

# ALL DAY BREAKFAST



## HEARTY PLATES

Served with **free run eggs**, homemade hash browns or tomatoes and choice of multigrain, rye, white or sour dough toast \*\*sub English muffin...\$2 \*\*sub fruit or egg whites...\$3

- Simple – two free run eggs any style..... \$15
- Classic – Bacon, Sausage or Ham & Eggs – two free run eggs with three bacon or sausage or one ham...\$18
- Giant – three free run eggs with choice of six bacon or sausage or two ham.....\$22
- Montreal Smoked Meat Hash – two poached eggs over smoked meat, grilled onions, green peppers, hash browns and hollandaise sauce.....\$22
- Veggie Hash - swap the meat for mushrooms and choice of feta or cheddar.....\$22
- Steak & Eggs – 8 oz grilled New York steak and two free run eggs.....\$28

## CHEF'S PLATES

- Fruit – seasonal fruit Cup.....\$6 Bowl.....\$10 Yogurt Bowl – Greek yogurt, fruit, granola and honey....\$17
- Breakfast Sandwich – free run egg, bacon, cheese, lettuce, tomatoes, mayo and hash browns.....\$18
- Breakfast Special – two pancakes, two free run eggs with choice of two bacon or sausage or one ham.....\$18
- Guacamole Toast – guac, feta, spinach on toast with two free run eggs any style with hollandaise and fruit....\$22

## OMELETTES

Served with **3 free run eggs**, homemade hash browns and choice of multigrain, rye, white or sour dough toast

- Bacon, Sausage or Ham and Cheddar.....\$19
- Mushroom Cheddar – .....\$19 Main Street – mushrooms, cheddar cheese and bacon.....\$21
- Denver – ham, cheddar cheese, green peppers and onions.....\$21
- Greek – spinach, feta cheese.....\$21
- Vegetarian – mushrooms, green peppers, onions and tomatoes.....\$21
- Crab and Spinach – diced crab cake and spinach.....\$22
- Helen's – sausage, bacon, cheddar, mushrooms, green peppers, onions and tomatoes.....\$24
- \*\*Each additional topping .....\$2

## EGGS BENNY

Served with **free run eggs** on an English muffin, homemade hash browns and hollandaise  
(poached soft unless requested)

- Bacon, Sausage or Ham – .....\$19
- Vegetarian – spinach, tomato and guacamole.....\$21
- Montreal – smoked meat and mustard.....\$21
- Neptune – crab cakes and guacamole.....\$22

## PANCAKES

- Three pancakes .....\$18
- Add three bacon, three sausage or one ham.....\$4
- Kid's Pancakes – one piece with choice of two bacon or sausage .....\$11
- \*\*Add blueberries or chocolate chips.....\$2

## FRENCH TOAST

- Three thick pieces of Texas toast .....\$18
- Add three bacon, three sausage or one ham.....\$4
- Kid's French Toast – one piece with choice of two bacon or sausage.....\$11

\*\*Add whip cream to Pancakes or French Toast.....\$2

## LUNCH



**SOUP** of the Day      *Small*.....\$5      *Large*.....\$7

**SALADS** *Served with garlic bread*

House Salad – iceberg lettuce, carrots, red cabbage, tomatoes, and cucumbers with choice of dressing.....\$13  
 Classic Caesar – romaine lettuce with croutons and parmesan cheese.....\$16  
 Greek Salad – cucumbers, tomatoes, onions, green peppers, feta, olives and oregano .....\$16  
 Spinach Salad – spinach, lettuce, cranberries, sliced almonds and feta.....\$16  
 Add chicken or prawns.....\$7

**SANDWICHES** *Served with choice of soup, tossed green salad, coleslaw or French fries on multigrain, rye, white or sour dough \*\*sub Onion Rings, Caesar or Greek salad..\$4*



Grilled Cheese.....\$16      Grilled Ham or Bacon and Cheese.....\$18  
 Nathan's Hot Dog.....\$16      Bacon Cheddar, Reuben or Philly Cheese Dog.....\$18  
 Classic BLT – bacon, lettuce, tomatoes and mayo.....\$18  
 Patty Melt– with cheese and grilled onions.....\$19  
 Vegetarian – spinach, tomatoes, cucumber, cheddar cheese and guacamole.....\$21  
 Smoked Meat– Montreal smoked meat and mustard.....\$21  
 Reuben – Montreal smoked meat with Swiss cheese, sauerkraut and mustard.....\$21  
 Monte Cristo – ham, turkey and Swiss cheese.....\$21  
 Club House – triple decker, turkey, bacon, tomatoes, lettuce and mayo.....\$21  
 Beef Dip – served with sautéed onions and horseradish mayo on a garlic baguette served with au jus..... \$21  
 Philly Cheese Steak– served with sautéed onions, green peppers, and Swiss cheese on a garlic baguette.....\$21  
 Gyro – grilled chicken, lamb or veggie wrapped in a pita with tomatoes, lettuce, onions, fries and tzatziki...\$21

**BURGERS** *Served with choice of soup, tossed green salad, coleslaw or French fries*

*\*\*Add egg.....\$2      \*\*Add bacon or cheddar.....\$3      \*\* Add beef patty.....\$4*



Burger – lettuce, tomatoes, onions, pickle, relish and mayo..\$18      Cheeseburger...\$19      Dbl Cheeseburger...\$22  
 Bacon Cheeseburger – cheese, lettuce, tomatoes, onions, pickle, relish and mayo.....\$21  
 Mushroom Swiss Burger – cheese, mushrooms, lettuce, tomatoes, onions, pickle, relish and mayo.....\$21  
 Bacon Blue Cheese Burger – bacon, blue cheese, lettuce, tomatoes, onions, pickle, relish and mayo .....\$21  
 Helen's Burger – bacon, cheese, egg, lettuce, tomatoes, onions, pickle, relish and mayo .....\$23  
 Spicy Chicken Burger – breaded fried chicken, lettuce, tomatoes, onions, and chipotle mayo .....\$21  
 Chicken Burger – grilled chicken breast, lettuce, tomatoes, onions, pickle, relish and mayo .....\$21  
 Veggie Burger – southwestern style patty, lettuce, tomatoes, onions, pickle, relish and mayo.....\$21  
 Lamb Burger – Moroccan spiced lamb, lettuce, tomatoes, onions, tzatziki sauce and feta.....\$21  
 Fish Burger – breaded fish, tartar sauce, lettuce, tomatoes, onions and pickle.....\$21

**FROM THE FRYER**

Chicken Strips – served with fries, choice of plum, honey mustard , honey dill or BBQ sauce.....\$19  
 Kids Fish & Chips– cod bites served with fries, coleslaw and honey dill or tartar sauce.....\$19  
 Fish & Chips – two pieces of cod served with fries, coleslaw and tartar sauce .....\$22

**SIDES**

Extra Cheese – cheddar, feta or Swiss.....\$3      Fresh & Grilled Tomatoes or Side House Salad.....\$7  
 Free Run Egg – any style.....\$3      Vegetables or Sautéed Mushrooms.....\$7  
 Toast and Jam.....\$6      Hash Browns, Pan/French Fries, Mashed Potatoes..\$7  
 Pancake or French Toast – one piece.....\$7      Tzatziki, Gravy, Guacamole or Hollandaise .....\$3  
 Three Bacon or Sausage or Two Ham.....\$7      Mayo/Chipotle Mayo.....\$1

## APPETIZERS

Tzatziki & Pita .....	\$12	Calamari – with tzatziki sauce and pita bread.....	\$16
Onion Rings – with chipotle mayo.....	\$12	Wings – BBQ, hot, honey garlic or salt & pepper....	\$16
Garlic Prawns – garlic butter & white wine .....	\$16	Poutine – fries, cheese curds and gravy.....	\$12
Cod Bites – served with honey dill or tartar sauce.....	\$16		

## ENTREES

*Served with choice of soup or tossed green salad*

Spaghetti – with meat sauce and garlic bread....	\$17	Baked Spaghetti with cheese and garlic bread.....	\$19
Salisbury Steak – with mushrooms, onions, mashed potatoes, gravy and vegetables.....	\$28		
Liver & Onions – with beef liver, fried onions, mashed potatoes, gravy and vegetables.....	\$28		
Roast Turkey Dinner – with mashed potatoes, stuffing, cranberry sauce, gravy and vegetables.....	\$28		
New York Steak – 8 oz steak with mushrooms, mashed potatoes, gravy, vegetables & garlic bread.....	\$30		

## GREEK ENTREES

*Served with rice, lemon potatoes, Greek salad, tzatziki and pita bread*

Chicken, Beef or Prawn Souvlaki.....	\$28
Calamari Dinner.....	\$28
Roast Lamb.....	\$30

## DESSERTS

Ice Cream – Chocolate, Vanilla or Strawberry.....	One scoop.....	\$3	Two scoops.....	\$5
Chocolate Lava Cake or Fresh Pies.....				\$7
Old-Fashioned Bread Pudding .....				\$7
Sundae - topped with whip cream, sprinkles, cherry, chocolate syrup and wafer .....				\$9

## BEVERAGES

Coffee/Tea.....	\$5	(Bottomless) Hot Chocolate – with whip cream.....	\$6	Milk.....	Small.....	\$4	Large.....	\$5
Hot Water.....	\$1	Add Lemon or Honey...\$0.50	Chocolate Milk.....	Small.....	\$5	Large.....	\$6	
Juice – Grapefruit, V8.....	\$5	Orange, Apple, Cranberry.....	Small.....	\$5	Large.....	\$6		
Iced Tea/Lemonade.....							\$6	
Pop – Coke, Diet Coke, Coke Zero, Root Beer, Sprite, Ginger Ale, Orange Pop, Club Soda.....							\$3	
Milkshakes – Chocolate, Vanilla or Strawberry.....							\$9	
Ice Cream Floats – Vanilla Ice Cream with choice of Coke, Root Beer or Orange Pop.....							\$9	

## ALCOHOLIC BEVERAGES

Draft Beer...Glass 10oz.....	\$5	Pint. 16oz...	\$6	Pitcher 56oz....	\$16	Bottled Beer. Domestic...341ml.	\$6	Import...330ml.	\$7
Wine.....Glass 5oz.....	\$6	Half Litre.....	\$16	Hi Balls.....1oz.....	\$7	2oz.....	\$10		
Bailey's/Jameson Irish Coffee..1oz with whip cream...	\$10	Caesars.....1oz.....	\$7	2oz.....	\$10				
Boozy Shakes.....Chocolate, Vanilla or Strawberry.....		Add 1.5oz to any milkshake.....					\$12		

\*\*Taxes not included\*\*

# HELEN'S GRILL



**EST. 1961**

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