

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..... \$14
- Classic – Bacon, Sausage or Ham & Eggs – two free run eggs with three bacon or sausage or one ham...\$17
- Giant – three free run eggs with choice of six bacon or sausage or two ham.....\$20
- Montreal Smoked Meat Hash – two poached eggs over smoked meat, grilled onions, green peppers, hash browns and hollandaise sauce.....\$20
- Veggie Hash - swap the meat for mushrooms and choice of feta or cheddar.....\$20
- Steak & Eggs – 8 oz grilled New York steak and two free run eggs.....\$26

CHEF'S PLATES

- Fruit – seasonal fruit Cup.....\$5 Bowl...\$10 Yogurt Bowl – Greek yogurt, fruit, granola and honey...\$15
- Breakfast Sandwich – free run egg, bacon, cheese, lettuce, tomatoes, mayo and hash browns.....\$16
- Breakfast Special – two pancakes, two free run eggs with choice of two bacon or sausage or one ham.....\$17
- Guacamole Toast – guac, feta, spinach on toast with two free run eggs any style with hollandaise and fruit...\$20

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.....\$17
- Main Street – mushrooms, cheddar cheese and bacon.....\$19
- Denver – ham, cheddar cheese, green peppers and onions.....\$19
- Greek – spinach, feta cheese and oregano.....\$19
- Vegetarian – mushrooms, green peppers, onions and tomatoes.....\$19
- Crab and Spinach – diced crab cake and spinach.....\$19
- Helen's – sausage, bacon, cheddar, mushrooms, green peppers, onions and tomatoes.....\$20
- **Each additional topping\$2

EGGS BENNY

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



- Classic – choice of bacon, sausage or ham.....\$17
- Vegetarian – spinach, tomato and guacamole.....\$19
- Montreal – smoked meat and mustard.....\$19
- Neptune – crab cakes and guacamole.....\$19

PANCAKES

- Three pancakes\$16
- Add three bacon or sausage.....\$18
- Kid's Pancakes – one piece with choice of two bacon or sausage\$10
- **Add blueberries or chocolate chips.....\$2

FRENCH TOAST

- Three thick pieces of Texas toast\$16
- Add three bacon or sausage.....\$18
- Kid's French Toast – one piece with choice of two bacon or sausage.....\$10

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

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.....\$12
 Classic Caesar – romaine lettuce with croutons and parmesan cheese.....\$15
 Greek Salad – cucumbers, tomatoes, onions, green peppers, feta, olives and oregano\$15
 Spinach Salad – spinach, lettuce, cranberries, sliced almonds and feta.....\$15
 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..\$3*

Grilled Cheese.....\$14 Grilled Ham or Bacon and Cheese.....\$16
 Classic BLT – bacon, lettuce, tomatoes and mayo.....\$16
 Patty Melt– with cheese and grilled onions.....\$17
 Shrimp – toasted with shrimp, lettuce and chili mayo.....\$19
 Vegetarian – spinach, tomatoes, cucumber, cheddar cheese and guacamole.....\$19
 Smoked Meat– Montreal smoked meat and mustard.....\$19
 Reuben – Montreal smoked meat with swiss cheese, sauerkraut and mustard.....\$19
 Monte Cristo – ham, turkey and swiss cheese.....\$19
 Club House – triple decker, turkey, bacon, tomatoes, lettuce and mayo.....\$19
 Beef Dip – served with sautéed onions and horseradish mayo on a garlic baguette served with au jus..... \$19
 Philly Cheese Steak– served with sautéed onions, green peppers, and swiss cheese on a garlic baguette.....\$19
 Gyro – grilled chicken, lamb or veggie wrapped in a pita with tomatoes, lettuce, onions, fries and tzatziki...\$19



BURGERS *Served with choice of soup, tossed green salad, coleslaw or French fries*
 **Add egg.....\$2 **Add bacon or cheddar.....\$2 ** Add beef patty.....\$4

Hamburger – lettuce, tomatoes, onions, pickle, relish and mayo.....\$16
 Cheeseburger – cheese, lettuce, tomatoes, onions, pickle, relish and mayo....\$17 Double Cheeseburger...\$19
 Mushroom Swiss Burger – cheese, mushrooms, lettuce, tomatoes, onions, pickle, relish and mayo.....\$19
 Bacon Blue Cheese Burger – bacon, blue cheese, lettuce, tomatoes, onions, pickle, relish and mayo\$19
 Helen’s Burger – bacon, cheese, egg, lettuce, tomatoes, onions, pickle, relish and mayo\$19
 Spicy Chicken Burger – fried breaded chicken, lettuce, tomatoes, onions, and chipotle mayo\$19
 Chicken Burger – grilled chicken breast, lettuce, tomatoes, onions, pickle, relish and mayo\$19
 Veggie Burger – southwestern style patty, lettuce, tomatoes, onions, pickle, relish and mayo.....\$19
 Lamb Burger – Moroccan spiced lamb, lettuce, tomatoes, onions, tzatziki sauce and feta.....\$19
 Halibut Burger – breaded halibut, tartar sauce, lettuce, tomatoes, onions and pickle.....\$19

FROM THE FRYER

Chicken Strips – four pieces served with French fries, choice of plum, honey mustard or BBQ sauce.....\$17
 Fish & Chips – two pieces of cod served with French fries, coleslaw and tartar sauce\$20

SIDES

Extra Cheese – cheddar, feta or swiss.....\$2	Fresh & Grilled Tomatoes or Side House Salad.....\$6
Free Run Egg – any style.....\$2	Vegetables or Sauteed Mushrooms.....\$6
Toast and Jam.....\$6	Hash Browns, Pan/French Fries, Mashed Potatoes..\$6
Pancake or French Toast – one piece.....\$6	Tzatziki, Gravy, Guacamole or Hollandaise\$2
Three Bacon or Sausage or Two Ham.....\$6	Mayo/Chipotle Mayo.....\$1

APPETIZERS

Tzatziki & Pita	\$10	Calamari – with tzatziki sauce and pita bread....	\$14
Onion Rings – with chipotle mayo.....	\$10	Chicken Wings – BBQ, hot, honey garlic and	
Garlic Prawns – garlic butter & white wine	\$14	salt & pepper.....	\$14

ENTREES

Served with choice of soup or tossed green salad

Spaghetti – with meat sauce and garlic bread....	\$16	Baked Spaghetti with cheese and garlic bread.....	\$18
Salisbury Steak – with mushrooms, onions, mashed potatoes, gravy and vegetables.....	\$24		
Liver & Onions – with beef liver, fried onions, mashed potatoes, gravy and vegetables.....	\$24		
Roast Turkey Dinner – with mashed potatoes, stuffing, cranberry sauce, gravy and vegetables.....	\$24		
New York Steak – 8 oz steak with mushrooms, mashed potatoes, gravy, vegetables & garlic bread.....	\$27		

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

Chicken, Beef or Prawn Souvlaki.....	\$24
Calamari Dinner.....	\$24
Roast Lamb.....	\$27



DESSERTS

Ice Cream – Chocolate, Vanilla or Strawberry.....	One scoop.....\$3	Two scoops.....	\$5
Chocolate Lava Cake or Fresh Pies.....	\$7.....	Add Ice Cream.....	\$2
Old-Fashioned Bread Pudding	\$7.....	Add Ice Cream.....	\$2
Sundae - topped with whip cream, sprinkles, cherry, chocolate syrup and wafer			\$8

BEVERAGES

Coffee/Tea....	\$4	Hot Chocolate – with whip cream....	\$5	Chocolate Milk.....	\$4
Hot Water.....	\$1	Add Lemon or Honey..	\$0.50	Milk.....	Small.....\$3 Large.....\$4
Juice – Grapefruit, Tomato.....	\$4	Orange, Apple, Cranberry.....	Small.....\$4 Large.....\$5		
Iced Tea/Lemonade.....					\$4
Pop – Coke, Diet Coke, Coke Zero, Root Beer, Sprite, Ginger Ale, Orange Pop, Club Soda.....					\$3
Milkshakes – Chocolate, Vanilla or Strawberry.....					\$8
Ice Cream Floats – Vanilla Ice Cream with choice of Coke, Root Beer or Orange Pop.....					\$8

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...\$9		Caesars.....1oz.....	\$6	2oz.....	\$9
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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