

## 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 of toasted English muffin	n a
Combo it (720 Cals)	\$10.99



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

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.











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 S3.49

250 Cals | 10g Protein

Multigrain bagel, toasted with butter

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

CREAM CHEESE 6 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** 

770 Cals | 41g Protein

**CRUNCH**.....\$9.69

Black bean patty wrapped in a warm tortilla,

onions and peppers, lettuce, and tomato.

topped with chipotle aioli, cheese, crispy fried

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





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





500 Cals | 33g Protein

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

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



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

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

\$5.99



**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



#### SIGNATURE...\$9.99

580 Cals | 31g Protein

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

Combo it (1000-1290 Calş). . . . . \$14.99

# SMASH BURGERS



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 bbg sauce, and extra bacon.

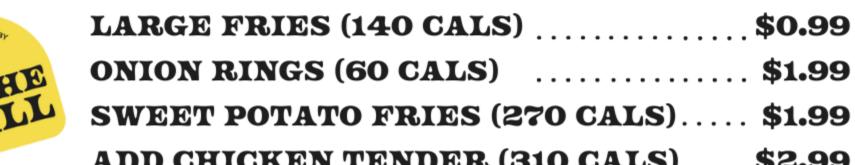
Combo it (1160-1490 Cals) . . . . . \$15.99



Combo it up for \$5.99

# **UPGRADE YOUR COMBO**





**SWEET POTATO FRIES (270 CALS)..... \$1.99** 

ADD CHICKEN TENDER (310 CALS)..... \$2.99

Combo it up for \$4.99

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