

BREAKFAST {until 11am}

SEASONS
CAFE & EATERY

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 14.5

Two lightly toasted english muffin, canadian back bacon, medium poached egg with shredded or diced potatoes, topped with buttery hollandaise sauce.

Pancakes, Waffles or French Toast 10

Garnished with whipped cream and fruit compote or syrup.

White • Wheat • Marble Rye • Multigrain • Gluten Free 

Traditional Breakfast 10

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

Heritage Omelette 10

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

SALADS

Garden Greens 10

your choice of dressing.

Caesar Salad 12

romaine, parmesan, garlic croutons, garlic bread.

Bread Salad 12

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 13.5

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 10.5

chicken, mozza, gravy, buffalo sauce.

Cheese Burger 12

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

Classic 9.5

mozza, gravy.

Chili Cheese 10.5

chili, cheese, gravy, sour cream.

Nachos 14.5

House-made tortilla chips, all the right stuff

Salt + Pepper Dry Ribs 17.5

House-made dill dip and caesar salad.

Classic Chicken Wings 14

buffalo, salt & pepper, BBQ, honey garlic.

add spicy beef or chicken add 4.

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 14.5

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

Heritage Club House + Fries 14.5

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

Bacon Lettuce Tomato + Fries 10

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}

INDIAN CORNER

Vegetable Biryani 9

bell peppers, peas, carrots and potatoes in a spiced rice dish made with turmeric, garam masala and other warm spices.

Tandoori Chicken + Fries 11

marinated overnight in a spicy yogurt marinade then grilled

Butter Chicken + Fries 10

Aromatic golden chicken pieces in an incredible curry sauce

KIDS GRILLED CHEESE TRIANGLES 4

with fries.

CHICKEN BITES 6

with fries & plum sauce.

Buttered Noodles 5

with Parm.

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 á la parmesan.

Hot Hamburger Sandwich 14.25

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

*SUBSTITUTE **NO SIDE

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

DESSERT Ask your server!



GLUTEN FREE



VEGETARIAN

ALL PRICES PLUS TAX