

## Breakfast

**Breakfast Special \$8.95**

**AVAILABLE ALL DAY**

Two Eggs, Toast and Jam with your choice of Ham, Bacon or Peameal. Served with Homefries.

**AVAILABLE UNTIL 11:00 AM**

**Steak and Eggs \$14.95**

(rare, medium, well done)

8 oz. Sirloin Steak, 2 eggs, Homefries and Toast

**Eggs Benedict \$12.95**

Two Poached Eggs with Two Pieces of Peameal Bacon, Served on an English Muffin and Drizzled with Lemon Dill Hollandaise Sauce. Served with Homefries.

*Substitute Fruit for \$1.00*

**Early Bird Special \$6.95**

An English Muffin Topped With One Egg, a Piece of Bacon and Cheddar Cheese. Served with Homefries.

**Two Eggs and Toast \$4.95**

**Three Egg Omelette \$10.95**

Roasted Vegetables or Ham and Cheese. Served with Homefries and Toast.

**Breakfast Wrap \$10.95**

Three Eggs, Cheddar Cheese and Ham, All Wrapped Up in a Sundried Tomato Tortilla.  
Served with Homefries.

**Rachel's Original Toasted Breakfast Sandwich and Homefries \$9.95**

Two Fried Eggs, Cheddar Cheese, Tomato and Lettuce.

**Toasted Western Sandwich \$9.95**

Two Eggs, Ham and Onion. Served with Homefries.

**Fantastic French Toast \$5.95**

Two Pieces of Light Fluffy French Toast. Served with Rachel's Homemade Vanilla Syrup.

*Add a piece \$2.00*

**Toasted Bagel with Cream Cheese \$2.50**

**Toast and Jam \$1.95**

*Add Peanut Butter \$0.75*

## Soups

### **Bowl of Soup & Bread \$7.50**

Your Choice of Our Curry Lentil (*A Vegan, Gluten Free Favourite!*), or Our Soup of the Day.  
*Soup Changes Daily! Ask Your Server for Details.*

### **Cup of Soup & Bread \$5.25**

### **French Onion \$8.50**

### **Soup and Salad \$10.95**

Small Garden Salad with your Choice of Soup.

## Salads

### **Large Garden Salad \$8.95**

Fresh Greens, Cucumber, Green Pepper, Tomato, Carrot and Red Onion.

### **Greek Salad \$10.95**

Crisp Romaine, Tomato, Black Olives, Cucumber, Red Onion and Goat Feta.

### **Caesar Salad \$10.95**

Crisp Romaine, Bacon, Homemade Croutons, Asiago Cheese and Asiago Caesar Dressing.

### **Quinoa Garden Salad \$14.95**

Fresh Greens, Red Quinoa, Pecans, Onions and Mushrooms, tossed with Dried Cranberries, Pumpkin Seeds.  
Served with a Light Poppy Seed Dressing.

## Nibbles and Bites

### **Farm Fresh Chicken Wings \$12.95**

Wings, served with Carrots, Celery sticks and Ranch Dressing.

*Choose from: Hot, Mild, or Honey Garlic.*

### **Hand Made Perogies \$10.95**

8 Pan Fried Cheese and Potato Perogies, Topped with Sautéed Onions, Bacon and Cheese.

Served with Sour Cream.

### **New Zealand Green Mussels \$11.95**

Mussels in a White Wine Dill Cream Sauce. Served with Fresh Bread for dipping.

### **Poutine \$6.95**

Fresh Homefries with Our Cheese Blend and Gluten Free Gravy.

## Wraps

*All Wraps Served on a Sundried Tomato Tortilla*

### **Veggie Wrap \$9.95**

Romaine, Tomato, Onion, Green Pepper, and Black Olives.

*Add Feta or Cheddar Cheese \$2.00*

### **Burrito Rachel's Style \$10.95**

Romaine, Green Peppers, Onion, Seasoned Rice, Refried Beans, and Salsa.

*Add Hot Peppers or Extra Veggies or Sour Cream \$1.00 ea.*

*Add 3 Cheese Blend \$3.00*

*Add Beef or Chicken \$4.00*

### **Quesadilla \$10.95**

Cheese, Green Peppers, Tomato, and Onion. Served with Salsa and Sour Cream.

*Add Hot Peppers or Vegetables \$1.00 ea*

*Add Refried Beans \$2.00*

*Add Chicken or Beef \$4.00*

### **Chicken Caesar Wrap \$10.95**

Farm Fresh Chicken Breast, Romaine, Bacon and Asiago Cheese and Asiago Dressing.

## Sandwiches

*All Sandwiches Served With Your Choice of Homefries or a Cup of Soup*

### **Grilled Ruben on Rye \$12.95**

4 oz. of Freshly Shaved Corned Beef, Swiss Cheese and Sauerkraut.

### **Grilled Chicken Cheddar Bacon Melt \$11.95**

2 oz. of Carved Chicken Breast, Cheddar Cheese, and Bacon.

### **Pulled Pork on a Kaiser \$10.95**

Sweet and Tangy, Piled High on a Kaiser

### **Toasted Western \$9.95**

2 Eggs, Ham and Onion.

### **Grilled Ham and Cheddar Cheese on Rye \$9.95**

### **Toasted BLT \$9.95**

### **Grilled Cheddar Cheese \$7.95**

### **Deli Sandwiches**

Ham, Cheddar, Lettuce and Tomato **\$4.95**

## Pizzas

Thin Crust Pizza with Sauce and Mozzarella Cheese

Medium \$13   Extra Toppings \$2.25 ea   Extra Cheese \$4.00  
Large \$21   Extra Toppings \$4 ea   Extra Cheese \$8.00

### **North of the Checkerboard**

Pepperoni, Mushrooms and Bacon  
Medium \$20.   Large \$32.

### **Meatlovers**

Pepperoni, Sausage, Ham and Bacon  
Medium \$21   Large \$37

### **Hawaiian**

Ham and Pineapple  
Medium \$17   Large \$29

### **Margarita**

Fresh Tomato, Basil Pesto and Asiago Cheese  
Medium \$19   Large \$33

### Specialty Pizzas

#### **Goat Feta Pizza**

Marinara Sauce, Black Olives, Green Peppers, Tomato and Roasted Garlic  
Medium \$22

#### **Gluten Free Single Pizza \$8**

Toppings \$1.00 ea  
Chicken \$3.00



## **Rachel's Dinner Creations**

### **Hamburger and Homefries \$10.95**

Made with Fresh Local Beef.

*Add Cheddar or Old Smoked Cheddar Cheese \$1.00*

*Add Bacon \$1.00*

Gluten Free Option: No Bun & Served On Top Of THE WORKS! (Burger Contains Oatmeal)

### **Quinoa Burger and Homefries \$12.95**

A Gluten Free, Vegan Patty Made with Red Quinoa, Mushrooms, Roasted Pecans, Chia Seeds, Onion, Garlic and Herbs.

Gluten Free Option: No Bun & Served On Top Of THE WORKS!

### **Hot Beef Sandwich \$13.95**

Open Faced Sandwich with Freshly Shaved Local Beef. Served with Coleslaw and your choice of Potato or Rice.

*Make it a Hungry Man for \$4.00*

Gluten Free Option: No Bread

### **Chicken on a Bun \$11.95**

Roasted and Shaved Farm Fresh Chicken with Lettuce and Tomato. Served with Homefries or Soup.

Gluten Free Option: No Bun

### **Lasagna \$15.95**

One Pound of Homemade Vegetable or Fresh Beef Lasagna, 7 Layers of Goodness.

Served with Garlic Toast and Garden Salad

### **Chicken Pot Pie \$15.95**

*Real Comfort Food!* Farm Fresh Chicken in our Savory Filling made from scratch.

Served with Garden Salad and Garlic Toast.

### **Chili and Toast \$9.95**

Your choice either Vegan or Beef

*Gluten Free Toast for \$2.00*

### **Meatloaf \$14.95**

*Just Like Grandma Used to Make!* Served with Seasonal Vegetables, Coleslaw, Gravy and Bread, with your choice of Potato or Rice.

### **Beef Dip \$15.95**

Roast Beef on a baguette, served with Beef Dip and Homefries or Soup

### **Roasted Vegetable Stir-Fry \$14.95**

Sautéed Vegetables with Pecans, Sunflower Seeds, Sesame Seeds, Vegetable Medley, Lemon Pepper and your choice of Potato or Rice. Served with Garlic Toast.

*Add Chicken or Beef \$4.00*

### **Pork Tenderloin \$16.95**

Served with Grainy Maple Mustard, Potato and Vegetable

## Organic Fair Trade Coffee Fresh Ground

In House- Cup \$2.38

To-Go 10oz. \$2.38

To-Go 16oz. \$2.86

### Specialty Coffee

	Single	Double
Espresso	\$2.50	\$4.50
Americano	\$2.95	\$4.95
Cappuccino	\$3.50	\$5.50
Latte	\$3.95	\$5.95
Iced Espresso	\$3.95	
Add Milk or Chocolate Milk	\$3.95	

### Specialty Tea

Organic or Herbal	\$2.32		
Orange Pekoe	\$1.90		
Hot Chocolate	\$1.90	With Real Whipped Cream	\$2.38
		With Espresso shot	\$4.95
Old Fashioned Floats	\$4.45		
Milk Shakes with Ice Cream	\$4.95	With Real Whipped Cream	\$5.45

### Cold Drinks

Glass Bottle of Coke or Snapple	\$2.50
Stewarts Root Beer, Black Cherry, Jones Orange, Cream Soda	\$2.50
Cans of Pop	\$1.50
Powerade	\$2.99
Orange or Apple Juice	\$1.90
White or Chocolate Milk 500ml	\$2.50
Water	\$1.25
V-8 Juice	\$1.50
Monster	\$3.99