



# 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. 8.49  
*Add maple pecans & raisins to your oatmeal 1.59*

### 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.†† 10.99

### 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.† 10.99

### 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. 15.49

## 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. 14.49

### 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. 13.99

### BREAKFAST SANDWICH (GFO)

Two eggs, ham, red and green peppers, onions and your choice of cheddar or swiss cheese, sandwiched between toasted white, wheat or multigrain bread. Served with a fruit cup or seasoned hashbrowns or baked beans. 9.99

### 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. 10.49

### 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. 15.49

## 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. 12.49  
*Add our three-cheese blend 3.50*

### ALL DRESSED OMELETTE (GFO)

Ham, red and green peppers, onion, mushrooms, tomatoes and our three cheese blend. 14.49

### WESTERN OMELETTE (GFO)

Ham, red and green peppers, onions and our three cheese blend. 13.99

### ALL MEAT OMELETTE

Bacon, ham and sausage and our three cheese blend. 15.49

### HAM & CHEESE OMELETTE (GFO) 13.99

## 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.† 15.49

### 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. 15.99

†Substitute Fruit Cup, Hashbrowns or Beans with Corned Beef Hash or with a fresh Garden, Caesar, Spinach or Greek Salad add 3.00

†† Substitute meat selection with an Oktoberfest sausage add 2.50

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

### (GFO) Gluten Friendly Option

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

### DID YOU KNOW?

You can now order Online and Local:  
steakandstein.ca OR halihub.ca

### CONNECT WITH US ON:

[steakandstein.ca](http://steakandstein.ca)

# 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 21.99

DOUBLE DEL MONICO  
Two 7oz steaks 33.99

CALGARY 5oz STEAK 18.99

TWO OF A KIND  
Two 5oz steaks 23.99

## PREMIUM STEAK & EGGS

NEW YORK STRIPLOIN  
8oz cut 26.99 | 10oz cut 29.99

12oz "KING OF RIB EYES" 33.99 **GFO**

6oz BACON-WRAPPED

FILET 29.99 **GFO**  
Derby style not available bacon-wrapped.

14oz COWBOY (BONE-IN)  
STEAK 35.99 **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.† 19.49

Upsize to 7oz Rib Eye 3.00

## SIDE ORDERS

### FRUIT CUP

A mix of pineapple, honeydew, cantaloupe and oranges. 5.99

### TOAST (2) OR

ENGLISH MUFFIN & JAM 3.39  
For multigrain toast: add .30

### TWO GRADE 'A' EGGS

Fried, poached or scrambled. 3.39

GLUTEN FREE TOAST (2) 4.39

HOMEMADE OATMEAL 4.39

PANCAKES & SYRUP (2) 5.49

FRENCH TOAST WITH SYRUP (2) 5.49

BANANA BREAD FRENCH TOAST (2)

With real Canadian maple syrup. 7.59

SEASONED HASHBROWNS 3.99 **GFO**

GRILLED HASHBROWNS  
& ONIONS 4.99

HOMESTYLE BAKED BEANS 3.99 **GFO**

SIDE BACON (3 STRIPS),  
SAUSAGE (2 THICK LINKS)  
OR SLICE OF HAM 5.29

OKTOBERFEST SAUSAGE 6.50

CORNED BEEF HASH 8.49 **GFO**

MARITIME FISH CAKES (2) 8.29 **GFO**

†Substitute Fruit Cup, Hashbrowns or Beans with Corned Beef Hash or with a fresh Garden, Caesar, Spinach or Greek Salad add 3.00

†† Substitute meat selection with an Oktoberfest sausage add 2.50

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

**GFO** *Gluten Friendly Option*

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

## BREAKFAST SKILLET

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

### VEGGIE SKILLET **GFO**

Green and red peppers, onions, mushrooms, tomatoes and seasoned hashbrowns, topped with scrambled eggs and our three-cheese blend. 13.99

### 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. 15.49

### 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. 16.99

Add Creamy Hollandaise Sauce to any of our skillets 3.50

## BEVERAGES

### CHILLED JUICES

Apple, orange, tomato or clamato  
Reg. 2.99 | Large 3.59 | Ex. Large 4.99

MILK 1% white or chocolate  
Reg. 2.99 | Large 3.59 | Ex. Large 4.99

BOTTOMLESS COFFEE / DECAF 3.29

BOTTOMLESS TEA 3.29

SPECIALTY TEAS 3.49

HOT CHOCOLATE 3.29

BOTTLED JUICES (455ml) 3.99

BOTTOMLESS ICED TEA OR  
SOFT DRINKS 3.69

BOTTLED WATER (591ml) 2.69

### DID YOU KNOW?

You can now order Online and Local:  
steakandstein.ca OR halihub.ca

### CONNECT WITH US ON:

  [steakandstein.ca](http://steakandstein.ca)



**ASK YOUR SERVER ABOUT OUR DAILY IN-HOUSE SPECIALS!**

## APPETIZERS

**MUSSELS (1 lb) GFO**  
 Fresh Nova Scotia cultivated mussels cooked in white wine and garlic. **10.99**  
*Each additional lb. 9.49*

**GARLIC CHEESE BREAD (2pc)**  
 Garlic bread topped with our three cheese blend and toasted. **5.29**  
*Each additional slice 2.59*

**PICKLE SPEARS**  
 Five deep fried breaded dill pickle spears served with curry-mayo sauce for dipping. **7.49**

**GARLIC & HERB BREADED SHRIMP**  
 Five extra-large and tender butterflied shrimp lightly breaded in garlic with herbs. Served with Marie Rose sauce. **8.99**

**POTATO SKINS**  
 Hand-cut potato skins and our three cheese blend lightly seasoned and topped with bacon bits and green onions. Served with salsa and sour cream. **15.99**

**NACHOS**  
 Crisp housemade tortilla chips and our three cheese blend topped with tomatoes, green onions, black olives and jalapeno peppers. Served with salsa and sour cream.  
**Regular 13.49**  
**\*Large 18.49 \*Or go Half & Half (Nachos and Potato Skins)**  
**Add chicken or spicy beef topping 4.90**

**BLOOMIN' ONION**  
 A colossal spanish onion, lightly battered with our special seasoning and deep fried. Served with curry and sherry mayo. **14.49**

**ONION RINGS**  
 Basket of onion rings served with ranch or sriracha sauce. **10.49**

**SIDEWINDERS**  
 Sea-salted, beer battered fries with a unique twist for dipping. Served with our chipotle mayo-mustard dipping sauce. **8.99**  
**Make it a poutine! Three-cheese blend or cheese curds and beef or chicken gravy 6.00**

## SOUPS & SALADS

**STEIN SOUP OF THE DAY**  
**Bowl 6.49 / Cup 4.99**  
*Served with a warm roll or crackers.*

**MARITIME SEAFOOD CHOWDER**  
 A creamy blend of fish and shellfish. Served with a warm roll or crackers.  
**Bowl 13.99 / Cup 10.49**

**FRENCH ONION SOUP**  
 Sweet spanish onions, simmered in a rich beef consommé and enhanced with red wine and spices. Topped with croutons and our three cheese blend. **8.99**

**GARDEN OR CAESAR SALAD**  
**Side 7.99 / Dinner 12.99**

**GREEK OR SPINACH SALAD**  
**Side 8.99 / Dinner 14.99**

*All salads are GFO*  
*Dinner size salads include a slice of garlic bread or roll.*

**Top Your Salad With:**  
**Grilled or Breaded Chicken Breast 8.00**  
**5oz. Ribeye Steak 10.00**  
**7oz. Ribeye Steak 12.00**  
**Salmon Fillet 12.00**



*The following selections served with choice of side.*

## BURGERS

*Add cheese to any burger 1.00*  
*Add bacon to any burger 1.00*

**CHICKEN BURGER**  
 A made-in-house breaded or grilled chicken breast served on a gourmet bun with your choice of toppings. **15.99**

**STEIN BURGER**  
 A homestyle Derby burger on a toasted bun with choice of toppings. **14.99**  
**Add burger patty 6.00**

**GRILLED SHROOM BURGER**  
 Our Derby burger topped with swiss cheese, mushrooms and onions, drizzled with our classic burger sauce and served on a toasted bun. **15.99**

## SANDWICHES

**STEAK SANDWICH**  
 A 5oz ribeye steak, Derby or charbroiled, on toasted garlic bread topped with onion curls and our three cheese blend. **19.49**  
**Upsize to 7oz. ribeye 3.00**

**SMOKED MEAT MELT**  
 Grilled sourdough panini bread filled with shaved smoked meat and creamy swiss cheese. **16.99**  
**Double the meat 5.00**

**SMOKED MEAT ON RYE**  
 Montreal smoked meat brisket on mustard sandwiched between lightly toasted marbled rye or multi grain bread. Served with pickle spear. **16.99**  
**Double the meat 5.00**

**REUBEN SANDWICH**  
 Toasted marbled rye or multigrain bread, dijon mustard, sauerkraut, swiss cheese and Montreal smoked meat brisket. Served with pickle spear. **17.49**  
**Double the meat 5.00**

**STEIN CHICKEN CLUB**  
 Sliced grilled chicken breast, tomato slices, crispy bacon, lettuce and chipotle mayo on three slices of toasted bread. **15.99**  
**Add cheese 1.00**

**PHILLY CHEESE STEAK**  
 Shaved steak, onion, green pepper, mushrooms and garlic sautéed together and finished with a Derby glaze. Served on a toasted panini bun and topped with provolone cheese. **17.49**  
**Double the meat 5.00**

**HAWAIIAN CHICKEN**  
 A charcoal broiled chicken breast basted with Diana sauce, served on toasted garlic bread topped with pineapple and our three cheese blend. **16.99**

## CLASSIC HOT SANDWICHES

**HOT CHICKEN**  
 Pulled white and dark chicken smothered in homemade chicken gravy between slices of bread topped with green peas. **14.99**

**HOT HAMBURGER**  
 Our all beef Derby Burger sandwiched between bread and topped with beef gravy and green peas. **15.99**  
**Add onion curls or grilled onions 2.49**

## SIDE CHOICES

*Choose one of the following sides included with your meal or add an additional side for:*

FRENCH FRIES.....	3.99	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GFO</span>	RICE PILAF.....	3.99	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GFO</span>	CAESAR SALAD.....	7.99
(POUTINE - add 6.00)			ONION RINGS.....	5.49	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GFO</span>	SPINACH or GREEK..	8.99
SIDEWINDERS.....	½ order 4.49	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GFO</span>	BAKED BEANS.....	3.99		<i>For Garden or Caesar Salad - add 2.00</i>	
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GFO</span> BAKED POTATO.....	3.99		CREAMY COLESLAW.....	3.99		<i>For Spinach or Greek Salad - add 2.50</i>	
(LOADED - add 3.00)		<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GFO</span>	CARROT & BROCCOLI MEDLEY..	3.99		<i>For Sweet Potato Fries add 4.00</i>	
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GFO</span> RED-SKINNED MASHED POTATOES..	3.99		SWEET POTATO FRIES.....	8.99		<i>Extra condiments/sauces available at an additional charge.</i>	
(LOADED - add 3.50)		<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GFO</span>	GARDEN SALAD.....	7.99			
CUP OF STEIN SOUP.....	4.99						

### DID YOU KNOW?

You can now order Online and Local:  
 steakandstein.ca OR halihub.ca

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

GFO Gluten Friendly Option  
V Vegan

**CONNECT WITH US ON:**  
 f Instagram steakandstein.ca

**Halifax Location** | 902-454-8814  
 6061 Young Street, Halifax

**Dartmouth Location** | 902-434-8814  
 620 Portland Street, Dartmouth

# 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.

All Steak Selections are served with our famous creamy coleslaw or carrot & broccoli medley, a warm roll and choice of side.

## BONELESS RIB EYE STEAKS

DEL MONICO 7oz STEAK 21.99

'DOUBLE DEL MONICO' (TWO 7oz STEAKS) 33.99

CALGARY 5oz STEAK 18.99

'TWO OF A KIND' (TWO 5oz STEAKS) 23.99

## FULLY-AGED PREMIUM STEAKS

These fully-aged premium steaks are available in our 'signature' Derby marinade, all natural or peppercorn style with a brandy peppercorn sauce.

12oz 'King' of Rib Eyes 33.99 **GFO**

6oz Bacon-Wrapped Filet 29.99 **GFO**  
Derby style not available  
bacon-wrapped.

14oz Cowboy (bone-in) Steak 35.99 **GFO**

New York Striploins  
8oz cut 26.99  
10oz cut 29.99

## COMBO IT UP!

Add to any  
Entrée  
Purchase

### HADDOCK

Baked, pan or deep-fried  
4oz - 6.50 7oz - 10.50

### SALMON (6oz)

Panfried, baked or grilled 12.00

### SHRIMP

Breaded or panfried  
3pc 3.95 / 5pc 5.95

### SCALLOPS

Breaded or panfried  
3pc 6.95 / 5pc 10.25

### 1/3 SIDE PORK RIBS

Brushed in BBQ, Diana or  
Honey-garlic sauce. 8.50

### 1/2 SIDE PORK RIBS

Brushed in BBQ, Diana or  
Honey-garlic sauce. 12.50

### OKTOBERFEST SAUSAGE

Served with Oktoberfest Mustard.  
6.50

### 1/4 ROASTED CHICKEN

Brushed in BBQ, Diana or  
Honey-garlic sauce. 8.50  
Substitute for white meat 1.80

### 1/2 ROASTED CHICKEN

Brushed in BBQ, Diana or  
Honey-garlic sauce. 12.50  
Substitute for white meat 1.80

### ADD-ONS

Add 2 breaded pickle spears  
to any entrée 3.50  
Sautéed Mushrooms 3.79  
Sautéed Onions or Onion Curls 2.49  
Beef or Chicken Gravy 2.49  
Brandy Mushroom Sauce 3.49  
Brandy Peppercorn Sauce 3.49  
Derby Sauce 2.99

## PASTA

Pasta dishes include a slice of  
garlic bread. Add cheese for 1.39

### FETTUCCINE PRIMAVERA

Sautéed green and red peppers,  
broccoli, carrots, celery, red onions  
and mushrooms in a rosé sauce  
tossed with fettuccine noodles. 15.49  
Add chicken 8.00

### SPICY SAUSAGE PENNE

Oktoberfest sausage,  
onions, mushrooms and peppers  
tossed with penne pasta and  
tomato basil sauce. 14.49  
Add an additional sausage 6.50

### Derby BEEF TIP STROGANOFF

Marinated beef tenderloin tips with  
onions, mushrooms, red and green  
peppers heaped over a bed of fettuccine.  
Served with sour cream. 20.99

### BROCCOLI & FETTUCCINE ALFREDO

WITH GARLIC & HERB SHRIMP  
Broccoli, parmesan cheese and  
alfredo sauce tossed with fettuccine.  
Topped with 3 garlic &  
herb shrimp. 17.99  
Add 3 garlic and herb shrimp 3.75

### MAPLE CURRY COCONUT CHICKEN

Perfectly seasoned, creamy curry  
penne pasta, mixed with red and  
green peppers, onions, mushrooms  
and spinach topped with semi-sweet  
breaded coconut chicken bites. 16.49

### CHICKEN ALFREDO

Charbroiled chicken,  
garlic and alfredo sauce  
tossed with fettuccine. 16.49

## SEAFOOD SELECTIONS

With the exception of  
Fish Fritters & Fries  
and Fish Cakes & Beans,  
the following selections  
are served with coleslaw  
or carrot & broccoli  
medley, a warm roll &  
choice of side.

### FISH FRITTERS & FRIES

A basket of panko coated deep  
fried fish nuggets on a bed of fries.  
Topped with a sprinkle of  
green onions and served with  
our own zesty tartar sauce. 14.49

### SHRIMP PLATTER **GFO**

Eight breaded or panfried  
shrimp served with our own  
seafood sauce. 17.99

### SCALLOP PLATTER **GFO**

Eight breaded or panfried  
scallops served with our  
own zesty tartar sauce. 22.99

### SEAFOOD TREASURES

A medley of fresh pan fried  
haddock, salmon, scallops,  
shrimp and mussels, drizzled with  
dill butter sauce. 23.99

### DEEP FRIED BREADED HADDOCK

1pc 11.99  
Each additional pc. 6.50

### ATLANTIC SALMON **GFO**

A delicious salmon fillet baked,  
grilled or pan fried and served  
with basil mayonnaise. 21.99

### FISH CAKES & BEANS **GFO**

Two homestyle salt cod fish cakes  
served with homemade baked beans,  
green tomato chow and a  
warm roll. 15.49

### SEASONED HADDOCK **GFO**

A haddock fillet, pan fried,  
or oven baked. 18.99

## STEIN FAVOURITES

### Derby BEEF TENDERLOIN TIPS

Marinated beef tenderloin tips  
with onions, mushrooms, red and  
green peppers. Served with a  
slice of toasted garlic bread  
and choice of side. 20.99  
Add cheese to bread 1.39

### LIVER, BACON & ONIONS

Beef liver, onions and bacon topped  
with beef gravy. Served with coleslaw  
or carrot & broccoli medley, roll and  
choice of side. 15.99

### TRADITIONAL MEATLOAF

Perfectly seasoned, warm and  
hearty meat loaf topped with a  
brandy mushroom sauce.  
Served with red skinned  
mashed potatoes, green peas  
and a warm roll. 15.99

## RIBS OR CHICKEN

Meals are served with our famous  
creamy coleslaw or carrot &  
broccoli medley, a warm roll and  
choice of side.

Our pork side ribs are brushed  
with your choice of BBQ, Diana  
or Honey-Garlic sauce. **GFO**

1/3 Rack 16.99  
1/2 Rack 22.49  
Full Rack 28.49

### ROASTED CHICKEN DINNER **GFO**

Tender rotisserie style chicken.  
Brushed with your choice of BBQ,  
Diana or Honey-Garlic sauce.  
Quarter 15.99 / Half 21.99  
Substitute for all white meat 1.80

### CHICKEN TENDERS

A portion of housemade seasoned  
breaded chicken strips. 16.49

## BEVERAGES

FREE refills with coffee, tea, soft drinks and iced tea.

### CHILLED JUICES

Apple, orange, tomato or clamato  
Reg. 2.99  
Large 3.59  
Ex. Large 4.99

### MILK

1% white or chocolate  
Reg. 2.99  
Large 3.59  
Ex. Large 4.99

### BOTTOMLESS COFFEE OR BREWED DECAF

3.29

### BOTTOMLESS TEA

3.29

### SPECIALTY TEAS

3.49

### HOT CHOCOLATE

3.29

### BOTTLED JUICES

3.99

### SHIRLEY TEMPLE

Reg. 2.99  
Large 3.59

### BOTTOMLESS ICED TEA

3.69

### BOTTOMLESS SOFT DRINKS

3.69

### BOTTLED WATER

591ml 2.69

### CARBONATED BOTTLED WATER

500ml 3.29