

# BREAKFAST



## BIG BREAKFAST...\$11.29

880-930 Cals | 30g Protein

Your choice of Bacon or Sausage, 2 eggs, 2 pieces of toast, our herbed hashbrowns



## FARM FRESH MORNING SANDWICH...\$8.49

390 Cals | 18g Protein

Plant based breakfast sausage and cheese on a toasted English muffin

Combo it (820 Cals) ..... \$13.49



## BREAKFAST SANDWICH....\$7.69

350 Cals | 20g Protein

Egg, cheese and your choice of Bacon or Sausage on a toasted English muffin

Combo it (780 Cals) ..... \$10.39



## EGG & CHEESE ..... \$5.99

290 Cals | 14g Protein

Eggs with cheddar cheese, layered on a toasted English muffin

Combo it (720 Cals) ..... \$10.99



**friendlier**  
BECAUSE THE PLANET ISN'T SINGLE-USE.

## SIDES

<b>HASHBROWNS REGULAR (430 CALS)</b>	<b>\$3.19</b>
<b>SAUSAGE PATTY (110 CALS)</b> .....	<b>\$1.99</b>
<b>BACON - 2 SLICES (40 CALS)</b> .....	<b>\$1.99</b>
<b>EXTRA EGG (70 CALS)</b> .....	<b>\$1.59</b>
<b>TOAST (220 CALS)</b> .....	<b>\$1.79</b>
<b>TATER TOTS (430 CALS)</b> .....	<b>\$3.99</b>

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.





**WESTERN SANDWICH** . . . \$7.29

420 Cals | 21g Protein

Black forest ham and eggs with onions and green bell peppers, on Texas toast

**Combo it (850 Cals)** . . . . . \$12.29



**BLT ON A BAGEL** . . . . . \$7.19

370 Cals | 22g Protein

Grilled bacon with lettuce, tomatoes and mayo, on a bagel

**Combo it (800 Cals)** . . . . . \$12.19



**MULTIGRAIN BAGEL** . . . . . \$3.49

250 Cals | 10g Protein

Multigrain bagel, toasted with butter

**Combo it (680 Cals)** . . . . . \$8.49



**CREAM CHEESE BAGEL** . . . . . \$3.99

300 Cals | 13g Protein

Plain or multigrain bagel toasted with a thick layer of cream cheese

**Combo it (730 Cals)** . . . . . \$8.99

**UPGRADE YOUR COMBO**

**GET IT ON A BAGEL (80 CALS)** . . . . . \$1.29

**ADD MILK (437 ML)** . . . . . \$2.69

**2 HASHBROWNS AND COFFEE** . . . . . \$3.99

**DRINK & SNACK COMBO** . . . . . \$4.99

500ml–591ml Sparkling Beverage or Coffee + 2oz Cookie or Whole Fruit







## SOUTHWEST CRUNCH.....\$9.69

770 Cals | 41g Protein

Black bean patty wrapped in a warm tortilla, topped with chipotle aioli, cheese, crispy fried onions and peppers, lettuce, and tomato.

Combo it (1190-1320 Cals) . . . \$14.69



## OG GRILLED CHICKEN.....\$9.99

350 Cals | 25g Protein

Grilled chicken marinated in our blend of herbs and spices, caramelized onions, lettuce, tomato with herb aioli.

Combo it (770-1100 Cals) . . . \$14.99



## OG CRISPY CHICKEN.....\$9.99

500 Cals | 33g Protein

Crispy chicken carefully layered with housemate slaw, pickles and spicy mayo.

Combo it (920-1250 Cals) . . . \$14.99



## CBR WRAP.....\$10.19

620 Cals | 24g Protein

Crispy chicken topped with lettuce melted cheddar, crispy bacon and ranch. All wrapped up in a soft flour tortilla.

Combo it (1040-1320 Cals) . . . \$15.19

## SIDES

REG FRIES (420 CALS)	.....\$4.99
LARGE FRIES (560 CALS)	.....\$5.79
ONION RINGS (60 CALS)	.....\$6.59
SWEET POTATO FRIES (690 CALS)	.....\$6.29
POUTINE (730 CALS)	.....\$8.99

## 3 PIECE TENDERS

500 Cals | 33g Protein . . . . . \$8.99

Crispy premium breaded white chicken strips with your choice of dipping sauce

Combo it (800-1130 Cals) . . . \$13.49

## GRILLED CHEESE

470 Cals . . . . . \$5.99



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# SMASH BURGERS



**SIGNATURE** . . . \$9.99 

**580 Cals | 31g Protein**

Savoury grilled beef patty, topped with onions, pickles, and our signature sauce.

**Combo it (1000-1290 Cals). . . . \$14.99**



**CLASSIC CHEESE** . . . . . \$10.99 

**520 Cals | 33g Protein**

Smash patty topped with melted cheese, crisp lettuce, tomato, ketchup, and mayo.

**Combo it (940-1270 Cals) . . . . . \$15.99**



**LOADED JALAPENO**  \$10.99

**740 Cals | 41g Protein**

Smash patty topped with crispy fried onions and peppers, melted cheese, our housemade chipotle bbq sauce, and extra bacon.

**Combo it (1160-1490 Cals) . . . . \$15.99**

## UPGRADE YOUR COMBO



**Combo it up for \$4.99**

**LARGE FRIES (140 CALS) . . . . . \$0.99**  
**ONION RINGS (60 CALS) . . . . . \$1.99**  
**SWEET POTATO FRIES (270 CALS) . . . . \$1.99**  
**ADD CHICKEN TENDER (310 CALS) . . . . \$2.99**



**Combo it up for \$5.99**

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