

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..... \$12
- Classic – Bacon, Sausage or Ham & Eggs – two free run eggs with three bacon or sausage or one ham...\$15
- Giant – three free run eggs with choice of six bacon or sausage or two ham.....\$18
- Montreal Smoked Meat Hash – two poached eggs over smoked meat, grilled onions, green peppers, hash browns, and hollandaise sauce.....\$18
- Veggie Hash - swap the meat for mushrooms and choice of feta or cheddar.....\$18
- Steak & Eggs – 8 oz grilled New York steak and two free run eggs.....\$22

CHEF'S CREATIONS

- Guacamole Toast – guac, feta, spinach on toast with two free run eggs any style with hollandaise and fruit...\$18
- Breakfast Sandwich – free run egg, bacon, cheese, lettuce, tomatoes, mayo and hash browns.....\$14
- Breakfast Special – two pancakes, two free run eggs with choice of two bacon or sausage or one ham.....\$15
- Fruit Bowl – seasonal fruit.....\$9 Yogurt Bowl – Greek yogurt, fruit, granola, and honey.....\$14

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.....\$15
- Main Street – mushrooms, cheddar cheese and bacon.....\$17
- Denver – ham, cheddar cheese, green peppers and onions.....\$17
- Greek – spinach, feta cheese and oregano\$17
- Vegetarian – mushrooms, green peppers, onions and tomatoes.....\$17
- Helen's – sausage, bacon, cheddar, mushrooms, green peppers, onions and tomatoes.....\$17
- Crab and Spinach – diced crab cake and spinach.....\$17
- **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.....\$15
- Vegetarian – spinach, tomato and guacamole.....\$17
- Montreal – smoked meat and mustard.....\$17
- Neptune – crab cakes and guacamole.....\$17

PANCAKES

- Three pancakes\$14
- Add three bacon or sausage.....\$16
- Kid's Pancakes – one piece with choice of two bacon or sausage\$9
- **Add blueberries or chocolate chips.....\$2

FRENCH TOAST

- Three thick pieces of Texas toast\$14
- Add three bacon or sausage.....\$16
- Kid's French Toast – one piece with choice of two bacon or sausage.....\$9

**Add whip cream to pancakes or French toast.....\$1.50

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.....\$10
 Classic Caesar – romaine lettuce with croutons and parmesan cheese.....\$13
 Greek Salad – cucumbers, tomatoes, onions, green peppers, feta, olives, and oregano\$13
 Spinach Salad – spinach, lettuce, cranberries, sliced almonds and feta.....\$13
 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 **sub onion rings\$2.50*

Grilled Cheese.....\$13
 Grilled Ham or Bacon and Cheese.....\$14
 Classic BLT – bacon, lettuce, tomatoes and mayo.....\$14
 Shrimp – toasted with shrimp, lettuce and chili mayo.....\$16
 Vegetarian – spinach, tomatoes, cucumber, cheddar cheese and guacamole.....\$17
 Smoked Meat– Montreal smoked meat and mustard.....\$17
 Ruben – Montreal smoked meat with swiss cheese, sauerkraut and mustard.....\$17
 Monte Cristo – ham, turkey and swiss cheese.....\$17
 Club House – triple decker, turkey, bacon, tomatoes, lettuce and mayo.....\$17
 Beef Dip – served with sautéed onions and horseradish mayo on a garlic baguette served with au jus.....\$17
 Philly Cheese Steak– served with sautéed onions, green peppers, and swiss cheese on a garlic baguette.....\$17
 Gyro – grilled chicken, lamb or veggie in a pita bread with tomatoes, lettuce, onions and tzatziki sauce.....\$16



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.....\$14
 Cheeseburger – cheese, lettuce, tomatoes, onions, pickle, relish and mayo..\$15.....Double Cheeseburger...\$17
 Mushroom Swiss Burger – cheese, mushrooms, lettuce, tomatoes, onions, pickle, relish, and mayo.....\$16
 Bacon Blue Cheese Burger – bacon, blue cheese, lettuce, tomatoes, onions, pickle, relish, and mayo\$17
 Helen’s Burger – bacon, cheese, egg, lettuce, tomatoes, onions, pickle, relish, and mayo\$17
 Spicy Chicken Burger – fried breaded chicken, lettuce, tomatoes, onions, and chipotle mayo\$17
 Chicken Burger – grilled chicken breast, lettuce, tomatoes, onions, pickle, relish and mayo\$17
 Veggie Burger – southwestern style patty, lettuce, tomatoes, onions, pickle, relish and mayo.....\$17
 Lamb Burger – Moroccan spiced lamb, lettuce, tomatoes, onions, tzatziki sauce and feta.....\$17
 Halibut Burger – breaded halibut, tartar sauce, lettuce, tomatoes, onions, pickle.....\$17

FROM THE FRYER

Chicken Strips – four pieces served with French fries, choice of plum, honey mustard or BBQ sauce.....\$15
 Fish & Chips – two pieces of cod served with French fries, coleslaw and tartar sauce\$17

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.....\$9	Calamari – with tzatziki sauce and pita bread.....\$13
Onion Rings – with chipotle mayo.....\$9	Chicken Wings – choice of BBQ, hot, honey garlic or salt & pepper.....\$13
Garlic Prawns – sautéed in garlic butter & white wine ..\$13	

ENTREES

Served with choice of soup or tossed green salad

Spaghetti – with meat sauce and garlic bread....\$15	Baked Spaghetti with cheese and garlic bread.....\$17
Salisbury Steak – with mushrooms, onions, mashed potatoes, gravy and vegetables.....\$20	
Liver & Onions – with beef liver, fried onions, mashed potatoes, gravy and vegetables.....\$20	
Roast Turkey Dinner – with mashed potatoes, stuffing, cranberry sauce, gravy and vegetables.....\$20	
New York Steak – 8 oz steak with mushrooms, mashed potatoes, gravy, vegetables, & garlic bread.....\$24	

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

Chicken, Beef or Prawn Souvlaki.....\$21	
Calamari Dinner.....\$21	
Roast Lamb.....\$24	



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.....\$3.80.....Hot Chocolate – with whip cream.....\$5	
Milk.....Small...\$3.....Large...\$4	
Juice – Grapefruit, Tomato, V8.....\$4.....Orange, Apple, Cranberry.....Small...\$4.....Large...\$4.50	
Iced Tea/Lemonade.....\$4	
Soda – Coke, Diet Coke, Root Beer, Sprite, Ginger Ale, C Plus, Club Soda, Tonic Water.....\$3	
Milkshakes – Chocolate, Vanilla or Strawberry.....\$6.50	
Ice Cream Floats – Vanilla Ice Cream with choice of Coke, Root Beer or C Plus.....\$6.50	

ALCOHOLIC BEVERAGES

Draft Beer...Glass 10oz...\$4..Pint. 16oz...\$5..Pitcher 56oz...\$15	Bottled Beer..Domestic...341ml..\$5..Import...330ml..\$6
Wine.....Glass 5oz.....\$5.....Half Litre.....\$15	Hi Balls.....1oz.....\$6.....2oz.....\$9
Bailey's/Jameson Irish Coffee..1oz with whip cream...\$8	Caesars.....1oz.....\$6.....2oz.....\$9
Boozy Shakes.....Chocolate, Vanilla or Strawberry.....Add 1oz to any milkshake.....\$9	

Taxes not included

HELEN'S GRILL



EST. 1961

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