

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

**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.

## 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** add spicy beef or chicken add 4.  
**Salt + Pepper Dry Ribs 17.5**  
House-made dill dip and caesar salad.  
**Classic Chicken Wings 14**  
buffalo, salt & pepper, BBQ, honey garlic.

## 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.

**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.

**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}

## 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.

\*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