



# Rise & Shine BREAKFAST



## OATMEAL, PANCAKES & FRENCH TOAST

### OATMEAL, TOAST & COFFEE

Warm up with a hearty, healthy bowl of homemade oatmeal, toast, jam and a cup of fresh-brewed coffee or tea. 6.99  
*Add maple pecans & raisins to your oatmeal 1.29*

### FRENCH TOAST PLATTER

Three slices of thick-sliced bread, dipped in egg and cinnamon and grilled to golden perfection. Sprinkled with icing sugar and served with syrup and your choice of a fruit cup, bacon, ham or sausage.†† 8.49

### PANCAKE PLATTER

Two pancakes and syrup complete with your choice of bacon, ham or sausage.†† Served with a seasoned hashbrowns or fruit cup or homestyle baked beans.† 8.49

### BANANA BREAD FRENCH TOAST

This classic banana bread is perfectly sweet, moist and full of flavour! We dip it in egg and cinnamon and then grill it to golden brown. It's so delicious you'll wish you could eat it every morning. Sprinkled with icing sugar and served with real Canadian maple syrup and your choice of a fresh fruit cup, bacon, ham or sausage. 12.49

## KITCHEN FAVOURITES

### BIG BREAKFAST COMBO (GFO)

Two eggs, two bacon strips, a slice of ham and a breakfast sausage served with a fruit cup or seasoned hashbrowns or homestyle baked beans† and two slices of toast. Complete with your choice of regular size juice, milk, coffee or tea. 11.99

### CORNED BEEF HASH & EGGS (GFO)

A heaping dish of potatoes, carrots, turnip and lean corned beef, grilled and served with two eggs and two slices of toast. 11.49

### BREAKFAST SANDWICH (GFO)

Two eggs, ham, red and green peppers, onions and your choice of cheddar or swiss cheese, sandwiched between toasted whole wheat or white bread. Served with a fruit cup or seasoned hashbrowns or baked beans. 8.49

### BACON, HAM OR SAUSAGE & EGGS (GFO)

Choose between three full strips of bacon or a full slice of ham or two thick breakfast sausages. Each platter is served with a fruit cup or seasoned hashbrowns or homestyle baked beans† and toast. 7.99

### FISH CAKE PLATTER (GFO)

Two homestyle salt cod fish cakes, grilled to perfection and served with green tomato chow, two eggs, baked beans and toast. 12.49

## OMELETTES

*Our three-egg omelettes are served with a fresh fruit cup or seasoned hashbrowns or homestyle baked beans† and two slices of thick toast.*

### ALL VEGGIE OMELETTE (GFO)

Green and red peppers, onions, mushrooms and tomatoes. 8.99  
*Add our three-cheese blend 2.00*  
*Add our Beyond sausage 2.50*

### WESTERN OMELETTE (GFO)

Ham, red and green peppers, onions and our three cheese blend. 11.49

### HAM & CHEESE OMELETTE (GFO)

11.49

### ALL DRESSED OMELETTE (GFO)

Ham, red and green peppers, onion, mushrooms, tomatoes and our three cheese blend. 11.99

### ALL MEAT OMELETTE

Bacon, ham and sausage and our three cheese blend. 12.99

## BENEDICTS

### CLASSIC EGGS BENEDICT

An all time favourite! Two poached eggs and Canadian ham smothered in creamy hollandaise sauce on a toasted English muffin. Served with a fruit cup or seasoned hashbrowns or homestyle baked beans.† 11.99

### FISH CAKES BENEDICT

Two poached eggs on salt cod fish cakes smothered in creamy hollandaise sauce and served with two slices of toast. Served with baked beans. 12.99

### Derby STEAK CAKE BENNY

Two poached eggs on sliced Derby marinated rib eye potato cakes, smothered in bearnaise sauce and topped with crispy onion curls. Served with a fruit cup or seasoned hashbrowns or homestyle baked beans.† 15.99



### EGGS ROYALE

Two poached eggs, Nova Scotia smoked salmon, baby spinach and garlic cream cheese on a toasted English muffin smothered in hollandaise sauce. Garnished with maple bacon and green onion. Served with a fruit cup or seasoned hashbrowns or homestyle baked beans.† 15.99

(GFO) **Gluten Friendly Option**

†Substitute Fruit Cup, Hashbrowns or Beans with Corned Beef Hash or with a fresh Garden, Caesar, Spinach or Greek Salad add 3.50

†† Substitute meat selection with an Oktoberfest sausage or Beyond sausage patty add 1.50

Extra Condiments/Sauces available at an additional charge. All applicable taxes extra.

# STEAKS FROM THE GRILL

## Derby OR CHARBROILED STYLE?

Since 1973, Derby style, with our secret marinade of garlic and other spices, has been the most popular choice with Steak and Stein guests. Charbroiled, on the other hand, is preferred by those who enjoy the natural, robust flavours of charcoal-broiled beef.

Steak platters are served with two eggs, and a fresh fruit cup or seasoned hashbrowns or homestyle baked beans† and two slices of thick toast. Eggs can be served fried, poached or scrambled.

## BONELESS RIB EYE STEAK & EGGS

**DELMONICO 7oz STEAK** 17.99

**DOUBLE DEL MONICO**  
Two 7oz steaks 25.99

**CALGARY 5oz STEAK** 15.99

**TWO OF A KIND**  
Two 5oz steaks 17.99

## PREMIUM STEAK & EGGS

**NEW YORK STRIPLOIN**  
8oz cut 20.99 | 10oz cut 22.99

**12oz "KING OF RIB EYES"** 25.49 **GFO**

**6oz BACON-WRAPPED**

**FILET** 22.99 **GFO**  
Derby style not available bacon-wrapped.

**14oz COWBOY (BONE-IN) STEAK** 28.49 **GFO**

## STEAK & EGG SANDWICH

A boneless 5oz rib eye steak topped with a fried egg and our three cheese blend served on a thick slice of garlic toast. Served with a fresh fruit cup or seasoned hashbrowns or homestyle baked beans.† 16.99

Upsize to 7oz Rib Eye 2.00

## SIDE ORDERS

### FRUIT CUP

A mix of pineapple, honeydew, cantaloupe and oranges. 4.99

### TOAST (2) OR

**ENGLISH MUFFIN & JAM** 2.49

### TWO GRADE 'A' EGGS

Fried, poached or scrambled. 2.99

**GLUTEN FREE TOAST (2)** 3.99

**HOMEMADE OATMEAL** 3.99

**PANCAKES & SYRUP (2)** 4.49

**FRENCH TOAST WITH SYRUP (2)** 4.49

**BANANA BREAD FRENCH TOAST (2)**

With real Canadian maple syrup. 5.99

**SEASONED HASHBROWNS** 2.99 **GFO**

**GRILLED HASHBROWNS WITH ONIONS** 3.49

**HOMESTYLE BAKED BEANS** 2.99 **GFO**

**SIDE BACON (3 STRIPS), SAUSAGE (2 THICK LINKS) OR SLICE OF HAM** 3.99

**OKTOBERFEST SAUSAGE** 4.49

**BEYOND SAUSAGE PATTY** 4.49 **GFO**

**CORNED BEEF HASH** 6.99 **GFO**

**MARITIME FISH CAKES (2)** 6.99 **GFO**

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**GFO** **Gluten Friendly Option**

## BREAKFAST SKILLETS

Our Breakfast Skillets are served with two slices of white or whole wheat toast.

### VEGGIE SKILLET **GFO**

Green and red peppers, onions, mushrooms, tomatoes and seasoned hashbrowns, topped with scrambled eggs and our three-cheese blend. 10.49

### MEAT LOVER'S SKILLET **GFO**

Bacon, ham, sausage, red and green peppers, onions and seasoned hashbrowns, topped with scrambled eggs and our three-cheese blend. 12.49  
**NO Meat Option: Prepared with Beyond Sausage** 12.49

### BEEF TENDERLOIN SKILLET

Derby Beef tenderloin tips, mushrooms, onions, red and green peppers and seasoned hashbrowns, topped with scrambled eggs and our three-cheese blend. 13.99

Add Creamy Hollandaise Sauce to any of our skillets 2.50

## BEVERAGES

### CHILLED JUICES

Apple, orange, tomato or clamato  
Reg. 2.39 | Large 2.89 | Ex. Large 4.59

**MILK** 1% white or chocolate  
Reg. 2.29 Large 2.79 Ex. Large 4.39

**BOTTOMLESS COFFEE / DECAF** 2.39

**BOTTOMLESS TEA** 2.39

**SPECIALTY TEAS** 2.49

**HOT CHOCOLATE** 1.99

**BOTTLED JUICES (455ml)** 3.49

**BOTTOMLESS ICED TEA OR SOFT DRINKS** 2.89

**BOTTLED WATER (591ml)** 1.89

Do you have food ingredient or allergy concerns?  
Please inform our service staff before ordering.

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