

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 \$1, sub fruit \$2.50

- Simple – two free run eggs any style..... \$11
- Classic – Bacon, Sausage or Ham & Eggs – two free run eggs with three bacon or sausage or one ham...\$14
- Giant – three free run eggs with choice of six bacon or sausage or two ham.....\$17
- Montreal Smoked Meat Hash – two poached eggs over smoked meat, grilled onions, green peppers, hash browns, and hollandaise sauce.....\$17
- Veggie Hash - swap the meat for mushrooms and choice of feta or cheddar.....\$17
- Steak & Eggs – 8 oz grilled New York steak and two free run eggs.....\$20

CHEF'S CREATIONS

- Guacamole Toast – guac, feta, spinach on toast with two free run eggs any style with hollandaise and fruit...\$16
- Breakfast Sandwich – free run egg, bacon, cheese, lettuce, tomatoes, mayo and hash browns.....\$13
- Breakfast Special – two pancakes, two free run eggs with choice of two bacon or sausage or one ham.....\$14
- Fruit Bowl – seasonal fruit.....\$8 Yogurt Bowl – Greek yogurt, fruit, granola, and honey.....\$12

OMELETTES

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

- Classic – choice of bacon, sausage or ham and cheese.....\$14
- Main Street – mushrooms, cheddar cheese and bacon.....\$16
- Denver – ham, cheddar cheese, green peppers and onions.....\$16
- Greek – spinach, feta cheese and oregano\$16
- Vegetarian – mushrooms, green peppers, onions and tomatoes.....\$16
- Helen's – sausage, bacon, cheddar, mushrooms, green peppers, onions and tomatoes.....\$16
- Crab and Spinach – diced crab cake and spinach.....\$16
- **Each additional topping\$1.50

EGGS BENNY

Served with **free run eggs** on an English muffin, homemade hash browns and hollandaise



- Classic – choice of bacon, sausage or ham.....\$14
- Vegetarian – spinach, tomato and guacamole.....\$16
- Montreal – smoked meat and mustard.....\$16
- Neptune – crab cakes and guacamole.....\$16

PANCAKES

- Three pancakes\$13
- Add three bacon or sausage.....\$15
- Kid's Pancakes – one piece with choice of two bacon or sausage\$8
- **Add blueberries or chocolate chips.....\$2

FRENCH TOAST

- Three thick pieces of Texas toast\$13
- Add three bacon or sausage.....\$15
- Kid's French Toast – one piece with choice of two bacon or sausage.....\$8

**Add whip cream to pancakes or French toast.....\$1.00

LUNCH



SOUP of the Day*Small*.....\$4.....*Large*.....\$6

SALADS *Served with garlic bread*

House Salad – iceberg lettuce, carrots, red cabbage, tomatoes, and cucumbers with choice of dressing.....\$9
 Classic Caesar – romaine lettuce with croutons and parmesan cheese.....\$12
 Greek Salad – cucumbers, tomatoes, onions, green peppers, feta, olives, and oregano\$12
 Spinach Salad – spinach, lettuce, cranberries, sliced almonds and feta.....\$12
 Add chicken or prawns.....\$6



SANDWICHES *Served with choice of soup, tossed green salad, coleslaw or French fries and multigrain, rye, white or sour dough bread*

Grilled Cheese.....\$12
 Grilled Ham or Bacon and Cheese.....\$13
 Classic BLT – bacon, lettuce, tomatoes and mayo.....\$13
 Vegetarian – spinach, tomatoes, cucumber, cheddar cheese and guacamole.....\$15
 Smoked Meat– Montreal smoked meat and mustard.....\$15
 Ruben – Montreal smoked meat with swiss cheese, sauerkraut and mustard.....\$16
 Monte Cristo – ham, turkey and swiss cheese.....\$16
 Club House – triple decker, turkey, bacon, tomatoes, lettuce and mayo.....\$16
 Beef Dip – served with sautéed onions and horseradish mayo on a garlic baguette served with au jus.....\$16
 Philly Cheese Steak– served with sautéed onions, green peppers, and swiss cheese on a garlic baguette.....\$16
 Gyros – grilled chicken or lamb in a pita bread with tomatoes, lettuce, onions and tzatziki sauce.....\$15



BURGERS *Served with choice of soup, tossed green salad, coleslaw or French fries*
 **Add egg.....\$2 **Add bacon or cheddar.....\$1.50 ** Add beef patty.....\$3.50

Hamburger – lettuce, tomatoes, onions, pickle, relish and mayo.....\$13
 Cheeseburger – cheese, lettuce, tomatoes, onions, pickle, relish and mayo..\$14.....Double Cheeseburger...\$16
 Mushroom Swiss Burger – cheese, mushrooms, lettuce, tomatoes, onions, pickle, relish, and mayo.....\$15
 Bacon Blue Cheese Burger – bacon, blue cheese, lettuce, tomatoes, onions, pickle, relish, and mayo\$16
 Helen’s Burger – bacon, cheese, egg, lettuce, tomatoes, onions, pickle, relish, and mayo\$16
 Spicy Chicken Burger – fried breaded chicken, lettuce, tomatoes, onions, and chipotle mayo\$16
 Chicken Burger – grilled chicken breast, lettuce, tomatoes, onions, pickle, relish and mayo\$16
 Veggie Burger – southwestern style patty lettuce, tomatoes, onions, pickle, relish and mayo.....\$16
 Lamb Burger – Moroccan spiced lamb, lettuce, tomatoes, onions, tzatziki sauce and feta.....\$16
 Halibut Burger – breaded halibut, tartar sauce, lettuce, tomatoes, onions, pickle.....\$16

FROM THE FRYER

Chicken Strips – four pieces served with French fries, choice of plum, honey mustard or BBQ sauce.....\$14
 Fish & Chips – two pieces of cod served with French fries, coleslaw and tartar sauce\$16

SIDES

Extra Cheese – cheddar, feta or swiss.....\$2	Fresh & Grilled Tomatoes or Side House Salad.....\$5
Free Run Egg – any style.....\$2	Vegetables or Sauteed Mushrooms.....\$5
Toast and Jam.....\$4	Hash Browns, Pan/French Fries, Mashed Potatoes.\$5
Pancake or French Toast – one piece.....\$5	Tzatziki, Gravy, Guacamole or Hollandaise\$2
Three Bacon or Sausage or One Ham.....\$5	Mayo/Chipotle Mayo.....\$1

APPETIZERS

Tzatziki Sauce – with pita bread.....	\$8	Calamari – with tzatziki sauce and pita bread.....	\$12
Onion Rings – with chipotle mayo.....	\$8	Chicken Wings – choice of BBQ, hot, honey garlic or salt & pepper.....	\$12
Garlic Prawns – sautéed in garlic butter & white wine ..	\$12		

ENTREES

Served with choice of soup or tossed green salad

Spaghetti – with meat sauce and garlic bread....	\$14	Baked Spaghetti with cheese and garlic bread.....	\$16
Salisbury Steak – with mushrooms, onions, mashed potatoes, gravy and vegetables.....	\$18		
Liver & Onions – with beef liver, fried onions, mashed potatoes, gravy and vegetables.....	\$18		
Veal Cutlet – with mashed potatoes, gravy and vegetables.....	\$18		
Roast Turkey Dinner – with mashed potatoes, stuffing, cranberry sauce, gravy and vegetables.....	\$18		
Ribs & Spaghetti – BBQ or Greek style ribs with spaghetti, meat sauce and garlic bread.....	\$22		
New York Steak – 8 oz steak with mushrooms, mashed potatoes, gravy, vegetables, & garlic bread.....	\$22		

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

Chicken, Beef or Prawn Souvlaki.....	\$19
Calamari Dinner.....	\$19
Roast Lamb.....	\$22



DESSERTS

Ice Cream – Chocolate, Vanilla or Strawberry.....	One scoop...\$3.....	Two scoops.....	\$5
Chocolate Cake or Fresh Pies.....	\$5.....	Add Ice Cream.....	\$2
Old-Fashioned Bread Pudding.....	\$5.....	Add Ice Cream.....	\$2

BEVERAGES

Coffee/Tea.....	\$3.50.....	Hot Chocolate – with whip cream.....	\$4.50
Milk.....		Small...\$3.....	Large...\$4
Juice – Grapefruit, Tomato, V8.....	\$3.75.....	Orange, Apple, Cranberry.....	Small...\$3.75... Large...\$4.50
Iced Tea/Lemonade.....			\$3.75
Soda – Coke, Diet Coke, Root Beer, Sprite, Ginger Ale, C Plus, Club Soda, Tonic Water.....			\$3
Milkshakes – Chocolate, Vanilla or Strawberry.....			\$6
Ice Cream Floats – Vanilla Ice Cream with choice of Coke, Root Beer or C Plus.....			\$6

ALCOHOLIC BEVERAGES

Draft Beer...Glass 10oz....	\$4..	Pint. 16oz....	\$5..	Pitcher 56oz....	\$15	Bottled Beer...Domestic....	\$5.....	Import.....	\$6
Wine.....	Glass 5oz.....	\$5.....	Half Litre.....	\$15	Hi Balls.....	1oz.....	\$6.....	2oz.....	\$8
Bailey's/Jameson Irish Coffee..	1oz with whip cream...\$8	Caesars.....	1oz.....	\$6.....	2oz.....	\$8			
Boozy Shakes.....	Chocolate, Vanilla or Strawberry.....	Add 1oz to any milkshake.....							\$9

Taxes not included

HELEN'S GRILL



EST. 1961

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