

ALL DAY BREAKFAST



HEARTY PLATES

Served with **free run eggs**, homemade hash browns 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..... \$10
- Classic – Bacon, Sausage or Ham & Eggs – two free run eggs with three bacon or sausage or one ham...\$13
- Giant – three free run eggs with choice of six bacon or sausage or two ham.....\$16
- Montreal Smoked Meat Hash – two free run poached eggs over montreal smoked meat, grilled onions, green peppers, hash browns, and hollandaise sauce..... \$16
- Steak & Eggs – AAA 8 oz. grilled new york steak and two free run eggs.....\$19

CHEF'S CREATIONS

- Breakfast Sandwich – free run egg, bacon, cheese, lettuce, tomatoes, and hash browns.....\$12
- Breakfast Special – two pancakes, two free run eggs with choice of two bacon or sausage or one ham....\$13
- Fruit Bowl – seasonal fruits.....\$7 with greek yogurt , granola & honey.....\$12

OMELETTES

Served with **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.....\$15
- Denver – ham, cheddar cheese, green peppers and onions.....\$15
- Greek – spinach, feta cheese and oregano\$15
- Vegetarian – mushrooms, green peppers, onions and tomatoes.....\$15
- Helen's – sausage, bacon, cheese, mushrooms, green peppers, onions and tomatoes.....\$15
- Crab and Spinach – diced crab cake and spinach.....\$15
- **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.....\$13
- Vegetarian – spinach, tomato and guacamole.....\$14
- Montreal – smoked meat and mustard.....\$15
- Neptune – crab cakes and guacamole.....\$16

PANCAKES

- Three pancakes\$12
- Add three bacon or sausage.....\$15
- Kid's Pancakes – one piece with choice of chocolate chips or two bacon or sausage\$7
- **Add blueberries.....\$1.50



FRENCH TOAST

- Three thick cut pieces of french bread dipped in a mixture of egg, milk and cinnamon with icing sugar.....\$12
- Add three bacon or sausage.....\$15
- Kid's French Toast – one piece with choice of two bacon or sausage.....\$7

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

LUNCH



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

SALADS *Served with garlic toast*

House Salad – tossed iceberg lettuce with choice of dressing.....\$8
 Classic Caesar – romaine lettuce with croutons and parmesan cheese.....\$10
 Greek Salad – cucumbers, tomatoes, onions, green peppers, feta with an oil and vinegar based dressing.....\$12
 Spinach Salad spinach, lettuce, cranberries, sliced almonds and feta.....\$12
 Add chicken\$5



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

Grilled Cheese.....\$11
 Grilled Ham or Bacon and Cheese.....\$12
 Classic BLT – bacon, lettuce, tomatoes and mayo.....\$12
 Vegetarian – spinach, tomatoes, cucumber, cheddar cheese and guacamole.....\$13
 Smoked Meat– montreal smoked meat and mustard.....\$15
 Ruben – smoked meat with swiss cheese, sauerkraut and mustard.....\$16
 Monte Cristo – ham, turkey and swiss cheese.....\$14
 Club House – triple decker, turkey, bacon, tomatoes, lettuce and mayo.....\$15
 Beef Dip – served with sautéed onions and horseradish mayo on a garlic baguette served with au jus.....\$14
 Philly Cheese Steak– served with sautéed onions, green peppers, and swiss cheese on a garlic baguette.....\$16
 Gyros – choice of grilled chicken or lamb in a pita bread with tomatoes, onions and tzatziki sauce.....\$14



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.....\$12
 Cheeseburger – cheese, lettuce, tomatoes, onions, pickle, relish and mayo.....\$13.....**Double Cheeseburger**.....\$16
 Mushroom Swiss Burger – cheese, mushrooms, lettuce, tomatoes, onions, pickle, relish, and mayo.....\$14
 Bacon Blue Cheese Burger – bacon, blue cheese, lettuce, tomatoes, onions, pickle, relish, and mayo\$15
 Helen’s Burger – bacon, cheese, egg, lettuce, tomatoes, onions, pickle, relish, and mayo\$15
 Spicy Chicken Burger – fried breaded chicken, lettuce, tomatoes, onions, and chipotle mayo\$15
 Chicken Burger – grilled chicken breast, lettuce, tomatoes, onions, pickle, relish and mayo\$15
 Veggie Burger – spicy black bean patty, mushrooms, lettuce, tomatoes, onions, pickle, relish and mayo.....\$15
 Lamb Burger – morrocan spiced lamb, lettuce, tomatoes, onions, tzatziki sauce and feta.....\$15
 Halibut Burger – breaded halibut, tartar sauce, lettuce, tomatoes, onions, pickle.....\$15

FROM THE FRYER

Chicken Strips – four pieces served with french fries, choice of plum, honey mustard or barbecue sauce...\$13
 Fish & Chips – two pieces of cod served with french fries, coleslaw and tartar sauce\$15

SIDES

| | |
|---|--|
| Extra Cheese – cheddar, feta or swiss.....\$2 | Fresh or Grilled Tomatoes.....\$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 mayo..... | \$8 | Chicken Wings – choice of barbecue, hot, honey garlic or salt & pepper | \$12 |

ENTREES

Served with choice of soup or tossed green salad

| | | | |
|--|------|---|------|
| Spaghetti – with meat sauce and garlic bread.... | \$13 | Baked Spaghetti with cheese and garlic bread..... | \$15 |
| Salisbury Steak – with mushrooms, onions, mashed potatoes, gravy and vegetables..... | \$16 | | |
| Liver & Onions – with beef liver, fried onions, mashed potatoes, gravy and vegetables..... | \$16 | | |
| Pork Chop – with mashed potatoes, gravy and vegetables..... | \$17 | | |
| New York Steak – AAA 8 oz. with mushrooms, mashed potatoes, gravy, vegetables, & garlic bread..... | \$20 | | |

GREEK ENTREES *Served with rice, potato, greek salad, tzatziki sauce and pita bread*

| | |
|-----------------------|------|
| Chicken Souvlaki..... | \$18 |
| Beef Souvlaki..... | \$18 |
| Calamari Dinner | \$18 |



DESSERTS



| | | | |
|---|----------------------|-----------------------------------|-----|
| Ice Cream – Chocolate, Vanilla or Strawberry..... | One scoop...\$3..... | Two scoops..... | \$5 |
| Chocolate Cake or Fresh Pies..... | \$5..... | Add Ice Cream and Whip Cream..... | \$2 |

BEVERAGES

| | | | |
|--|--------|--------------------------------------|-----------------------------|
| Coffee/Tea..... | \$3.50 | Hot Chocolate – with whip cream..... | \$4.50 |
| Milk..... | | <i>Small</i> ...\$3..... | <i>Large</i> ...\$4 |
| Juice – Grapefruit, Tomato, V8..... | \$3.50 | Orange, Apple, Cranberry. | <i>Small</i> ...\$3.50..... |
| Iced Tea/Lemonade..... | | <i>Large</i> ...\$4.50 | |
| 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

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|--|---------------------------------------|--------------------------------|--------------|------|-----------------------------------|---------------------|
| Draft Beer..... | Glass...\$4..... | Pint ...\$5..... | Pitcher..... | \$15 | Bottled Beer...Domestic. \$5..... | Imported...\$6 |
| Wine..... | Glass...\$5..... | Half Litre...\$15 | | | Hi Balls..... | Single.....\$5..... |
| Bailey's/Jameson Irish Coffee with whip cream..... | \$7 | | | | Double.....\$7 | |
| Boozy Shakes..... | Chocolate, Vanilla or Strawberry..... | Add 1 oz to any milkshake..... | | | Caesars..... | Single.....\$5..... |
| | | | | | Double.....\$7 | |

HELEN'S GRILL



EST. 1961

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