

# Breakfast

“Just Put a Fork in it”

Served: Monday to Saturday 8am - 11.30 am Sunday 8am - 1:00 pm.



Family Grill

## The Continental

A bowl of fresh fruit, cereal and yogurt for a lighter start to your morning!

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## The Fork & Steak


New York Striploin Steak cooked to your liking, two eggs any style, home fries, hashbrowns or baked beans, buttered texas toast & jam

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## Eggs Benedict

Two poached eggs on toasted bagel halves, with ham and topped with hollandaise sauce, served with home fries, hashbrowns or baked beans.


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## The Big Plate

Three eggs any style, two strips of bacon, two sausage, and slice of back bacon, home fries & baked beans, buttered texas toast & jam

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## Buttermilk Pancakes

Fresh from the griddle three hot buttermilk pancakes served with butter & syrup

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## The Alcona Breakfast

Two eggs any style, bacon, ham or sausage, home fries, hashbrowns or baked beans buttered texas toast & jam.

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## Cinnamon French Toast

Three thick slices of bread, dipped in a cinnamon egg batter and griddled golden brown served with butter & syrup

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Smaller Tummies  
2 pieces

What about strawberry or blueberry sauce?

Smaller Tummies  
2 buttermilk pancakes

What about strawberry or blueberry sauce?

## Add

- Pancake to any breakfast
- Substitute Canadian Back Bacon
- Upgrade to rye toast
- Add a side of salsa to any breakfast

or choose one egg

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## Porridge and Toast

Just Porridge available

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“A Fork & Plate Favourite”

# Breakfast



“Just Put a Fork in it”

## Omelettes

Have one of our favourites  
or create your own!

Three egg omelet cooked light and fluffy served with home fries, hash browns or baked beans, buttered texas toast & jam.

- Plain • Mushroom
- Cheese • Western
- Spanish

## Sandwiches

### Bacon & Egg Bagel

Fried egg, crispy bacon and cheese served on a toasted bagel with home fries, hashbrowns or baked beans.



### Peanut Butter and Banana Bonanza

A Deb's Original -

A thin tortilla wrap stuffed with banana, peanut butter and honey - **Yummy!!**

### Breakfast Club

Three (3) slices of texas toast, fried egg, Canadian Back bacon, cheddar cheese, lettuce and tomato served with home fries, hashbrowns or baked beans.

### Western Sandwich

Fluffy eggs with ham and onions on texas toast served with your choice of home fries, hashbrowns or baked beans.

### BLT

A Bacon, lettuce, tomato toasted sandwich with mayo served with home fries, hashbrowns or baked beans.

Add a side  
of salsa to any  
breakfast

## Skillet Breakfasts



### Meat Lovers Skillet

Home fries, three scrambled eggs, ham, bacon, and sausage, baked beans topped with cheese, served with texas toast & jam.

### Country Skillet

Home fries, three scrambled eggs, bacon, peppers topped with cheese served with texas toast & jam.

### Extra...

- Bagels (plain or multigrain)
- Bagel with cream cheese
- Texas Toast (white or whole wheat)
- Fresh Fruit Cup — seasonal pieces of fresh fruit
- Strawberry yogurt
- Canadian Back Bacon
- Bacon
- Sausage
- Ham
- Home fries or hash browns.
- Baked beans

### Add...

- A pancake to any breakfast.
- Substitute Canadian Back Bacon
- Upgrade to rye toast

## Morning Beverages

- **Coffee** — Freshly Brewed Regular or Decaffeinated
  - **Hot Chocolate**
- **Teas** — Assorted Flavored
  - **Milk** (2% or Chocolate)
- **Juices** — Orange, Cranberry, Apple & Tomato — **Regular** , **Large**