

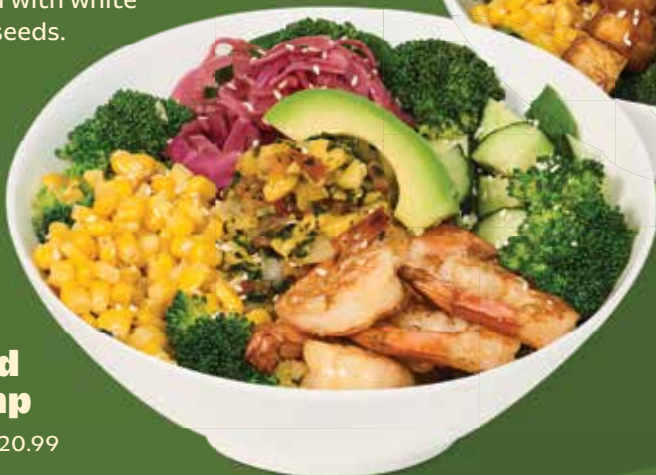


# Love-a-Bowls

Hearty portions. Fresh, tasty ingredients.  
One bite and you'll fall in love.

## Tropical Bowl

Your choice of grilled shrimp or crispy teriyaki tofu bites, fresh mango salsa, sweet chili sauce, whole grain rice, broccoli, sweet corn, marinated red cabbage, fresh avocado, cucumber and spinach, sprinkled with white sesame seeds.



### Grilled Shrimp

860 Cals 20.99



### Crispy Teriyaki Tofu

970 Cals 18.99

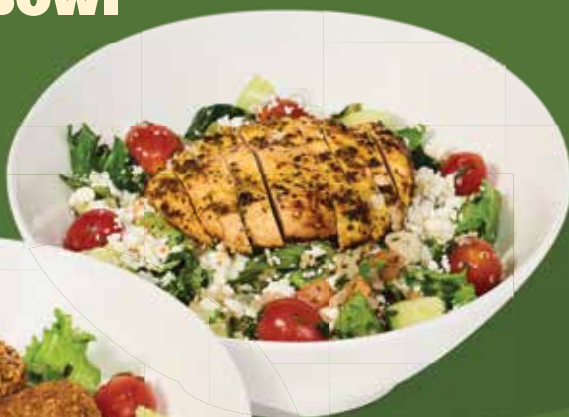
## Mediterranean Bowl

Your choice of grilled chicken breast or crispy golden falafel, tzatziki, quinoa tabbouleh, fresh cucumber, leaf lettuce and tomatoes, crumbled feta cheese, garden herb dressing.



### Golden Falafel


950 Cals 18.99



### Seasoned Grilled Chicken

950 Cals  20.99

## Harvest Quinoa Salmon Bowl

Cajun spiced salmon fillet, roasted sweet potatoes, quinoa, broccoli, leaf lettuce, grapes, diced apple, crumbled white cheddar cheese & pumpkin seeds with balsamic honey mustard dressing. 950 Cals  20.99





## Southwestern Steak Bowl

Sirloin steak with whole grain rice, roasted sweet potatoes, tomatoes, sweet corn, leaf lettuce, pico de gallo, crumbled white cheddar cheese, pumpkin seeds and creamy lime dressing. 1130 Cals 20.99



**Please advise your server about food sensitivities & ensure you speak to a manager regarding any allergies.**

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Additional nutrition information available upon request.

 indicates food options that are **Gluten-Free**. Menu items marked as  meet Health Canada's specified definition of less than 20 parts per million for a Gluten-Free claim. Please note that our restaurants are not set up as a strictly Gluten-Free environment. Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen. We do not maintain halal or kosher kitchens.

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# Cinnamon Apple Crisp Pancake Slam

**NEW!**

**While supplies last!**



Two buttermilk pancakes cooked with cinnamon crumb topping and topped with warm apple crisp, salted caramel sauce and powdered sugar. Served with two eggs\* made to order, crispy hash browns, plus two bacon strips or two all-pork sausage links.

1340-1490 Cals 17.99

## Sirloin Steak\* & Eggs\*

A 8 oz. Canadian seasoned sirloin steak\*. Served with two fresh eggs\*, hash browns and choice of toast.

860-1070 Cals 22.99



## Pecan Pie

**Slice**

520 Cals 7.99

**Whole**

4160 Cals 19.99

## Pumpkin Pie

**Slice**

380 Cals 7.99

**Whole**

2880 Cals 19.99



## Maple Stuffed Donut Holes

Maple stuffed donut holes fried to perfection and tossed in powdered sugar. Served warm with cream cheese icing for dipping.

**Ten** 1800 Cals 7.49 **Six** 1140 Cals 5.99



## Peppermint Hot Chocolate

Indulge in a rich and creamy hot chocolate combined with peppermint syrup, topped with a generous swirl of whipped cream.

400 Cals 4.69



**NEW!**

## Cold Brews

Medium roast, single origin Colombian coffee, blended with milk and poured over ice.

## Salted Caramel

Caramel syrup, topped with a generous swirl of whipped cream and sweet caramel sauce. 420 Cals 4.69

## Peppermint Mocha

Peppermint syrup, topped with a generous swirl of whipped cream and chocolate sauce. 450 Cals 4.69

## Sweet & Creamy

Cold brew with sweet cane syrup. 210 Cals 4.49

*Refills not included.*

\*EGGS SERVED OVER-EASY, POACHED, SUNNY-SIDE-UP OR SOFT-BOILED AND HAMBURGERS AND STEAKS THAT ARE SERVED RARE OR MEDIUM-RARE MAY BE UNDERCOOKED AND WILL ONLY BE SERVED UPON THE CONSUMERS' REQUEST. NOTICE: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

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