

Eggs N' Things

Served with two slices of toast and home fries or substitute home fries for sliced tomatoes \$.50 or seasonal fresh fruit \$2.25

TWO EGGS ANY STYLE 6.95

cooked your way
want it scrambled? try adding some of our choice toppings!

BACON, SAUSAGE OR HAM 7.95

two eggs any style with your choice of crisp bacon, honey smoked ham or country sausage

STEAK & EGGS 14.95

6 oz AAA sirloin steak chargrilled your way and two eggs any style

SMALLER APPETITE 5.75

one egg any style, your choice of bacon or sausage, one slice of toast and a few home fries

Pancakes N' Things

Add a side of meat for only \$2.00 (this section only)
Upgrade to real maple syrup for \$1.00

PANCAKES 6.25

three fluffy cakes dusted with icing sugar and served with warm syrup and butter

FRENCH TOAST 7.25

three slices of thick french bread, dipped in egg, dusted with icing sugar and served with warm syrup and butter

FANCY UP YOUR PANCAKES 2.00

add whipping cream and a seasonal fruit

On the Lighter Side

FRESH FRUIT PLATTER 8.25

seasonal fruit cut fresh to order, served with all-natural plain yogurt


OATMEAL 4.25

served with milk, raisins, and brown sugar on the side

HOMEMADE GRANOLA 5.45

we're proud to offer you our homemade granola, tossed and baked with honey and a blend of raisins, raisins, dried apricots and walnuts. served with milk on the side.

Breakfast Specials

 Substitutions available in place of home fries on select menu items (fruit \$2.25 & sliced tomatoes \$.50)

9TH AVE BIG BREAKFAST 9.45

two eggs any style with bacon, country sausage, home fries and your choice of toast, pancakes or french toast

VEGGIE HASH 7.75

omelette-style egg top sprinkled with cheddar and Monterey Jack cheese served over sautéed mushrooms, peppers, onions, tomatoes, jalapenos and home fries with two slices of toast

CRISPY BACON HASH 8.75

omelette-style egg top sprinkled with cheddar and Monterey Jack cheese served over sautéed mushrooms, peppers, onions, tomatoes, bacon and home fries with two slices of toast

BREAKFAST WRAP 9.25

scrambled eggs mixed with crisp bacon, peppers, sautéed mushrooms, red and green onions, diced tomatoes and home fries wrapped in a tomato basil tortilla accompanied with seasonal fresh fruit

add salsa and sour cream... \$.50 each

BREAKFAST VEGGIE BURGER 6.50

one scrambled egg with sautéed mushrooms, green peppers, diced tomatoes, red and green onions, Monterey Jack cheese, mayo and red relish served on a lightly toasted bun with home fries

BREAKFAST BURGER 6.75

fried egg over hard, crisp bacon, cheddar cheese, sliced tomatoes, mayo and red relish served on a lightly toasted bun with home fries

CHEESE OMELETTE AND... 9.75

three cheese omelette with bacon, country sausage, home fries and your choice of toast, pancakes or french toast

2-2-2 7.25

two eggs any style, two pancakes (french toast --add 1 dollar) and your choice of bacon, country sausage or honey smoked ham

LOW CARB FRIENDLY 8.95

three eggs any style, three strips of bacon, three country sausages and grilled tomatoes

For menu items with half orders available, plate sharing is not an option. Otherwise we charge \$4.00 for split meals.

Please inform us of any dietary restrictions. All modifications are subject to a \$1.00 charge.

We use only the freshest ingredients including large, fresh, omega born-3 eggs, olive oil on the grill, no fillers in the burgers and home made sauces.

Omelettes

All our omelettes are made with three large, fresh, omega born-3 eggs and served with two slices of toast and home fries. Substitute home fries for sliced tomatoes \$.50 or seasonal fresh fruit \$2.25

THREE CHEESE

cheddar, Monterey Jack and parmesan cheese

7.95

VEGGIE

sautéed mushrooms, onions, green peppers, diced tomatoes, cheddar and Monterey Jack cheese

8.50

GREEK

fresh sautéed baby spinach, diced tomatoes, oregano and feta cheese

8.50

DENVER

smoked honey ham, sautéed mushrooms, onions, green peppers, diced tomatoes, cheddar and Monterey Jack cheese.

8.95

MEDITERRANEAN

artichoke hearts, red peppers, tomatoes, pesto and feta cheese

10.45

9TH AVE OMELETTE

bacon, country sausage, zucchini, grilled eggplant, sautéed mushrooms, green onions, diced tomatoes and feta cheese

10.95

SALMON NEPTUNE

wild sockeye salmon and cream cheese topped with hollandaise sauce

11.45

CREATE YOUR OWN

two egg omelette
three egg omelette

5.75
6.75

Try something new....

Upgrade your home fries to yam fries
for \$2

CHOICE OF TOPPINGS: ZESTY/0.95

sundried tomatoes
green onions
jalapenos
garlic
olives
pesto
salsa

VEGGIE/1.05

sautéed baby spinach
sautéed mushrooms
artichoke hearts
grilled eggplant
diced tomatoes
zucchini
avocado
peppers

CHEESE/1.25

Monterey Jack
parmesan
cheddar
havarti
feta

MEAT/1.55

tender chicken breast
smoked honey ham
country sausage
roasted turkey
bacon

wild salmon (2.95)

Bennys

All our bennys are served on a toasted english muffin with two soft poached eggs and topped with hollandaise sauce. Served with home fries or substitute home fries for sliced tomatoes \$.50 or seasonal fresh fruit \$2.25
Cutting out carbs? Ask for no english muffin

THE TRADITIONAL

honey smoked ham

8.50

VEGGIE

avocado, spinach, salsa and cheddar cheese

8.95

LOW CARB BENNY (without english muffin)

feta cheese and crisp bacon on a bed of sautéed baby spinach, served with grilled tomatoes

8.95

MUSHROOM AND BACON

crisp bacon, sautéed mushrooms and Monterey Jack cheese

9.25

RED AND WHITE

Monterey Jack cheese, parmesan cheese, sundried tomatoes and bacon

9.95

HALF-ORDERS

for the section above
for the section below

6.95
7.95

THE SICILIAN

pesto marinated feta with tender grilled chicken, sundried tomatoes and red onion

10.45

9TH AVE BENNY SPECIAL

country sausage, cream cheese, tomatoes, avocado and sautéed mushrooms

10.45

WILD SOCKEYE SALMON

wild sockeye salmon, avocado and cream cheese

11.95

CREATE YOUR OWN

small (1 poached egg on half English muffin)
large (2 poached eggs on an English muffin)

5.75
7.25

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We use only the freshest ingredients including large, fresh, omega born-3 eggs, olive oil on the grill, no fillers in the burgers and home made sauces.

Soups and Starters

All soups and salads are served with garlic toast. Upgrade to 9th Ave's very own parmesan oregano garlic toast for \$.50

SOUP OF THE DAY

all of our soups are made in house daily using only the freshest ingredients

BOWL 5.25
CUP 3.75

GARLIC TOAST 1.65

FRENCH FRIES 3.95

ONION RINGS 4.95
served with a ranch dipping sauce

YAM FRIES 4.95
served with a chipotle mayo dipping sauce

HOUSE TOSSED SALAD 5.45
organic spring mix topped with feta, sliced almonds, raisins, cucumbers and a seasonal fruit with your choice of our house balsamic, sundried tomato and oregano or ranch dressing served on the side

CAESAR SALAD 6.95
crisp romaine, homemade croutons and freshly grated parmesan cheese
HALF ORDER 4.95

ADD GRILLED CHICKEN 2.95
ADD WILD SOCKEYE SALMON 3.45

MEDITERRANEAN SALAD 10.95
organic spring mix tossed in our house balsamic dressing, and mixed with grilled chicken breast, olives, red onions, celery, tomatoes, cucumber and feta cheese

WEST COAST SALAD 11.95
baby spinach tossed in a sundried tomato and oregano dressing, mixed with wild sockeye salmon, fresh and sundried tomatoes, red peppers and avocado all topped off with a dollop of cream cheese and served with our very own parmesan oregano garlic toast

Sandwiches

All wraps and sandwiches (toasted on your choice of bread) are served with fries or home fries.

Upgrade to: house tossed salad \$1.00 caesar salad \$1.75 soup \$1.95 onion rings \$2.00 yam fries \$2.00

TRIPLE GRILLED CHEESE 6.95
Monterey Jack, cheddar and parmesan cheese

B.L.T. 6.95
crisp bacon, lettuce, tomatoes and mayo

VEGGIE SANDWICH/WRAP 7.95
lettuce, tomato, avocado, sautéed mushrooms cream cheese, havarti and mayo

CHICKEN CAESAR WRAP 8.75
crisp romaine tossed with tender grilled chicken breast, crisp bacon, freshly grated parmesan cheese and caesar dressing wrapped in a tomato basil tortilla ++

CLUB HOUSE 9.25
classic triple decker made with in-house roasted turkey breast, crisp bacon, lettuce, tomato, mayo and chili sauce

HOT TURKEY SANDWICH 9.95
in-house roasted turkey breast, stuffing and gravy served with cranberry sauce on garlic toasted focaccia bread

SPINACH & ARTICHOKE QUESADILLA 9.45
fresh baby spinach, artichokes, feta, diced tomatoes and pesto

CHICKEN BACON QUESADILLA 9.45
tender grilled chicken breast, crisp bacon, onions, tomatoes, Monterey Jack, cheddar cheese and chipotle mayo grilled in a tomato basil wrap and served with sour cream and salsa

SALMON QUESADILLA 10.95
wild sockeye salmon, tomatoes, green onions, havarti cheese and chipotle mayo grilled in a tomato basil wrap and served with sour cream and salsa

BEEF DIP 9.45
in-house roasted AAA Canadian beef on a toasted garlic french roll and served with au jus

CHICKEN STRIPS 9.25
crispy golden strips served with fries or caesar salad and honey mustard dipping sauce

STEAK SANDWICH 13.95
6 oz top sirloin steak, sautéed mushrooms, onions and green peppers on a toasted garlic panini loaf

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We use only the freshest ingredients including large, fresh, omega born-3 eggs, olive oil on the grill, no fillers in the burgers and home made sauces.

Burgers

All our burgers are served with fries or home fries. Upgrade to: house tossed salad \$1.00 caesar salad \$1.75 soup \$1.95
onion rings \$2.00 yam fries \$2.00

PICK YOUR BURGER...

BEEF BURGER

7.95

homemade patty made with lean ground beef, garlic, fresh onions and a variety of spices. served on a toasted bun topped with mayo, red relish, lettuce, tomato, red onion and pickles

CHICKEN BURGER

8.25

marinated tender grilled chicken breast served on a toasted bun with mayo, lettuce, tomato and pickles (add honey mustard sauce...\$.50)

VEGGIE BURGER

7.95

garden veggie patty served on a toasted bun with red relish, mayo, lettuce, tomato, red onion and pickles

SALMON BURGER

8.95

wild pacific salmon patty with lettuce, tomato, pickles, a dollop of tartar sauce and served on a garlic toasted bun

PICK YOUR TOPPINGS...

TERIYAKI

1.50

grilled pineapple topped with teriyaki sauce

MUSHROOM JACK

1.50

Monterey Jack cheese and sautéed mushrooms

BAJA

1.75

cheddar cheese, avocado and salsa

CHEDDAR BACON

2.00

cheddar cheese and crisp bacon

HAVARTI BACON

2.00

havarti cheese and crisp bacon

FOUR CHEESE

2.00

havarti, Monterey Jack and cheddar cheese melted over the burger, with parmesan toasted into the bun

9TH AVENUE

2.25

cheddar cheese, sautéed mushrooms and crisp bacon

BURGER EXTRAS \$1.55 - avocado, pineapple, sautéed mushrooms, fried egg, cheddar cheese, havarti cheese, Monterey Jack cheese, crisp bacon, honey smoked ham

EXTRA PATTIES \$3.95 - beef, chicken, veggie or salmon (only available with the purchase of a burger)

Paninis

Served on garlic toasted foccacia with fries or home fries. Upgrade to: house tossed salad \$1.00 caesar salad \$1.75 soup \$1.95
onion rings \$2.00 yam fries \$2.00

GRILLED VEGGIE

8.75

grilled eggplant, grilled zucchini, artichokes, sautéed spinach, tomatoes, roasted red peppers, mayo & havarti cheese.

TURKEY PESTO

8.95

our in-house roasted turkey with pesto, tomatoes, mayo and havarti cheese.

MANGO CHICKEN

9.25

tender grilled chicken breast, crisp bacon, tomatoes, mango purée, mayo and havarti cheese.

BEEF & CHEDDAR

9.25

in-house roasted AAA Canadian beef, sautéed red onions, mayo and cheddar cheese

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Side Orders

HOME FRIES 2.25

homestyle potatoes cooked on the grill with green onions, olive oil and seasoning salt

SIDE FRUIT 3.95

seasonal fruit cut fresh to order

SIDE TOMATOES 2.65

fresh or grilled

SIDE SAUTÉED VEGGIES 2.00

your choice of sautéed baby spinach, sautéed mushrooms, grilled artichoke hearts, grilled eggplant, grilled zucchini, avocado or sautéed peppers

ONE EGG 1.65

cooked any style

SIDE MEAT 2.75

crisp bacon, country sausage or honey smoked ham

SIDE HOLLANDAISE 2.00

SIDE GRAVY 1.50

YOGURT 1.50

all-natural plain yogurt

ONE PANCAKE 2.25

one fluffy cake dusted with icing sugar and served with warm syrup and butter

ONE SLICE FRENCH TOAST 2.45

one slice of thick french bread, dipped in egg, dusted with icing sugar and served with warm syrup and butter

SIDE TOAST 2.35

multigrain, rye, sourdough, white or an english muffin

HALF ORDER 1.65

BAGEL 3.00

served with butter or cream cheese

Beverages

JUICES 2.25

orange, apple, grapefruit, cranberry cocktail or tomato

FRESH SQUEEZED JUICES 2.45

SMALL 2.45

LARGE 3.95

COFFEE 2.25

we proudly serve 'casa del caffè' locally roasted coffee.

TEA 2.10

these are our basic teas, from time to time we have additional varieties, please inquire

BLACK TEAS ROOIBOS HERBAL TEAS

earl grey (decaf available)	mandarin orange spice
english breakfast	orange peach
orange pekoe	peppermint
black current	green tea
chai	
moroccan red	pomegranate
peach apricot	honeybush
madagascar red	vanilla

HOT CHOCOLATE 2.95

served with whipping cream and chocolate drizzle

BOTTLE WATER 2.00

SAN PELLIGRINO 2.45

arranciata, limonata, sparkling water

SOFT DRINKS 2.10

Coke, Diet Coke, Sprite, Root Beer or Ginger Ale.

ICED TEA 2.25

MILK 1% 2.10

CHOCOLATE MILK 2.25

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