



BREAKFAST *Menu*

ENGLISH CLASSIC

ENGLISH BREAKFAST .. \$19.99

A hearty meal featuring sausages, eggs cooked any style, bacon, potatoes, baked beans, and toast (sourdough or rye).

OMELETTES

Served with potatoes and toast.
Substitute potatoes with salad or Fruits for \$2

SPINACH & FETA .. \$18.99

Fluffy omelette filled with fresh spinach and creamy feta cheese.

HAM & SWISS CHEESE .. \$18.99

Classic omelette with ham and Swiss cheese, cooked to perfection.

SEASONAL VEGGIE .. \$18.99

Omelette loaded with a mix of fresh, seasonal vegetables and cheese.

ITALIAN .. \$17.99

Omelette with Italian sausage, sun-dried tomatoes, and basil, topped with mozzarella cheese.

SMOKED SALMON .. \$18.99

Poached eggs with smoked salmon on a toasted English muffin, finished with hollandaise sauce and capers.

BENNY'S

Served with Potatoes or side salad

ITALIAN .. \$17.99

Poached eggs and Italian sausage on a toasted English muffin, topped with hollandaise sauce, ricotta, tomato, mushrooms, garlic, and basil.

MUSHROOM & SPINACH .. \$17.99

Poached eggs with sautéed mushrooms and spinach on an English muffin, covered with rich hollandaise sauce.

SMOKED SALMON .. \$18.99

Poached eggs with smoked salmon on a toasted English muffin, finished with hollandaise sauce and capers.

HAM & SWISS CHEESE .. \$16.99

Poached eggs with ham and Swiss cheese on a toasted English muffin, drizzled with hollandaise sauce.

SOUFFLÉ PANCAKES

CARAMELIZED BANANA .. \$15.99

Light and fluffy pancakes topped with sweet, caramelized bananas and a dusting of powdered sugar.

MATCHA .. \$15.99

Fluffy soufflé pancakes infused with matcha green tea, served with a touch of cream.

TIRAMISU .. \$15.99

Pancakes inspired by the classic dessert, layered with coffee-soaked mascarpone and cocoa powder.

CRÈME BRULÉE .. \$15.99

Pancakes with a rich crème brulee flavor, caramelized on top and served with vanilla cream.

TOAST

AVOCADO TOAST .. \$8.99

Toasted bread topped with creamy avocado, sprinkled with salt, pepper, and a touch of lemon.

HK INSPIRED SHRIMP .. \$10.99

Crispy toast topped with savory shrimp paste and seasoned with traditional Hong Kong flavors.



ALL DAY Menu

SOUPS & SALADS

NEW ENGLAND CLAM CHOWDER .. \$7

(winter only)

TRADITIONAL HEARTS OF ROMAINE

CEASAR SALAD .. \$7.99

**ORGANIC FRASER VALLEY GREENS WITH
CITRUS DRESSING .. \$6.99**

CRISPY FISH & CHIPS

Upgrade with Parmesan fries +\$1

Served with a choice of salad or fries and includes coleslaw.

You can also choose a half-and-half option.

OCEAN WISE PACIFIC COD ..

\$12.99 (1 pc) | **\$17.99** (2 pcs) | **\$22.99** (3 pcs)

PACIFIC HALIBUT ..

\$15.99 (1 pc) | **\$22.99** (2 pcs) | **\$30.99** (3 pcs)

OCEAN WISE SOCKEYE SALMON ..

\$15.99 (1 pc) | **\$22.99** (2 pcs) | **\$30.99** (3 pcs)

BURGERS & SANDWICHES

CRISPY COD BURGER .. \$12.99

Fried cod fillet with lettuce, tomato, and tartar sauce on a bun.

GRILLED SOCKEYE SALMON .. \$15.99

Grilled sockeye salmon patty with horseradish aioli, lettuce and tomato.

CRISPY PACIFIC HALIBUT .. \$12.99

Crispy-fried Pacific halibut fillet with lettuce, tomato and a tangy sauce.

LEAN GROUND BEEF BBQ BURGER .. \$14.99

100% Lean ground beef burger with smoky BBQ sauce and classic toppings.

BACON CHEESE BURGER .. \$17.99

Lean beef patty with smoky BBQ sauce and onions rings with crispy bacon and American cheese.

ORGANIC MUSHROOM BURGER WITH

SWISS CHEESE .. \$14.99

Organic mushroom patty topped with Swiss cheese and fresh veggies.

CHICKEN SANDWICH (Grilled/Fried) .. \$14.99

Grilled/Fried chicken breast with lettuce, tomato and house sauce.

PASTA

SEAFOOD/CHICKEN .. \$16.99

Seafood pasta on white wine sauce and chicken fettuccine with Alfredo.

APPETIZERS & SIDES

CRISPY CHICKEN STRIPS .. \$14.99

Lightly battered chicken strips served with a sweet and tangy plum sauce.

OYSTERS (5 pcs).. \$18.99

Medium- sized oysters, deep-fried to a crispy golden brown, served with lemon wedges and cocktail sauce.

CHICKEN 65 / CHICKEN PAKORAS.. \$13.99

Flavourful and spicy fried chicken bites, seasoned with aromatic spices

FISH FRITTERS .. \$13.99

Spiced fish fritters deep-fried to crispy perfection, served with chutney. An Indian style fish fritters to enjoy with drinks!

OCEAN WISE COD TACOS .. \$12.99

Crispy cod fillet in a soft tortilla, topped with fresh slaw and zesty sauce.

CRISPY CALAMARI .. \$12.99

Tender calamari rings, lightly breaded and fried, served with a zesty marinara sauce.

JALAPEÑO SHRIMPS (15 pcs) .. \$14.99

Grilled chicken breast with lettuce, tomato and seafood sauce.

GRILLED TIGER PRAWN SKEWERS \$7.99

Juicy prawns grilled to perfection.

POUTINE (Regular/ Butter Chicken Gravy) .. \$10.99/\$13.99

Golden fries topped with rich gravy and creamy cheese curds/ butter chicken gravy.

JALAPEÑO POPPERS (6 pcs) .. \$8.99

Spicy, cheesy jalapeño poppers that add a kick to your meal.

CHICKEN WINGS (6pcs) .. \$9.99

Flavourful wings, ideal for sharing or as a complement to any main course.

VEGGIE FRITTERS .. \$8.99

Crispy fritters made with a mix of vegetables and chickpea flour, served with a tangy dipping sauce.

FISH NUGGETS.. \$9.99

Crispy fish nuggets, a great choice to add a seafood option to your meal.

WRAPS

CHICKEN (Grilled/Fried) .. \$12.99

Spiced chicken tandoori/fried wrapped with fresh vegetables and a cooling yogurt sauce.

CRISPY COD WRAP .. \$12.99

Crispy cod fillet wrapped with lettuce, pickles, and tangy sauce.

VEGETABLE WRAP .. \$12.99

Fresh seasonal vegetables with a zesty dressing, all wrapped in a soft tortilla.

Extras : Fried Pickles \$8.99 | Fresh Fries \$5.99 | Parmesan Fries \$6.99 | Masala Fries \$6.99 | Yam fries with chipotle \$6.99 | Truffle Fries \$8.99 | Crispy batter sausage \$7.99 | Fresh Coleslaw \$4.99 | Pappadum \$ 2.99 | Minted Peas \$3.99 | Mushy Peas \$3.99