

# SEASONS

CAFE & EATERY

## Heritage Lounge

### breakfast appetizers

- mini donuts 3.5**  
fresh made to order, 5 in a bag ask your server
- fresh baked croissant 3.5**

### appetizers

- 1 lb classic chicken wings 17**  
buffalo, salt & pepper, bbq, honey garlic with celery, carrots and buttermilk ranch
- 80's potato skins 11.5**  
cheese, bacon, green onion, salsa & sour cream
- nachos 14.5**  
house-made tortilla chips, all the right stuff  
add 4 spicy beef • 4 crunchy chicken
- salt + pepper dry ribs 15.5**  
house-made dill dip
- quesadilla 12.5**  
tomato, red pepper, green onion & cheddar, salsa, sour cream & guacamole
- sweet chili chicken bites 13.5**  
crispy chicken bites tossed with sweet chili
- queso & chips 9**  
there's nothing like a good queso to dunk your fresh tortillas
- chico blanco tacos 12.5**  
3 fish, 3 chicken or 3 pulled pork, cheese, shrettuce with black pepper lime sour cream, side salsa
- loaded cactus chips 13**  
thin sliced potatoes fried crispy, topped with cheese, bacon bits, tomato, green onion & chipotle lime ranch
- big chili cheese fries 12**  
chili & cheese & fries

### burgers

- sk + fries 14.5**  
6 oz. fresh 100% canadian beef patty, chef's sauce on a toasted potato roll with shrettuce, tomato & onion  
add cheese/bacon add 2. ea.
- rsk double + fries 18**  
two 6 oz. fresh 100% canadian beef patties, bacon, cheese & chef's sauce on a toasted potato roll with shrettuce, tomato & onion
- crunchy chicken + fries 14.5**  
frank's buttermilk chicken breast on a toasted potato roll with crunchy slaw and pickles

### breakfast until 11 am... ask about all day & kids options

- yogurt bowl 9**  
greek yogurt with fresh fruit & toasted granola drizzled with honey
- health club 11.5**  
one poached egg, toast, fresh tomato & fresh fruit or greek yogurt
- traditional eggs benedict 14.5**  
two lightly toasted english muffin, black forest ham, medium poached egg with shredded or diced potatoes, topped with buttery real hollandaise sauce
- house-made pancakes, waffles or french toast 12.5**  
made fresh, garnished with whipped cream and fruit compote or syrup & butter
- traditional breakfast 12**  
two eggs your way, three breakfast sausages or three strips of bacon or two slices of ham served with shredded or diced potatoes & toast add a pancake? 3.5
- heritage heavenly omelette 12.5**  
three egg omelette with your choice of 3 fillings. served with shredded or diced potatoes & toast
- the lumberjack 14.5**  
two golden pancakes, 2 bacon, 2 sausages, 1 slice of ham, 2 eggs any style, shredded or diced potatoes & toast
- the rancher 19**  
charbroiled aaa 6 oz. sirloin steak, 2 eggs any style, shredded or diced potatoes & toast
- oatmeal 6**  
milk, brown sugar & raisins
- cereal - assorted 6**  
milk
- white • wheat • marble rye • multi-grain • sour-dough • gluten free

### dirty fries

- buffalo chicken 13**  
chicken, mozza, gravy, buffalo sauce
- cheeseburger 15**  
beef, cheese, gravy, dill pickles, shrettuce, tomato, red onion, ketchup, mustard
- classic 11**  
mozza, gravy

### dips & gravy

- house-made dill dip 1.5**
- jalapeño cheese dip 1.5**
- chipotle lime ranch 1.5**
- hot gravy 1.5**
- side queso 3**

### design your own

customize your sk or rsk or crunchy chicken  
add 2\$ per item

- grilled mushrooms
- melty swiss
- bacon
- stadium cheese
- crispy onion strings
- teriyaki
- grilled pineapple
- guacamole
- fried egg
- sautéed onions
- pickled jalapeños
- smoky bbq sauce
- pulled pork
- blue cheese

## entrées\*

### mac & cheese 14\*\*

this classic recipe is sure to satisfy the kid in all of us, comes with garlic toast

### veal cutlet dinner 14.5

fries + vegetable

### liver & onions dinner 14.5

fries + vegetable

### chicken fingers + fries 13.5

three crispy chicken tenders with plum sauce & vegetable

### hot beef sandwich 14.75

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

### grilled chicken breast 14.5

served with creamy mushroom sauce + vegetable

### hot hamburger sandwich 14.5

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

### house-made fish & chips 17

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

\*substitute \*\*no side

caesar or tossed or onion rings or cactus chips  
or sweet, mashed or baked potato instead of fries?

### soup of the day 5 / 3.75

ask your server about a bowl or cup of our house-made soup {no soup on sunday}

## salads

### grilled chicken skewer salad 14.5

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

### caesar salad 12

romaine, parmesan, croutons, garlic bread  
add 4. crunchy chicken

## 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.

## milkshakes

### chocolate, strawberry or vanilla 6

proper, milk, ice cream, how they should be

## dessert ask your server!

## sandwiches

### southwest chicken wrap + fries 14

grilled chicken, bacon, tomato, shrettuce, cheese & poblano avocado ranch

### turkey pesto mozza melt + fries 15

smoked turkey, bacon, tomato, bocconcini cheese, pesto mayo, on san francisco sour-dough, grilled to perfection

### heritage classic club house + fries 14.5

smoked turkey, bacon, cheddar, shrettuce, tomato & mayo on white, brown, marble rye, multi-grain or sour-dough bread  
add 2. sautéed onions

### french dip + fries 14.5

house roast beef, swiss, mushrooms & horseradish sauce on a toasted roll, served au jus

### monte cristo + fries 14.5

dipped egg bread with turkey, ham, swiss, cheddar grilled to perfection

### steak sandwich + fries + caesar 18

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

### fish sandwich + fries 14

lightly battered, house-made tartar sauce, potato roll, shrettuce, cheese. it's really good!

### steak & blue + fries 16

sliced sirloin steak, blue cheese, crispy onion strings & shrettuce on grilled san francisco sour-dough

white • wheat • marble rye • multi-grain • sour-dough • gluten free

### chef salad 16.5

garden greens, roast beef, ham, turkey, hard egg, tomato, cucumber & cheddar, choice dressing

### garden greens 9

your choice of hellmann's dressing

### taco salad 14.5

mixed greens, roasted corn, guacamole, black beans, crispy tortillas, chipotle lime ranch dressing, shredded cheese

add 4 spicy beef • 4 crunchy chicken

## kids

### grilled cheese triangles 4

with fries

### chicken fingers 6

with fries & plum sauce

### buttered noodles 5

with parm

payment

