

ALL DAY BREAKFAST



HEARTY PLATES

Served with farm fresh eggs, homemade hash browns, pan-fries or tomatoes and choice of *multi, rye, white* or *sourdough* *sub English muffin...\$3 *sub fruit or egg whites..\$3*

Simple – two eggs any style.....	\$16
Classic – Bacon or Sausage or Ham & Eggs – two eggs with three bacon or sausage or one ham.....	\$19
Giant – three eggs with choice of six bacon, six sausage, two ham or half and half.....	\$24
Smoked Meat Hash – two poached eggs over smoked meat, onions, green peppers, hash and hollandaise....	\$24
Veggie Hash – two poached eggs, onions, green peppers, mushrooms, hollandaise choice of feta or cheddar..	\$24
Steak & Eggs – 8 oz grilled New York steak and two eggs.....	\$31

CHEF'S PLATES

Fruit – seasonal fruit Cup.....\$6 Bowl\$10 Yogurt Bowl – Greek yogurt, fruit, granola and honey.....	\$18
Breakfast Sandwich – egg, bacon, cheese, lettuce, tomatoes, mayo and hash browns.....	\$19
Breakfast Special – 1pc Pancake & 1pc French Toast, two eggs with choice of 2 bacon, 2 sausage or 1 ham..	\$20
Guacamole Toast – guac, feta, spinach on toast with two eggs any style with hollandaise and fruit.....	\$24

OMELETTES

Served with three farm fresh eggs, homemade hash browns and choice of *multi, rye, white* or *sourdough* toast

Feta & Cheddar.....\$20	Bacon or Sausage or Ham and Cheddar.....	\$20	
Mushroom Cheddar	\$20	Main Street - bacon, mushrooms and cheddar cheese.....	\$22
Denver – ham, cheddar cheese, green peppers and onions.....		\$22	
Greek – spinach and feta cheese.....		\$22	
Vegetarian – mushrooms, green peppers, onions and tomatoes.....		\$22	
Crab & Spinach – diced crab cake and spinach.....		\$24	
Helen's – sausage, bacon, cheddar, mushrooms, green peppers, onions and tomatoes.....		\$25	
**Add Ons.....		\$3	

EGGS BENNY

Served with farm fresh eggs on an English muffin, homemade hash browns and hollandaise
(Poached Soft Unless Requested)

Bacon or Sausage or Ham –	\$21
Vegetarian – spinach, tomato and guacamole.....	\$23
Smoked Meat – smoked meat and mustard.....	\$23
Neptune – crab cakes and guacamole.....	\$24

PANCAKES

Three pancakes	\$19
Add three bacon, three sausage or one ham.....	\$5
Kid's Pancakes – one piece with choice of two bacon or sausage or one ham.....	\$12
**Add blueberries, chocolate chips or 1 egg.....	\$3

FRENCH TOAST

Three thick pieces of Texas toast	\$19
Add three bacon, three sausage or one ham.....	\$5
Kid's French Toast – one piece with choice of two bacon or sausage or one ham.....	\$12
**Add whip cream to Pancakes or French Toast.....	\$3

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.....\$14
 Classic Caesar – romaine lettuce with croutons and parmesan cheese.....\$17
 Greek Salad – cucumbers, tomatoes, onions, green peppers, feta, olives and oregano\$17
 Spinach Salad – spinach, lettuce, cranberries, sliced almonds and feta.....\$17
 Add chicken or prawns.....\$7

SANDWICHES *Served with choice of soup, tossed green salad, coleslaw or fries on multi, rye, white or sourdough **sub Rings, Poutine, Greek or Caesar salad.....\$4***



Grilled Cheese.....\$17 Grilled Ham or Bacon and Cheese.....\$19
 Nathan's Hot Dog.....\$17 Bacon Cheddar, Reuben or Philly Cheese Dog.....\$19
 Classic BLT – bacon, lettuce, tomatoes and mayo.....\$19
 Patty Melt– with cheese and grilled onions.....\$21
 Vegetarian – spinach, tomatoes, cucumber, cheddar cheese and guacamole.....\$23
 Smoked Meat– smoked meat and mustard.....\$23
 Reuben – smoked meat with Swiss cheese, sauerkraut and mustard.....\$23
 Monte Cristo – ham, turkey and Swiss cheese.....\$23
 Club House – triple decker, turkey, bacon, tomatoes, lettuce and mayo.....\$23
 Beef Dip – served with sautéed onions and horseradish mayo on a garlic baguette served with au jus..... \$23
 Philly Cheese Steak– served with sautéed onions, green peppers, and Swiss cheese on a garlic baguette.....\$23
 Gyro – grilled chicken, lamb or veggie wrapped in a pita with tomatoes, lettuce, onions, fries and tzatziki...\$23

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

***Add egg.....\$3 **Add bacon or cheddar.....\$3 ** Add beef patty.....\$5*



Burger – lettuce, tomatoes, onions, pickle, relish and mayo.....\$20 Cheeseburger.....\$21
 Bacon Cheeseburger – cheese, lettuce, tomatoes, onions, pickle, relish and mayo.....\$23
 Mushroom Swiss Burger – cheese, mushrooms, lettuce, tomatoes, onions, pickle, relish and mayo.....\$23
 Bacon Blue Cheese Burger – bacon, blue cheese, lettuce, tomatoes, onions, pickle, relish and mayo\$23
 Helen's Burger – bacon, cheese, egg, lettuce, tomatoes, onions, pickle, relish and mayo\$25
 Spicy Chicken Burger – breaded fried chicken, lettuce, tomatoes, onions, and chipotle mayo\$23
 Chicken Burger – grilled chicken breast, lettuce, tomatoes, onions, pickle, relish and mayo\$23
 Veggie Burger – southwestern style veggie patty, lettuce, tomatoes, onions, pickle, relish and mayo.....\$23
 Lamb Burger – Moroccan spiced lamb, lettuce, tomatoes, onions, tzatziki and feta.....\$23
 Fish Burger – breaded fish, tartar sauce, lettuce, tomatoes, onions and pickle.....\$23

FROM THE FRYER

Chicken Strips – served with fries, choice of plum, honey mustard , honey dill or BBQ sauce.....\$20
 Kids Fish & Chips– cod bites served with fries, coleslaw and honey dill or tartar sauce.....\$20
 Fish & Chips – two pieces of fish with fries, coleslaw and tartar sauce\$24

SIDES

Extra Cheese – cheddar, feta or Swiss.....\$3 Fresh or Grilled Tomatoes or Side House Salad.....\$8
 Egg – any style.....\$3 Vegetables or Sautéed Mushrooms.....\$8
 Toast and Jam.....\$6 Hash Browns, Pan/French Fries, Mashed Potatoes..\$8
 Pancake or French Toast – one piece.....\$8 Tzatziki, Gravy, Guacamole or Hollandaise\$3
 Four Bacon or Sausage or Two Ham.....\$8 Dips.....\$2

APPETIZERS

Pita & Tzatziki	\$13	Calamari – with tzatziki sauce and pita bread.....	\$18
Onion Rings – with chipotle mayo.....	\$13	Wings – BBQ, hot, honey garlic or salt & pepper....	\$18
Poutine – fries, cheese curds and gravy.....	\$13	Garlic Prawns – garlic butter & white wine	\$18
Greek Fries – fries with oregano, feta and tzatziki....	\$13	Cod Bites –served with honey dill or tartar sauce.....	\$18

ENTREES

Served with choice of soup or tossed green salad

Spaghetti– with meat sauce and garlic bread...\$18	Baked Spaghetti with cheese and garlic bread.....	\$20
Salisbury Steak – with mushrooms, onions, mashed potatoes, gravy and vegetables.....		\$30
Liver & Onions – with beef liver, fried onions, mashed potatoes, gravy and vegetables.....		\$30
Roast Turkey – with mashed potatoes, stuffing, cranberry sauce, gravy and vegetables.....		\$30
New York Steak – 8 oz steak with mushrooms, mashed potatoes, gravy, vegetables & garlic bread.....		\$33

GREEK ENTREES

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

Chicken, Beef or Prawn Souvlaki.....	\$30
Calamari Dinner.....	\$30
Roast Lamb.....	\$33

DESSERTS

Ice Cream – Chocolate, Vanilla or Strawberry.....	One scoop.....\$3	Two scoops.....	\$5
Chocolate Lava Cake or Fresh Pies.....			\$8
Old – Fashioned Bread Pudding			\$8
Sundae - topped with whip cream, sprinkles, cherry, chocolate syrup			\$10

BEVERAGES

Coffee/Tea.....\$5 (Bottomless)	Hot Chocolate – with whip cream....\$6	Milk.....Small.....\$4	Large....\$5
Hot Water.....\$1	Add Lemon or Honey.....\$1	Chocolate Milk.....Small.....\$5	Large....\$6
V8.....\$6	Orange, Apple, Cranberry, Lemonade, Grapefruit.....	Small.....\$5	Large....\$6
Pop – Coke, Diet Coke, Coke Zero, Root Beer, Sprite, Ginger Ale, Orange Pop, Club Soda, Iced Tea.....			\$3
Milkshakes – Chocolate, Vanilla or Strawberry.....			\$10
Ice Cream Floats – Vanilla Ice Cream with choice of Coke, Root Beer or Orange Pop.....			\$10

ALCOHOLIC BEVERAGES

Draft Beer...Glass 10oz....\$6	Pint 16oz...\$7	Pitcher 56oz....\$20	Domestic.355ml.....\$7	Import 330ml.....\$9
Wine.....Glass 6oz....\$8		Half Litre.....\$20	Cider.....355ml.....\$8	Coolers 355ml.....\$8
Caesars..... 1oz....\$9	2oz.....\$12		Hi Balls...1oz.....\$8	2oz.....\$12
Classic Mimosa orange, cranberry, grapefruit & sparkling wine (3oz)				\$10
Bailey's/Jameson Irish Coffee....1oz with whip cream.....				\$10
Boozy Shakes.....Chocolate, Vanilla or Strawberry.....Add 1.5oz to any milkshake.....				\$12

** Taxes not included **

** Must be 19 years and older and have 2pcs of valid Government ID **

HELEN'S GRILL

EST. 1961



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