Hotel & Convention Centre

SEASONS
CAFE & EATERY

Heritage Lounge

BREAKFAST

CLASSIC EGGS BENEDICT 16.5
English muffin, black forest ham, poached egg topped with buttery hollandaise served with shredded or diced potatoes

THE TRADITIONAL 14
two eggs your way with your choice of three breakfast sausages or three rashers of bacon or two slices of bacon served with toast & shredded or diced potatoes add a pancake 3.5

THE MEAT LOVER'S THIRESSOME 18
three eggs your way, three breakfast sausages, three strips of bacon served with shredded or diced potatoes & toast or pancakes

HERITAGE HEAVENLY OMELETTE 16.5
three egg omelette with your choice of three fillings, served with toast & shredded or diced potatoes add a pancake 3.5

THE LUMBERJACK 18
two pulled pancakes, two bacon, two sausages, one slice of ham, two eggs any style, served with toast & shredded or diced potatoes

THE RANCHER 21
7 oz. sirloin steak, two eggs any style, toast & shredded or diced potatoes add a pancake 3.5

DENVER OMELETTE 16.5
we bring it all together with sweet bell peppers, onions, black forest ham and melted cheese, served with toast & shredded or diced potatoes

BREAKFAST SKINS 13.5
potato skins filled with scrambled egg, bacon, green onion & cheese, served with salsa & sour cream add guacamole 2

THE AMERICAN 19
6 oz. house-made burger patty, two eggs any style, toast & shredded or diced potatoes add a pancake 3.5

SHORT STACK PANCAKES 12
three pancakes garnished with whipped cream & fruit compote or whipped butter & syrup

HOUSE-MADE WAFFLES OR FRENCH TOAST 14
two Belgian waffles or two challah French toast garnished with whipped cream & fruit compote or whipped butter & syrup

ACADIAN FRENCH TOAST 18
two thick slices of egg-dipped challah bread filled with strawberry jam and deep-fried, dusted with cinnamon powdered sugar and served with whipped butter & syrup

BREAKFAST SIDES

oatmeal with milk, brown sugar & raisins	6
cold cereal with milk	6
four strips bacon	6
four sausage	6
toast, butter & jam	4

BEVERAGES

fruit juice sm 2.5 lg 3.5	
milk sm 3 lg 4	
chocolate milk sm 3 lg 4	
hot chocolate 2.5	
pop or iced tea 2.5	
coffee or tea 2.5	

we have an assortment of flavoured & herbal teas, please ask your server

SANDWICHES

SOUTHWEST CHICKEN WRAP + FRIES 15.5
grilled chicken tossed in buffalo sauce, bacon, tomato, shreddue & cheese

HERITAGE CLASSIC CLUB HOUSE + FRIES 16.5
smoked turkey, bacon, cheese, shreddue, tomato & mayo on three slices, brown, marble rye, multi-grain or sour-dough bread add guacamole 2

FRENCH DIP + FRIES 16.5
slow roasted roast beef, swiss, mushrooms & horseradish sauce on a toasted roll, served au jus

MONTE CRISTO + FRIES 15.5
egg dipped challah bread grilled with turkey, ham, swiss & cheddar cheese

HERITAGE STEAK SANDWICH + FRIES 21
7 oz. charbroiled sirloin on garlic toast with crispy onion strings, sauted mushrooms

FISH SANDWICH + FRIES 15
lightly in-house battered fish, shreddue, cheese slice, in potato roll with house tartar sauce

PATTY MELT + FRIES 16
our house-made burger, melty cheese and crispy onion strings on grilled marble rye

BURGERS

SK + FRIES 16.5
one 6 oz. fresh house-made 100% canadian beef patty, on a toasted potato roll with chef's sauce, shreddue, tomato & onion
add cheese or bacon 2

RSK DOUBLE + FRIES 20
two 6 oz. fresh house-made 100% canadian beef patties, bacon, cheese on a toasted potato roll with chef's sauce, shreddue, tomato & onion

FRANK'S REDHOT® CHICKEN + FRIES 16
buttermilk marinated crispy chicken breast on a toasted potato roll with crunchy slaw & pickles

DIPS & GRAVY

HOUSE-MADE DILL DIP	1.5
CHIPOTLE LIME RANCH	1.5
HOT GRAVY	1.5

SOUP

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 15

VEAL CUTLET DINNER
fries + vegetable

YES, LIVER & ONIONS DINNER
fries + vegetable

CHICKEN FINGERS + FRIES
three crispy chicken tenders with plum sauce + vegetable

HOT BEEF SANDWICH
sliced tender house roasted beef piled high on garlic toast with our rich gravy + vegetable

CHICKEN PARMESAN
marinara & cheese, fries + vegetable

HOT HAMBURGER SANDWICH
house-made 6 oz. grilled beef patty served on garlic toast with sauted mushrooms, onions & gravy

HOUSE-MADE FISH & CHIPS
house battered with house-made tartar sauce, coleslaw

double the meat or fish 4
*substitute fries: caesar + toasted + mashed + baked potato
add cactus chips or sweet potato fries 2

SALADS

CAESAR SALAD 13
torn romaine, parmesan, house-made croutons, garlic toast
add crunchy chicken or grilled chicken 4

GARDEN GREEN SALAD 9
your choice hellmann's dressing
add crunchy chicken or grilled chicken 4

TACO SALAD 15.5
garden greens, roasted corn, black beans, guacamole, tomato, shredded cheese, sour cream & salsa in a crispy tortilla bowl, your choice of hellmann's dressing
add spicy beef, crunchy chicken or grilled chicken 4

APPETIZERS

80'S POTATO SKINS 13.5
cheese, bacon, green onion, salsa & sour cream

LOADED NACHOS 15.5
house-made tortilla chips, all the right stuff
add spicy beef, crunchy chicken or grilled chicken 4

1 POUND CLASSIC CHICKEN WINGS 20
buffalo, salt & pepper, bbq or honey garlic served with celery, carrots & buttermilk ranch dip

QUESADILLA 14
tomato, red pepper, green onion & cheddar, served with salsa, sour cream & guacamole
add spicy beef, crunchy chicken or grilled chicken 4

FRANK'S REDHOT® BUFFALO CHICKEN DIP 14.5
with tasty warm pretzel bites

1 POUND BONELESS TERIYAKI RIBS 16.5
house-made dill dip

QUESO & CHIPS 9
there's nothing like a good queso to dunk your fresh house-made tortillas

LOADED CACTUS CHIPS 14.5
thin sliced potatoes fried crispy, topped with cheese, bacon bits, tomato, green onion & chipotle ranch add spicy beef, crunchy chicken or grilled chicken 4

DIRTY FRIES

CHEESEBURGER 16
beef, cheese, gravy, dill pickles, shrettuce, tomato, red onion, ketchup, mustard

BUFFALO CHICKEN 14.5
chicken, cheese, gravy, buffalo sauce

CLASSIC 12.5
cheese, gravy

KIDS

BREAKFAST 4

BACON & EGG
1 egg 2 bacon

CHEESE OMELETTE
1 egg omelette with choice of 2 fillings

PANCAKES
buttermilk, silver dollar size

LUNCH DINNER 6

CHICKEN FINGERS
premium, all-white meat chicken

GIRL CHEESE SANDWICH
cheese + bread + butter, grilled

BOY CHEESE SANDWICH
cheese + bread + butter, grilled

CHEESE QUESADILLA
served with sour cream & salsa

DESSERT

ASK YOUR SERVER!