

Lunch Value Menu

Includes a choice of hearty chicken noodle soup **or** soup of the day **or** beverage*



OR

• **HOT CHICKEN | 16½**

• With brown gravy, garnished with green peas.

• **sub white meat +1¾**

• **QUARTER CHICKEN LEG DINNER | 14½**

• Served with trans fat free fries

• **BBQ SANDWICH** | 17½**

• Rotisserie chicken, gently seasoned with barbeque sauce, served on a toasted brioche bun, trans fat free fries

• **sub white meat +1¾**

• **NEW MEXICO CHICKEN WRAP | 17¾**

• Rotisserie chicken chunks, chipotle dressing, sundried and fresh tomatoes, romaine lettuce, Monterey Jack cheese on a grilled tortilla, trans fat free fries

• **CRISPY CHICKEN SANDWICH** | 17**

• Crispy fresh breast of chicken with red onions, lettuce, tomato, chipotle and peri peri sauce on a Portugese bun served with fresh greens

• **CHICKEN SOUVLAKI ON PITA | 17½**

• Tender cubed breast of chicken grilled to perfection, served open face on pita bread with diced tomatoes, thinly sliced Spanish onions, Tzatziki, trans fat free fries

• **COBB SALAD | 16½**

• A bed of garden fresh greens, spinach, crisp bacon, diced tomato, farm fresh egg quarters, avocado, corn, carrots, crumbled blue cheese or shredded Monterey Jack cheese, blue cheese dressing on the side

• **add: chicken breast +6**

• **BUTCHER'S STEAK SANDWICH | 24**

• 6 oz. centre cut AAA New York Striploin on a garlic Portugese bun served with trans fat free fries

• **add cheese +2**

• **CRUNCHY CHICKEN FINGERS (4) | 16¾**

• Chicken breast tenders, rolled in a unique, awesome breading, cooked until crispy on the outside, juicy on the inside, served with plum, honey-mustard, very hot sauce or ranch dressing

• **REAL JERK GRILLED CHICKEN BREAST | 21½**

• Chicken marinated, then slowly cooked and grill finished, served with vegetables, seasoned black eye peas and rice

• **upgrade to half chicken +4¾**

• **SPINACH AND AVOCADO SALAD | 15¼**

• Slices of avocado, julienned red pepper, cucumber, red onions, carrots, on a bed of spinach, gently tossed in an extra virgin olive oil vinaigrette, served with baguette slice

• **HUNTER'S CHICKEN | 20¾**

• Rotisserie chicken in a coq au vin style Burgundy red wine and mushroom sauce, mashed potatoes, garden vegetables, garlic bread

• **VEGETARIAN MUSAKA | 14¼**

• This middle eastern dish features sautéed eggplant, diced tomatoes, green and red peppers, onions, chick peas mixed with tomato sauce, served with basmati rice, warm pita bread

• **CURRY CHICKEN BOWL | 19¾**

• Tender chunks of boneless chicken* in a spicy curry sauce with potatoes, onions, julienned sweet pepper served over a bed of savoury best quality basmati rice and Naan bread

• **CHICKEN TACOS (3) | 17**

• Seasoned rotisserie chicken with coriander and cumin, red onions, avocado, chipotle mayo, mango chutney and cheese on a flour tortilla with mixed green salad

• **FISH TACOS (2) | 17**

• Cod with avocado, coleslaw, tartar and lime cream sauce on a flour tortilla served with mixed green salad

• **INDIVIDUAL CHICKEN POT PIE | 19¾**

• Served with trans fat free fries

Most dishes above include coleslaw, bread and dipping sauce.

*Coffee, tea selection or fountain drink. **Add cheese and bacon +3.50.  without meat

Brunch Menu

served until 2 pm

the Q classics

includes fresh fruit skewer

MISH MASH OMELET | 15.25

Three eggs with bacon, ham, onion, tomato and Swiss cheese. Served with toast and home fries.

LOW CARB PROTEIN LOVERS BREAKFAST | 12.50

Three eggs cooked any style and your choice of ham, bacon*, or sausage, toast and baked beans. (*peameal bacon +3.95)

WEST COAST EGGS BENEDICT | 18.25

Two medium poached eggs with bacon*, grilled shrimp and avocado salsa on a toasted english muffin with house made Hollandaise sauce. Served with home fries. (*peameal bacon +3.95)

EGGS BENEDICT | 16.75

Two medium poached eggs with peameal bacon on a toasted English muffin topped with house made Hollandaise sauce. Served with home fries, vegetarian baked beans and cretons.

CHICKEN EGGS BENEDICT | 17.45

Two medium poached eggs with rotisserie chicken on a toasted English muffin topped with house made Hollandaise sauce. Served with home fries, vegetarian baked beans and cretons.

DUCK BREAST EGGS BENEDICT | 17.50

House made corn bread with a dollop of blackberry jam topped with smoked duck breast and two medium poached eggs then smothered in house made Hollandaise sauce and accompanied by home fries.

OLD FASHIONED BREAKFAST | 18.75

Plain omelet, pancake and a slice of ham, bacon*, sausage and toast. Served with real Canadian Maple Syrup, vegetarian baked beans, cretons, home fries. (*peameal bacon +3.95)

LOBSTER EGGS BENEDICT | 22.25

Two medium poached eggs with chunks of Atlantic Lobster on a toasted English muffin topped with house made Hollandaise sauce. Served with home fries.

Pancakes or French toast

includes fresh fruit skewer

Served with real Canadian Maple Syrup

Add ham, bacon, sausage, strawberries or bananas +3.25

Peameal bacon +3.95 | Add egg +1.25 | Nutella +1.75

FRENCH TOAST | 11.25

APPLE STUFFED FRENCH TOAST | 13.25

With vanilla ice cream

PANCAKES (4) | 12.50

PANCAKES (2) AND FRENCH TOAST (1) | 12.95

With strawberries

belgian waffles

Served with real Canadian Maple Syrup and frozen strawberry yogurt

(Add ham, bacon or sausage +3.25 | Peameal bacon +3.95)

WAFFLE BENNY | 16.75

A Belgian waffle topped with peameal bacon, two medium poached eggs, house made Hollandaise sauce and served with fresh strawberries.

STRAWBERRY BELGIAN WAFFLE | 12.75

CHOCOLATE BANANA BELGIAN WAFFLE | 12.25

rise and shine

Most egg dishes are served with golden brown home fries or tomatoes and a seasonal fruit skewer.

VEGETARIAN FRITTATA* | 14.95

Three eggs with spinach, fresh field mushrooms, finely chopped and delicately seasoned Spanish onions, served with home fries, toast and salsa. With cheese (cheddar or feta or Swiss) +2.00.

CHICKEN WAFFLE | 17.25 *NEW!*

Two medium poached eggs, Belgian waffle, crispy breast of chicken, Q dipping sauce and fresh strawberries.

BRUNCH BURRITO | 13.25

Scrambled eggs, julienne red and green bell peppers, Spanish onions, peameal bacon, shredded Monterrey Jack cheese, delicately seasoned and wrapped in a soft tortilla and topped with our own herb tomato sauce, served with vegetarian baked beans and home fries.

STUFFED FRENCH TOAST | 13.25

Three baguette slices stuffed with julienne ham, peameal bacon, Monterrey Jack cheese, home fries and real Maple Syrup.

LITE & LIVELY EGGS-QUISITE | 14.25

Two medium poached eggs over a bed of green salad premixed with vinaigrette house dressing or seasonal fruit, served with a toasted whole wheat or sesame bagel, Danone yogurt with fruit and crunchy granola.

BURGER AND EGG | 16.95

Broiled pure beef or chicken or turkey burger topped with tomato, sunny side up egg served with home fries, house made Hollandaise sauce and a toasted egg and sesame seed bun.

SARAH'S POACHED EGGS FLORENTINE | 16.95

Two medium poached eggs over spinach, topped with smoked salmon on an English muffin with house made Hollandaise sauce and home fries.

ROTISSERIE CHICKEN AND EGGS | 17.45

Two medium poached eggs, rotisserie chicken, bacon*, Q sauce, onion rings over whipped potatoes, home fries and toast.

*substitute peameal bacon +3.95

NEW YORK STRIPLOIN

STEAK AND EGGS | 23.00

Broiled 6 oz. steak with three eggs all cooked to your liking, served with home fries and toast.

TRADITIONAL BREAKFAST SPECIAL | 10.25

Two extra large eggs with your choice of bacon* or sausages or ham, home fries, and multi-grain toast. *substitute peameal bacon +2.25 Add egg (1) +1.25

children's breakfast

Children 12 or under accompanied by an adult. Selections below include a small fruit juice or milk.

MINI PANCAKE STACK

Add Nutella (2) +1.50

JUNIOR WAFFLE

FRENCH TOAST

One slice

ONE XL EGG

With two strips of Bacon or one sausage, toast and home fries

GRILLED CHEESE SANDWICH

8.25

KIDS MILKSHAKE | 4.25

Vanilla, chocolate, strawberry, banana, cookies and cream, root beer float