



Breakfast

Breakfast Special \$8.95

Two eggs, breakfast meat, potatoes, toast. Coffee included.

BIG Breakfast Special \$10.95 (*flapjacks not served from 11am-1pm)

Three eggs, breakfast meat, potatoes, toast, 2 flapjacks or cinnamon bun or French toast.

*Breakfast meat choices: Bacon, Sausage (gf on request) or Ham

* Toast: White, Multigrain, Rye or Gluten Free.

* Potatoes: Shredded or Country cubed *onion optional

*Substitute tomatoes instead of potatoes or meat.

M's Breakfast Hash \$10.50

Two eggs scrambled, mixed with your choice of one meat and two vegetables. Served with a hash brown base, melted cheese topping and 1 piece of toast.

Omelette \$10.50

Three eggs, and your choice of one meat and two vegetables. Served with toast.

*bacon, ham or sausage.

* Mushrooms, green or white onions, peppers, tomatoes

*cheese

FRESH baked Cinnamon Bun \$2.95

Baked in-house daily. Ask to have it toasted!

Flapjacks \$8.50 (Sorry not served from 11am-1pm)

Three fluffy flapjacks, with your choice of breakfast meat side. Gluten Free also available

Sides

Eggs \$1.75ea Side of potatoes \$2.75 Toast and Jam \$1.95 Extra Breakfast Meat \$2.75

Cheese Whiz \$.25/pk

*Please note there is an additional charge of \$2.00 for gluten free toast, sausage or flapjacks.



Lunch

***ALL MEALS CAN EASILY BE MADE GLUTEN FREE**

Homemade Soup Cup \$2.95 Large \$6.95

Selections change daily. All soups Gluten Free.

House Salad \$8.95

Mixed greens with changing vegetable topping. Served with garlic toast.

Chef's Salad \$12.95

Lettuce with, chicken, egg, cucumbers, tomato, bacon and cheese.

Soup of the day and Salad Combo \$9.95

Mama Bear's Burger \$10.95

Fresh made 6 oz patty- 100% beef with no fillers. Topped with tomato, lettuce, grilled onions and cheese. Served with a pickle, fries and coleslaw.

Add "the extras": mushrooms or bacon \$.75ea

Chicken Fingers and Fries \$12.95

Classic chicken fingers. Served with fries, and scratch made honey dill dipping sauce. Gluten free!



Sandwiches * All sandwiches are served with hand cut fries, soup or salad and on your choice of bread.

Ruben Sandwich \$10.95

Piled high with corned beef, sauerkraut and Swiss cheese with homemade 1000 island.

Denver Sandwich \$9.50

Fresh eggs, ham, cheese and green onions.

Clubhouse \$10.95

Stacked high with Bacon, Chicken, Tomato, lettuce and cheese.

Patty Melt \$10.95

All beef patty topped with grilled onions, cheese and homemade 1000 island dressing.

Crispy Chicken Club \$12.95

Breaded chicken breast, cheese, lettuce, and special sauce. Try it spicy with buffalo sauce instead!

BBQ Chicken Melt \$12.95

Grilled chicken served on your choice of bread, topped with bacon, bbq sauce, mayo or ranch and cheese.

Sides

Extra Sauce \$0.75 Gravy \$1.00 Coleslaw \$1.75 Cheddar cheese \$1.00

Turn your fries into poutine for \$2.95 Poutine \$2.95

*Please note there is an additional charge of \$2.00 for Gluten Free breads

We are GLUTEN aware and Celiac friendly. Our kitchen has a dedicated TOASTER, DEEP FRYER and PREP area for our guests with this challenging disorder. All of our sauces are gluten free (GF), and products are clearly marked if they are NOT gluten free. Ask your server if you have questions.



Beverages

<i>Pepsi Products</i>	\$2.50 (fountain) complimentary refills
	\$2.00 cans
<i>Juice</i>	\$2.25 bottled apple, orange
	\$1.50 apple, orange
<i>Milk</i>	\$2.50 White or Chocolate
<i>Tea</i>	\$2.00
<i>Coffee</i>	\$2.00 complimentary refills

We're now licensed! Serving alcohol after 9am.

Desserts – Baked fresh daily: ask for today's special and price. Gluten Free treats available

Want to personalize your meal? Just let us know!



Evening

All evening feature specials include a non-alcoholic beverage for \$14.00 (+tax)

Feature Specials

Monday *Mama Mia!*

All you can eat Spaghetti. Served with salad and breadsticks.

Tuesday *The Gobbler*

Hot turkey, smothered with gravy on your choice of bread. Served with mashed potatoes or fries, and seasonal vegetable.

Wednesday *Midweek Comfort*

Roast Beef Brisket. Served with mashed potatoes or fries and seasonal vegetable.

Thursday *Sweet Southern Sandwich*

BBQ pulled pork on a bun. Served with fries and homemade coleslaw.

Friday *M's Choice*

Mom's Choice! Ask your server for details.



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Add "the extras": mushrooms or bacon \$.75ea

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