tomato & onion.

add cheese/bacon add 2. ea.

## RSK Double Burger + Fries 18

Two 6 oz. fresh 100% Canadian beef patties, bacon, cheese & chef's sauce on a toasted brioche bun with lettuce, tomato & onion.

## Crunchy Chicken + Fries 14.5

Buttermilk chicken breast tossed in Buffalo sauce on a toasted brioche bun with crunchy slaw and pickles.

## Fish Burger 14

Lightly battered, tartar sauce, brioche bun, shrettuce, cheese.  
It's really good!

# DIRTY FRIES & STUFF

**Buffalo Chicken 9.5**  
chicken , mozza, gravy, buffalo sauce

**Cheese Burger 9.5**  
beef, cheese, gravy, dill pickles, shrettuce, tomato, red onion, ketchup, mustard

**Classic 9.5**   
mozza, gravy

**Chili Cheese 9.5**  
chili, cheese, gravy, sour cream

**Nachos 14.5**    
House-made tortilla chips, all the right stuff

add spicy beef or chicken add 4.

**Classic Chicken Wings 14**  
buffalo, salt & pepper, BBQ, honey garlic

**Salt + Pepper Dry Ribs 17.5**  
House-made dill dip and caesar salad.



# SANDWICHES\*

## **South West Chicken Wrap + Fries 13.5**

Grilled chicken, bacon, tomato, lettuce, pepper jack cheese & poblano avocado ranch.

## **Steak Sandwich + Fries + Caesar 18**

8oz. grilled sirloin, garlic toast, crispy onion rings, sautéed mushrooms.

## **French Dip + Fries 13.5**

House roasted beef, Swiss cheese, mushrooms & horseradish sauce on toasted ciabatta. served with au jus.

## **Heritage Club House + Fries 13.5**

Turkey, bacon, Cheddar, lettuce, tomato & mayo on white, brown, marble rye or multigrain bread.

## **Bacon Lettuce Tomato + Fries 9**

Classic on white, brown, marble rye or multigrain bread.

## **Monte Cristo + Fries 14.5**

egg dipped texas toast with turkey, ham & swiss grilled to perfection.

## **California Veggie Sandwich 12.5**

Red pepper cream cheese, onions, cukes, carrots, fresh lettuces & avocado on toasted multigrain.

## **House made Fish & Chips 17**

2 piece fish, lightly battered. house tartar sauce, coleslaw.

## **Soup of the Day 5 / 3.75**

Ask your server about a bowl or cup of our house-made soup {NO SOUP ON SUNDAY}

# ENTRÉES\*

## HI Hamburger Helper 14

It's silky. It's satisfying. And it contains no dubious ingredients. What's not to like?

## Veal Cutlet Dinner 14.25

Fries + Veggies.

## Liver & Onions Dinner 14.25

Fries + Veggies.

## Chicken Fingers + Fries 13.5

Three crispy chicken tenders served with plum sauce.

## Hot Beef Sandwich 14.25

Sliced tender house roasted beef piled high on garlic toast with our rich gravy.

## Grilled Chicken Breast 14.25

Served with creamy mushroom sauce or à la parmesan.

## Hot Hamburger Sandwich 14.25

6 oz. beef patty served on garlic toast with sautéed mushrooms, onions & gravy.

### \*SUBSTITUTE

Caesar or tossed or onion rings or cactus chips or sweet potato or mashed instead of fries?

# KIDS

**GRILLED CHEESE** (V)  
**TRIANGLES 4**  
with fries.

**CHICKEN**  
**BITES 6**  
with fries & plum sauce.

**Buttered** (V)  
**Noodles 5**  
with Parm.

# BEVERAGES

Fruit Juice sm 2.25 lg 3.25

Milk or Chocolate Milk sm 2.25 lg 3.25

Hot Chocolate 2.25

Pop or Iced Tea 2.25 (bottomless)

Lemonade or Cranberry 2.25 (bottomless)

Coffee or Tea 2.25 (bottomless)

We have a wide variety of flavoured and herbal teas, please ask your server.

# DESSERT Ask your server!



GLUTEN FREE



VEGETARIAN

ALL PRICES PLUS TAX

# PAYMENT

CASH

DEBIT

VISA

MASTERCARD

AMEX

TAP AVAILABLE UNDER \$100

