



Proudly Canadian-owned & Operated



◀ Grand Slamwich®

All-Canadian Slam® ▶

Country-Fried Steak & Eggs ▶

T-Bone Steak & Eggs ▶

◀ Berry Stuffed French Toast Slam®

French Toast Slam® ▶

Build Your Own Grand Slam®

Build Your Own Grand Slam® options not pictured above.

Pick Four Items 370-1100 Cals 14.99 **Add Additional Items** 2.59 each (limit two items). Additional charge for premium items.

- 2 Bacon Strips (GF) 140 Cals
- 2 Sausage Links 270 Cals
- 2 Turkey Bacon Strips (GF) 80 Cals
- 2 Eggs* (GF) 140-190 Cals
- 2 Egg Whites (GF) 80 Cals
- 2 Buttermilk Pancakes 350 Cals

- 2 Slices of Toast 170-270 Cals
- Hash Browns (GF) 110 Cals
- Seasoned Potatoes (GF) 180 Cals
- English Muffin 140 Cals
- Gluten-Free English Muffin (GF) 170 Cals
- Oatmeal 150 Cals 6am-2pm only

- Premium Items** add 2.39 each
- Grilled Ham Slice (GF) 80 Cals
- 2 Hearty 9-Grain Pancakes 390 Cals
- Yogurt (GF) 130 Cals
- Seasonal Fruit (GF) 170 Cals
Selection may vary.

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.

(GF) indicates food options that are Gluten-Free. Menu items marked as (GF) 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.

Signature Slams®



Upgrade your Buttermilk Pancakes to

Premium Pancakes

for 5.59 520-1120 Cals



Berry Waffle Slam®

Two sweet Liège-style waffles made with real butter and pearl sugar, topped with seasonal berries and caramel sauce. Served with two eggs* made to order, two bacon strips and two all-pork sausage links. 1260-1370 Cals 19.79

Waffle Slam* Without toppings. 1240-1350 Cals 16.79

Two À La Carte Berry Waffles 890 Cals 14.29

Lumberjack Slam®

Buttermilk pancakes, grilled ham, bacon strips, all-pork sausage links, two fresh eggs* made to order, crispy hash browns and choice of toast. 1190-1400 Cals 19.69

Berry Stuffed French Toast Slam®

Four slices of brioche French toast stuffed with sweet cream cheese filling and topped with fresh strawberries, strawberry sauce and powdered sugar. Served with two fresh eggs* made to order, bacon strips and all-pork sausage links. 1320-1430 Cals 18.89

À La Carte Berry Stuffed French Toast 950 Cals 13.99

Berry selection based on seasonality.

French Toast Slam®

Three slices of brioche French toast served with two fresh eggs* made to order, bacon strips and all-pork sausage links. 860-970 Cals 16.39

Signature Breakfasts

★ Country-Fried Steak & Eggs*

A Southern fried chopped beef steak smothered in rich country gravy. Served with two fresh eggs,* crispy hash browns and choice of toast. 760-970 Cals 18.99

★ T-Bone Steak* & Eggs*

A 13 oz. seasoned T-Bone steak.* Served with two fresh eggs,* crispy hash browns and choice of toast. 820-1030 Cals 25.99

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

Moons Over My Hammy®

Ham and scrambled egg sandwich with Swiss & Canadian cheeses on grilled sourdough bread. Served with crispy hash browns. 840 Cals 18.59

Breakfast Poutine

Seasoned potatoes topped with squeaky cheese curds and covered with Hollandaise sauce. 660 Cals 7.99

★ Signature breakfast favourites.

★ Grand Slamwich®

Scrambled eggs, crumbled sausage, bacon, shaved ham and Canadian cheese on grilled sourdough bread with a maple spread. Served with crispy hash browns. 1180 Cals 18.59

Santa Fe Sizzlin' Skillet®

Crumbled chorizo sausage, fire-roasted bell peppers & onions, mushrooms and seasoned potatoes. Topped with cheddar cheese blend and two fresh eggs.* 850-960 Cals 18.59

Caution: Skillets are hot. Handle with care.

Add Toast 170-270 Cals 2.59

Fit Fare® Veggie Sizzlin' Skillet®

Seasoned potatoes, fire-roasted bell peppers & onions, mushrooms and broccoli. Topped with egg whites scrambled with spinach and grape tomatoes. Served with a side of salsa. 350 Cals 18.39  

Caution: Skillets are hot. Handle with care.

Add Toast 170-270 Cals 2.59

All-Canadian Slam®

Three scrambled eggs with cheddar cheese blend, bacon strips, all-pork sausage links, crispy hash browns and choice of toast. 1070-1170 Cals 17.69

Fit Slam®

Egg whites scrambled together with fresh spinach and grape tomatoes, plus turkey bacon strips, an English muffin and seasonal fruit. 350 Cals 14.89

    when you choose the Gluten-Free English Muffin

Original Grand Slam®

Two buttermilk pancakes served with two fresh eggs* made to order, bacon strips and all-pork sausage links. 840-950 Cals 14.99



Bennies

Served with **seasoned potatoes** or **golden hash browns**.

Classic Benny

Poached eggs* on an English muffin with shaved ham and Hollandaise sauce. 730-800 Cals 18.49

Half Order 440-510 Cals 13.29

Florentine Benny

Poached eggs*, sautéed spinach and fresh sliced tomato on a toasted English muffin topped with Hollandaise sauce. 570-640 Cals 18.69

Half Order 340-410 Cals 13.39

Southwestern Benny

Poached eggs* on an English muffin with chorizo and Hollandaise sauce, drizzled with 5-pepper sauce and topped with pico de gallo. 1030-1100 Cals 18.69

Half Order 660-730 Cals 13.39

Egg Quality Assurance™ is a certification mark used under license from Egg Farmers of Canada.

Fit Fare®:  Over 20g of protein  Under 15g of fat  Under 550 Calories

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Pancake Slams®

Served with **two fresh eggs*** made to order, **crispy hash browns** plus **two bacon strips** or **two all-pork sausage links**.

Upgrade your Hash Browns to

Seasonal Fruit (GF)

2.69 more 170 Cals



Cinnamon Roll Pancake Slam®

Buttermilk pancakes cooked with cinnamon crumb topping and topped with sweet cream cheese icing.

1450-1760 Cals 17.99



Double Berry Banana Pancake Slam®

Buttermilk pancakes cooked with blueberries and topped with fresh seasonal berries and bananas. 850-1160 Cals 17.99

Berry selection based on seasonality.



Choconana Pancake Slam®

Chocolate chips cooked inside buttermilk pancakes and topped with bananas and more chocolate chips. 1130-1440 Cals 17.99



Hearty 9-Grain Pancake Slam®

Multigrain wheat pancakes made with flaxseeds, cinnamon & brown sugar. 720-1030 Cals 16.99

Make It Vegetarian

When paired with crispy hash browns and seasonal fruit as your side choices.

1000 Cals 17.99



French Crepes

◀ Berry Vanilla Crepe Breakfast

Folded with sweet cream cheese filling and topped with fresh seasonal berries, strawberry sauce and powdered sugar. Served with two fresh eggs* made to order, crispy hash browns, plus bacon strips or all-pork sausage links. *Berry selection based on seasonality.*

One Crepe Breakfast

510-820 Cals 17.69

Two Crepe Breakfast

690-1000 Cals 19.39

Two Crepes À La Carte

360 Cals 11.59

À La Carte Sides

4 Sausage Links 530 Cals 4.99

4 Bacon Strips (GF) 290 Cals 4.99

4 Turkey Bacon Strips (GF) 160 Cals 4.99

Grilled Ham Slice (GF) 80 Cals 5.69

2 Slices of Brioche

French Toast 360 Cals 7.59

2 Slices of Toast 170-270 Cals 3.79

Eggs* (each) (GF) 40-80 Cals 2.19

Stack of Pancakes 350 Cals 6.99

English Muffin 140 Cals 3.89

Gluten-Free

English Muffin (GF) 170 Cals 3.89

Yogurt (GF) 130 Cals 4.89

Oatmeal 150 Cals 5.69 6am-2pm only

Seasonal Fruit (GF)

170 Cals 5.69 *Selection may vary.*

Seasoned Potatoes (GF)

180 Cals 4.99

Hash Browns (GF) 110 Cals 4.99

Cheesy Hash Browns (GF) 190 Cals 5.99



Ultimate Omelette®

Three-egg omelette with crumbled sausage, bacon, fire-roasted bell peppers & onions, sautéed mushrooms, tomatoes and cheddar cheese blend.

1140-1310 Cals 19.69

Add a stack of **Buttermilk Pancakes**

to any omelette for 3.99 more 350 Cals

Shown with Seasonal Fruit upgrade.



Savoury Omelettes

Served with **crispy hash browns** and **choice of toast**.

Add **Sliced Jalapeños** (GF) 10 Cals 1.59
or **Fresh Avocado** (GF) 80 Cals 3.59
to any omelette



Denver Omelette

Three-egg omelette with ham, fire-roasted bell peppers & onions and Canadian cheese.

840-1010 Cals 19.39

(GF) with Gluten-Free English Muffin

Loaded Veggie Omelette

Three-egg omelette with fresh spinach, sautéed mushrooms, fire-roasted bell peppers & onions, tomatoes and Swiss cheese.

760-930 Cals 19.39

♥ | 🍌 | 🍏 when you choose egg whites, Seasonal Fruit upgrade and an English Muffin without margarine

(GF) with Gluten-Free English Muffin

Breakfast Handhelds

Served with **seasoned potatoes** or **crispy hash browns**.



Fajita Breakfast Wrap

Scrambled eggs, fresh spinach, avocado, fire-roasted bell peppers & onions, tomatoes and sriracha mayo in a warm flour tortilla. 780-850 Cals 13.99

Chorizo & Egg Burrito

Scrambled eggs, chorizo sausage, cheddar cheese blend and pico de gallo wrapped in a warm flour tortilla. 1220-1290 Cals 15.99



French Toast Monte Cristo

Shaved honey ham, Swiss cheese & egg between two slices of brioche French toast, dusted with powdered sugar. 750-820 Cals 14.99

Add **Salsa** or **Sour Cream** 20-100 Cals 1.99

Fit Fare®: ♥ Over 20g of protein | 🍌 Under 15g of fat | 🍏 Under 550 Calories

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Shareable Appetizers



Classic Sampler

Golden-fried chicken wings, onion rings, mozzarella cheese sticks and wavy-cut fries. Served with choice of dipping sauces.

1280-1480 Cals, Serves 3 18.99



Zesty Nachos ^{GF}

Tortilla chips freshly cooked and topped with Pepper Jack queso, cheddar cheese blend, seasoned nacho meat, fresh pico de gallo and sour cream. 1490 Cals, Serves 3 19.09

Half Order 770 Cals, Serves 2 14.69



Premium Chicken Tenders

Premium golden-fried chicken tenders with choice of dipping sauce. 690-890 Cals, Serves 2 15.79

Make It A Full Meal With Two Sides & Dinner Bread 820-1440 Cals 18.99

Build Your Own Sampler™

Pick Four 970-2590 Cals, Serves 3 18.99

Pick Three 700-1880 Cals, Serves 2 15.59

Served with choice of dipping sauces.

Premium Chicken Tenders 280 Cals

Bacon Cheddar Tots 220 Cals

Onion Rings 310 Cals

Chips & Queso 670 Cals

Mozzarella Cheese Sticks 320 Cals

Wavy-Cut Fries 380 Cals

Seasoned Fries 400 Cals



Mozzarella Cheese Sticks

Eight golden-fried cheese sticks with a side of tomato sauce. 630 Cals, Serves 2 11.99



Loaded Bacon Cheddar Tots

Ten crispy tots made with shredded potatoes, bacon and cheese. Topped with Pepper Jack queso, cheddar cheese blend, bacon and sour cream. 720 Cals, Serves 2 11.99

Add Seasoned Nacho Meat 200 Cals 2.59

Ten Bacon Cheddar Tots 360 Cals 9.99

Chicken Wings

Seasoned lightly breaded chicken wings, golden-fried and crispy. Served with choice of dipping sauce. 760-960 Cals, Serves 2 15.79

Poutine

Wavy-cut fries covered with squeaky cheese curds and topped with rich gravy. 710 Cals, Serves 2 9.69

Soup*

Chicken Noodle Provençale 100-170 Cals

Rich Tomato 140-200 Cals

*Soup available 11 am - 10 pm

Bowl 6.99 **Cup** 5.29

Add a Cup of Soup

100-140 Cals 3.99

Onion Rings

Crispy-fried onion rings served with Diner Q sauce. 960 Cals, Serves 2 9.99

Dipping Sauces

Diner Q ^{GF} 150 Cals

Blue Cheese ^{GF} 170 Cals

Ranch ^{GF} 200 Cals

BBQ 70 Cals

Honey Mustard ^{GF} 190 Cals

Buffalo ^{GF} 130 Cals

Tzatziki ^{GF} 90 Cals

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Add

Bacon 140 Cals

Avocado 80 Cals

Mushrooms 60 Cals

for 2.49 each



◀ **Double Cheeseburger**

Choice of Canadian, Swiss or aged white cheddar cheese with red relish, mayo, shredded iceberg lettuce, tomato, red onions and pickles on a brioche bun.

1880-1920 Cals 20.59

Single Only 1330-1370 Cals 17.99



100% Canadian Beef Burgers

Burgers served with **wavy-cut fries**.



Bacon Avocado Cheeseburger

Bacon, fresh avocado, aged white cheddar cheese, red relish, mayo, shredded iceberg lettuce, tomato, red onions and pickles on a brioche bun. 1530 Cals 19.89

Make It A Double Patty

550 Cals 4.79 more



Bourbon Bacon Burger

Aged white cheddar cheese, bacon, sautéed mushrooms, fire-roasted bell peppers & onions, bourbon sauce, mayo, shredded iceberg lettuce, tomato, red onions and pickles on a brioche bun. 1550 Cals 19.89

Make It A Double Patty

550 Cals 4.79 more



Slamburger™

Crispy hash browns, a fresh egg* made to order, bacon and Canadian cheese stacked high on a brioche bun. 1470 Cals 18.59

Make It A Double Patty

550 Cals 4.79 more

Substitute a  **BEYOND MEAT® Patty**  280 Cals 2.49

Substitute a **Grilled Chicken Breast**  130 Cals

Upgrade Your Side

Onion Rings

450 Cals 2.69

Seasoned Fries

400 Cals 2.49

Bacon Cheddar Tots

360 Cals 3.69

Poutine

610 Cals 4.79

†DUE TO OUR COOKING PROCEDURES, THE BEYOND BURGER® PATTY MAY COME IN CONTACT WITH ANIMAL-BASED PRODUCTS OR INGREDIENTS AND MIGHT NOT BE 100% PLANT-BASED.

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NLHL030426

Add a
Garden Side Salad
to your meal

180-280 Cals 4.49



T-Bone Steak*

A tender 13 oz. seasoned T-Bone steak.* Served with two sides and dinner bread. 890-1510 Cals 25.99

Add Grilled Shrimp (GF) 90 Cals 5.99



Comfy Classics



Sirloin Steak*

A Canadian 8 oz. seasoned sirloin steak.* Served with two sides and dinner bread. 890-1510 Cals 22.99

Add Grilled Shrimp (GF) 90 Cals 5.99

Fish & Chips

Three wild-caught white fish fillets fried golden-brown. Served with tartar sauce, wavy-cut fries plus one additional side and dinner bread. 1080-1390 Cals 19.49



Country-Fried Steak

Two Southern fried chopped beef steaks smothered in country gravy. Served with two sides and dinner bread. 1120-1740 Cals 19.39

Roast Turkey

Tender carved turkey breast, savoury stuffing, gravy and cranberry sauce. Served with two sides and dinner bread. 1450-2070 Cals 19.59

Oven-Baked Lasagna

Pasta shells stuffed with four cheeses and seasoned beef, smothered in an Italian sausage & beef sauce and topped with Parmesan cheese. Served with dinner bread. 1130 Cals 19.29

Additional baking time required. Please order ahead and we'll get one started for you!



Plate Lickin' Chicken Fried Chicken

Golden-fried boneless chicken breasts smothered in country gravy. Served with two sides and dinner bread. 750-1380 Cals 20.59

Premium Chicken Tenders

Premium golden-fried chicken tenders with choice of dipping sauce. Served with two sides and dinner bread. 820-1440 Cals 18.99

Brooklyn Spaghetti & Meatballs

Seasoned meatballs atop a bed of pasta covered in tomato sauce and served with dinner bread. 1080 Cals 19.39

Add an
additional

Side

to any dinner
40-450 Cals 2.49

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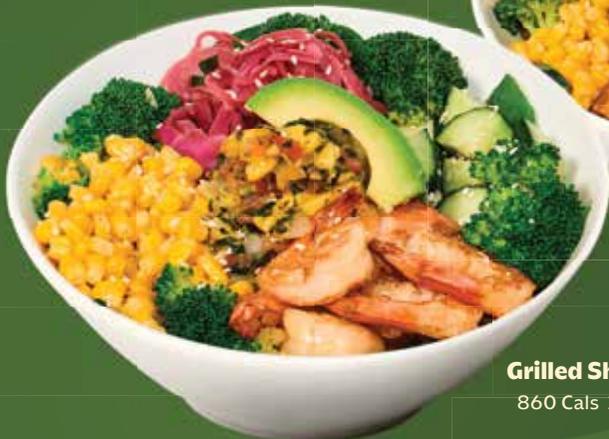
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Love-a-Bowls

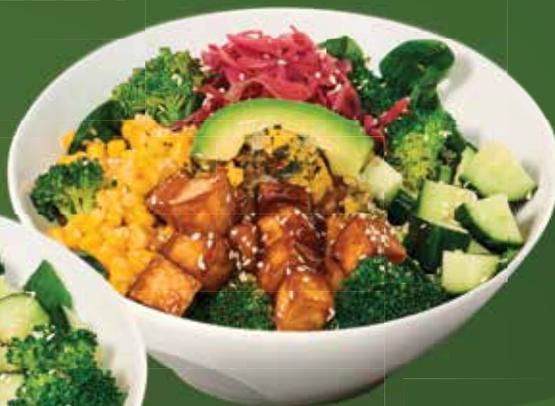
Available 11am - 11pm

**Substitute
Salmon**

for any protein
Ⓞ 330 Cals 3.99



Grilled Shrimp
860 Cals 20.99



Crispy Teriyaki Tofu
970 Cals 18.99

Tropical Bowls

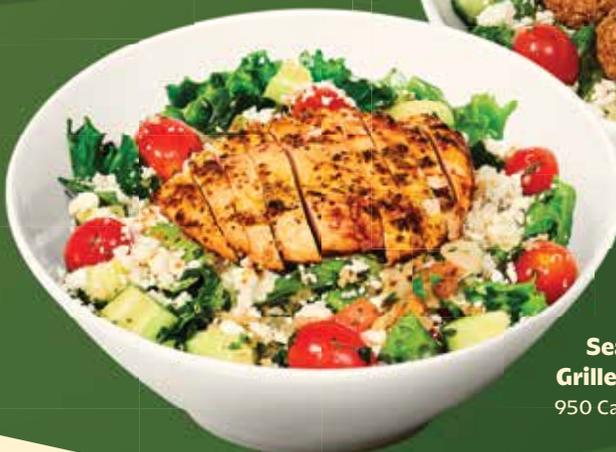
Your choice of grilled shrimp or crispy teriyaki tofu bites, fresh mango salsa, sweet chili sauce, whole grain rice, broccoli, sweet corn, marinated red cabbage, fresh avocado, cucumber and spinach, sprinkled with white sesame seeds.



Golden Falafel
950 Cals 18.99

Mediterranean Bowls

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



Seasoned Grilled Chicken
950 Cals Ⓞ 20.99

Mama D's Pot Roast Bowl

Slow-cooked pot roast atop mashed potatoes with roasted carrots, celery and onions all covered in rich gravy. Served with dinner bread. 890 Cals 20.59



Caution: Skillets are hot. Handle with care.

Add **Toast** to any skillet
170-270 Cals 2.59

Bourbon Chicken Skillet

A grilled seasoned chicken breast covered with a bourbon glaze atop seasoned potatoes, broccoli, fire-roasted bell peppers & onions and mushrooms. 860 Cals 20.89

Crazy Spicy Sizzlin' Skillet

Crumbled chorizo sausage, fire-roasted bell peppers & onions, mushrooms, jalapeños and seasoned potatoes. Topped with grilled seasoned chicken breast, cheddar cheese blend, a spicy 5-pepper sauce and Pepper Jack queso. 810 Cals 20.69

Add **Two Eggs** Ⓞ 140-190 Cals 2.59

Butter Chicken Sizzlin' Skillet

Grilled seasoned chicken breast covered with a mild butter chicken curry sauce atop whole grain rice and fire-roasted bell peppers & onions. 860 Cals 20.69

À La Carte Sides

- Sweet Petite Corn Ⓞ 150 Cals 2.99
- Seasonal Vegetable Ⓞ 40 Cals 3.69
- Whole Grain Rice 240 Cals 2.99
- Jasmine Rice Ⓞ 300 Cals 2.99
- Wavy-Cut Fries Ⓞ 380 Cals 5.99
- Seasoned Potatoes Ⓞ 180 Cals 4.99
- Mashed Potatoes 310-330 Cals 2.99 Ⓞ without gravy

Premium Sides

Upcharge may apply when substituting for premium sides.

- Seasoned Fries 400 Cals 7.89
- Onion Rings 450 Cals 7.89
- Bacon Cheddar Tots 360 Cals 7.89
- Garden Side Salad 180-280 Cals 6.99
- Bowl of Soup 170-200 Cals 6.99
- Seasonal Fruit Ⓞ 170 Cals 5.69
Selection may vary.

Fit Fare®: ❤️ Over 20g of protein 🍌 Under 15g of fat 🍏 Under 550 Calories

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Melts & Handhelds

Served with wavy-cut fries.

Crispy Chicken ▶ Bacon Ranch Sandwich

Fried chicken breast with white cheddar cheese, bacon, lettuce, tomato and ranch dressing on grilled sourdough bread.

1610 Cals 19.09



BBQ Bacon Chicken Sandwich

Grilled chicken breast topped with BBQ sauce, two strips of bacon, white cheddar cheese, lettuce, tomato, red onions and pickles on a brioche bun.

1130 Cals 19.09



Pot Roast Melt

Tender slow-roasted beef, caramelized onions and aged white cheddar on grilled sourdough bread.

1340 Cals 19.99



Club Sandwich

Turkey breast, bacon, lettuce, tomato and mayo on toasted multigrain bread. 980 Cals 17.79

Fresh Salads

Add **Fresh Avocado**  to any salad 80 Cals 3.59



Egg-cellent Grilled Chicken Cobb Salad

Grilled chicken, crispy bacon, fresh avocado, grape tomatoes, shredded cheese blend, a hard-boiled egg and croutons atop a bed of iceberg mix. Served with your choice of dressing. 650-1010 Cals 19.69

Mama's Fried Chicken House Salad

Fried chicken tenders, fresh cucumbers, grape tomatoes, shredded cheese blend and croutons atop a bed of iceberg mix. Served with your choice of dressing. 630-990 Cals 18.69

Substitute
Salmon

for any protein
 330 Cals 3.99

55+ Meals

If you prefer **egg whites** or **reduced-sugar syrup**, tell your server.

55+ Scrambled Eggs & Cheddar Breakfast

Two scrambled eggs with cheddar cheese blend. Served with two bacon strips, two all-pork sausage links and buttermilk pancakes. 950 Cals 12.59

55+ Starter

One egg* with two bacon strips or two all-pork sausage links. Served with hash browns, seasoned potatoes or seasonal fruit and choice of toast. 430-810 Cals 10.89

55+ Grilled Chicken*

Grilled seasoned chicken breast served with two sides and dinner bread. 650-1270 Cals 15.99

GF when you choose two Gluten-Free sides and the Gluten-Free English Muffin

55+ Omelette

Two-egg omelette with caramelized onions, bacon, tomatoes and cheddar cheese blend. Served with crispy hash browns, seasoned potatoes or seasonal fruit and choice of toast. 660-830 Cals 11.99

GF with Gluten-Free English Muffin

55+ Fit Fare® Loaded Veggie Omelette

Egg white omelette with spinach, mushrooms, fire-roasted bell peppers & onions, tomatoes and Swiss cheese. Served with seasonal fruit and an English muffin. 500 Cals 11.99

GF with Gluten-Free English Muffin



55+ Country-Fried Steak*

A chopped beef steak smothered in country gravy. Served with two sides and dinner bread. 780-1400 Cals 13.99

55+ Fish & Chips*

Two wild-caught white fish fillets fried golden-brown, plus tartar sauce for dipping. Served with wavy-cut fries and dinner bread. 870-1180 Cals 15.99

55+ French Toast Slam

Two slices of brioche French toast with a fresh egg* made to order, two bacon strips or two all-pork sausage links. 610-800 Cals 11.79

55+ Club Sandwich

Carved turkey breast, bacon, lettuce, tomato and mayo on toasted multigrain bread. Served with wavy-cut fries. 1000 Cals 12.99

55+ Grilled Cheese Sandwich & Soup*

Canadian cheese on grilled sourdough bread and a cup of soup. 590-810 Cals 11.59

*Other side choices available upon request.**

55+ Turkey Dinner*

Tender carved turkey breast, savoury stuffing, gravy and cranberry sauce. Served with choice of two sides and dinner bread. 1180-1800 Cals 16.89

*55+ Dinners include choice of Garden Side Salad or Cup of Soup

***SOUP AVAILABLE
11 AM - 10 PM**



Cali Club Sandwich

Turkey breast, ham, bacon, Swiss cheese, fresh avocado, mayo, lettuce and tomato on toasted multigrain bread. 1280 Cals 18.29

Shown with Seasoned Fries upgrade.



Super Bird®

Turkey breast with Swiss cheese, bacon and tomato on grilled sourdough bread. 1150 Cals 17.59

Shown with Onion Rings upgrade.

Upgrade to **Seasoned Fries**

2.49 more 400 Cals

Upgrade to **Onion Rings**

2.69 more 450 Cals

Fit Fare®: Over 20g of protein Under 15g of fat Under 550 Calories

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*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.

GF indicates food options that are Gluten-Free. Menu items marked as **GF** 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.

NLHL030426

À La Carte Sides

Sweet Petite Corn **GF** 150 Cals 2.99

Seasonal Vegetable **GF** 40 Cals 3.69

Whole Grain Rice 240 Cals 2.99

Jasmine Rice **GF** 300 Cals 2.99

Wavy-Cut Fries **GF** 380 Cals 5.99

Seasoned Potatoes **GF**
180 Cals 4.99

Mashed Potatoes
310-330 Cals 2.99 **GF** without gravy

Premium Sides

Upcharge may apply when substituting for premium sides.

Seasoned Fries 400 Cals 7.89

Onion Rings 450 Cals 7.89

Bacon Cheddar Tots 360 Cals 7.89

Garden Side Salad 180-280 Cals 6.99

Bowl of Soup 170-200 Cals 6.99

Seasonal Fruit **GF** 170 Cals 5.69
Selection may vary.



Coffee



Signature Diner Blend 3.99

Regular or Decaf 0 Cals



Sweet & Creamy Cold Brew

Medium roast, single origin Colombian coffee, blended with milk and sweet cane syrup, poured over ice. 130 Cals 4.49

Refills not included.

Beverages



Soft Drinks 4.39 Selection may vary.



140 Cals



0 Cals



0 Cals



140 Cals



160 Cals



110 Cals

Hot Tea / Herbal Tea

0 Cals 3.99

Iced Tea 110 Cals 4.39

Lemonade Iced Tea

140 Cals 4.39

Premium Lemonade



160 Cals 4.39

Strawberry Lemonade

180 Cals 4.99

Mango Lemonade

180 Cals 4.99

Juice, Milk & more

2% Milk 240 Cals 5.09

Chocolate Milk 290 Cals 5.19

Hot Chocolate 260 Cals 4.59

Dasani® Bottled Water

0 Cals 3.59

Orange Juice



210 Cals 5.29

Apple Juice



240 Cals 5.29

Smoothies



Strawberry Banana

Made with strawberries, fresh bananas and nonfat vanilla yogurt. 280 Cals 6.99

Mango

Made with mangoes and nonfat vanilla yogurt. 300 Cals 6.99

Tropical Green

Made with tropical fruit, fresh spinach, bananas and nonfat vanilla yogurt. 300 Cals 6.99

Milk Shakes

Made to order with premium ice cream and topped with whipped cream. Plus, a little extra in the tin.

7.59 each

Vanilla

800 Cals



Chocolate

870 Cals



OREO

1050 Cals



Strawberry

780 Cals



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Food Allergies?

Scan the QR code for our allergen guide or see server.



Egg Quality Assurance

Egg Quality Assurance™ is a certification mark used under license from Egg Farmers of Canada.

The Egg Quality Assurance™ (EQA) program is an industry-wide initiative that certifies Canadian eggs are produced according to strict food safety and animal welfare standards. All eggs that are certified EQA™ have met the highest standards of Egg Farmers of Canada's Start Clean-Stay Clean® and Animal Care Programs.

IT'S DINER TIME @ **DENNYS.CA**

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