COCKTAILS & BUBBLES

PÜR MIMOSA
Sparkling wine, freshly squeezed orange juice and a strawberry (3 oz) | 8

PÜR BELLINI
Sparkling wine, peach syrup, red cranberry juice and a strawberry (3 oz) | 8

CAESAR
Vodka, Clamato juice, Worcestershire sauce, Tabasco, celery salt and a pickle (1.5 oz) | 9 · Double (3 oz) | 13

SPARKLING WINE
(5 oz) | 8 · Bottle (750 ml) | 34

WINE & BEER

PINOT GRIGIO
(5 oz) | 7 · Bottle (750 ml) | 28

CABERNET SAUVIGNON
(5 oz) | 7 · Bottle (750 ml) | 28

BEER
Domestic Bottle (341 ml) | 6.5
Domestic Can (355 ml) | 6.5
Imported Bottle (330 ml) | 7.5
Imported Can (355 ml) | 7.5

MOCKTAILS

NO-JITO
White cranberry juice, 7up, lime sour and fresh mint (260 Cals) | 6.5

NO-GRIA
Orange juice, pineapple juice, red cranberry juice, berries, elderflower syrup and 7up (210 Cals) | 6.5

SANGRIA

CLASSIC SANGRIA
Cabernet Sauvignon, rum, orange juice, red cranberry juice, simple syrup, berries and 7up (4.5 oz) | 9 · Pitcher (14 oz) | 34

SUNSHINE SANGRIA
Pinot Grigio, peach syrup, elderflower syrup, white cranberry juice, fruits and 7up (4.5 oz) | 9 · Pitcher (14 oz) | 34

Federal and provincial taxes not included.
Must be legal drinking age. Please enjoy responsibly.

FRESHLY SQUEEZED ORANGE JUICE (220 Cals) | 6.5
MILK OR CHOCOLATE MILK (230 Cals) | 3
ALMOND MILK (200 Cals) | 3.5
OAT MILK (210 Cals) | 4
SPARKLING WATER (0 Cals) | 3
SPRING WATER (0 Cals) | 3
PEPSI (150 Cals) | 3
7UP (140 Cals) | 3
DIET PEPSI OR 7UP ZERO (0 Cals) | 3
GINGER ALE (120 Cals) | 3
PINEAPPLE JUICE (200 Cals) | 4
RED CRANBERRY JUICE (210 Cals) | 4
WHITE CRANBERRY JUICE (360 Cals) | 4
ORANGE JUICE (170 Cals) | 4
APPLE JUICE (160 Cals) | 4

<table>
<thead>
<tr>
<th>STANDARD ALCOHOLIC BEVERAGES</th>
<th>STANDARD SERVING SIZE</th>
<th>APPROXIMATE AVERAGE CALORIES PER STANDARD SERVING SIZE</th>
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<tbody>
<tr>
<td>Red Wine (12%)</td>
<td>1 glass (142 ml/5 oz)</td>
<td>130</td>
</tr>
<tr>
<td>White Wine (12%)</td>
<td>1 glass (142 ml/5 oz)</td>
<td>120</td>
</tr>
<tr>
<td>Regular Beer (5%)</td>
<td>1 bottle (341 ml)</td>
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</tr>
<tr>
<td>Light Beer (4%)</td>
<td>1 bottle (341 ml)</td>
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</tr>
<tr>
<td>Spirits (40%)</td>
<td>1 shot (45 ml/1½ oz)</td>
<td>100</td>
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</table>

Note: Actual calories of alcoholic beverages may vary; the addition of mixes will increase the calories of these beverages. Standard serving sizes are based on one drink as outlined in Canada’s Low Risk Alcohol Drinking Guidelines.
STRAWBERRY & BANANA  53
Strawberries, bananas, Greek yogurt and orange juice (260 Cals) | 7.5

D-TOX  53
Blueberries, pineapples, bananas, Greek yogurt and orange juice (310 Cals) | 8

VERY BERRY  53
Raspberries, strawberries, blueberries, blackberries, bananas, Greek yogurt and red cranberry juice (240 Cals) | 8

MANGO TANGO  53
Mangoes, bananas, Greek yogurt and pineapple juice (290 Cals) | 7.5

PEANUT BUTTER BLAST  53
Strawberries, bananas, peanut butter and chocolate milk (540 Cals) | 7.5

GREEN GIANT  53
Mangoes, baby spinach, pineapples and orange juice (210 Cals) | 7.5

<table>
<thead>
<tr>
<th>MILK SUBSTITUTIONS</th>
<th>CALORIES</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond milk in cap</td>
<td>- 1 Cal</td>
<td>+ 0.5</td>
</tr>
<tr>
<td>Almond milk in bowl</td>
<td>- 2 Cals</td>
<td>+ 1</td>
</tr>
<tr>
<td>Oat milk in cap</td>
<td>+ 3 Cals</td>
<td>+ 0.5</td>
</tr>
<tr>
<td>Oat milk in bowl</td>
<td>+ 4 Cals</td>
<td>+ 1</td>
</tr>
</tbody>
</table>

**SUBSTITUTIONS**

<table>
<thead>
<tr>
<th></th>
<th>CALORIES</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Replace Greek yogurt with almond milk</td>
<td>- 20 Cals</td>
<td>+ 0.5</td>
</tr>
<tr>
<td>Replace Greek yogurt with oat milk</td>
<td>- 20 Cals</td>
<td>+ 0.5</td>
</tr>
<tr>
<td>Replace juice with almond milk</td>
<td>+ 0 – 25 Cals</td>
<td>+ 2</td>
</tr>
<tr>
<td>Replace juice with oat milk</td>
<td>+ 4 – 30 Cals</td>
<td>+ 2</td>
</tr>
</tbody>
</table>

Adults and youth (ages 13 and older) need an average of 2000 calories a day, and children (ages 4 to 12) need an average of 1500 calories a day. However, individual needs vary.
2 poached eggs served on English muffin with choice of Hollandaise or spicy Hollandaise sauce and sprinkled with paprika. Served with our famous P&S potatoes

**SIMPLE** 5
Ham and Swiss (990 Cals) | 16.5

**ANGUS** 5
Steak, mushrooms, red onions and cheddar (1060 Cals) | 18.5

**CHICAGO**
Bacon, ham & sausage mix and cheddar (1140 Cals) | 18.5

**SANTA FE** 5
Black beans, peppers & corn blend, avocado, red onions, tomatoes, cheddar and sriracha (1150 Cals) | 18.5

**NORWEGIAN** 5
Smoked salmon, red onions, tomatoes and capers (860 Cals) | 21.5

**FRIED CHICKEN**
Crispy chicken breast, Swiss and scallions (1130 Cals) | 19.5

**DON CHORIZO**
Chorizo, tomatoes, jalapeño Monterey Jack and scallions (1150 Cals) | 18.5

5 Replace your English muffin with gluten free bread (+ 110 Cals) | + 1.5

Replace your famous P&S potatoes with a seasonal fruit bowl (- 80 Cals) | + 4

**SKILLET**
1 egg any style. Served on a bed of our famous P&S potatoes

**RAY’S EXTRAVAGANZA**
Bacon, ham & sausage mix, red & green peppers, red onions, tomatoes, 3 cheese blend and Hollandaise sauce (980 Cals) | 19

**MEXICAN** 5
Steak, black beans, peppers & corn blend, avocado, salsa and sour cream (1240 Cals) | 19.5

**GARDEN FRESH**
Avocado, mushrooms, baby spinach, red onions, roasted red peppers, goat cheese, scallions and spicy Hollandaise sauce (800 Cals) | 19.5

**RIZO**
Chorizo, red & green peppers, tomatoes, avocado, scallions, 3 cheese blend and spicy Hollandaise sauce (830 Cals) | 19.5

Add an egg (+ 70 Cals) | + 1.5

Adults and youth (ages 13 and older) need an average of 2000 calories a day, and children (ages 4 to 12) need an average of 1500 calories a day. However, individual needs vary.
Served with our famous P&S potatoes and toast
(except for Keto & Breakfast Poutine)

**2 EGGS WITH CHOICE OF:**
- Bacon (1170 Cals) | 14.5
- Sausage (1360 Cals) | 12.5
- Turkey Bacon (1190 Cals) | 12.5
- Seasonal Fruit Bowl (1130 Cals) | 16.5

**POPULAR**
- 2 eggs with bacon and sausage (960 Cals) | 16.5

**CANADIAN**
- 2 eggs with bacon, sausage, ham and choice of crepe (1030 Cals), French toast (1060 Cals), pancake (990 Cals) or half waffle (990 Cals) | 19

**BLACK & BLUE**
- 2 eggs with bacon, sausage, 1 chocolate chip and 1 blueberry pancake (1220 Cals) | 18

**GOURMET**
- 2 eggs with choice of bacon (1280 Cals), sausage (1380 Cals), ham (1190 Cals) or turkey bacon (1290 Cals) and half waffle topped with bananas, chocolate chips, English cream and hazelnut chocolate | 18.5

**XPLOSION**
- 2 eggs with bacon and French toast topped with bananas, strawberries and hazelnut chocolate (1260 Cals) | 20.5

**THE BIG 3**
- 3 eggs with 3 bacon, 3 sausages, 3 ham and 3 pancakes (1630 Cals) | 22

**HUEVOS RANCHEROS**
- 2 flour tortillas, black beans, peppers & corn blend, guacamole, scallions, tomatoes topped with 2 sunny side eggs and sriracha. Served with sour cream and salsa (900 Cals) | 18

**KETO**
- 2 eggs with bacon, lettuce, avocado, goat cheese, red & green peppers and red onions. Served with blueberries and strawberries (830 Cals) | 21

**BREAKFAST POUTINE**
- Egg, cheese curds and choice of Hollandaise or spicy Hollandaise sauce on a bed of our famous P&S potatoes
- Bacon, ham & sausage mix (1350 Cals) | 16
- Chorizo (1420 Cals) | 16.5

**Add an egg (+ 70 Cals) | + 1.5**

**Replace your famous P&S potatoes with a seasonal fruit bowl (- 80 Cals) | + 4**

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**GOURMET OMELETTES**

Served with our famous P&S potatoes and toast

**PÜR WESTERN**
- Ham, red onions and red & green peppers (800 Cals) | 17.5

**MISH MASH**
- Bacon, ham & sausage mix, mushrooms, red onions, red & green peppers and cheddar (1180 Cals) | 18.5

**VEGGIE**
- Guacamole, mushrooms, baby spinach, roasted red peppers, scallions and goat cheese (840 Cals) | 18.5

**CORTEZ**
- Chorizo, red onions, red & green peppers, avocado and jalapeño Monterey Jack. Served with sour cream and salsa (1380 Cals) | 18.5

**BEEF ME UP SCOTTY**
- Steak, red onions, mushrooms, scallions, cheddar and sriracha (1110 Cals) | 18.5

**Egg white omelettes (- 280 Cals) | + 3**

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**BREAD**

Please add the following calories according to the type of bread chosen:
- White (+ 330 Cals)
- Whole Wheat (+ 350 Cals)
- 14 Grain (+ 450 Cals)
- Rye (+ 530 Cals) | + 0.5
- Montreal Style Bagel (+ 230 Cals) | + 0.5
- English Muffin (+ 350 Cals) | + 0.5
- Thick Sliced Brioche (+ 520 Cals) | + 1.5
- Gluten Free (+ 460 Cals) | + 1.5
CREPES

Our crepes are prepared with gluten free batter, sprinkled with icing sugar for a little added sweetness

CREPE & FRUITS  $18
Seasonal fruits and English cream (650 Cals)

OH LA LA  $18.5
Strawberries, bananas, hazelnut chocolate and English cream (780 Cals)

SWEET & SALTY
2 scrambled eggs, bacon, ham & sausage mix and 3 cheese blend (1280 Cals)  $17.5

BACON-SHROOM  $18.5
Bacon, 3 cheese blend, mushrooms, red onions and a sunny side egg (1250 Cals)

WAFFLES

Our waffles are deliciously prepared fresh in house, sprinkled with icing sugar for a little added sweetness

WAFFLE & FRUITS
Seasonal fruits and English cream (570 Cals)  $17.5

BANANABERRY
Strawberries, bananas, hazelnut chocolate and English cream (690 Cals)  $18

CHICKEN ‘N’ WAFFLE
Crispy chicken breast, served with BBQ sauce and our famous P&S potatoes (960 Cals)  $19

RI RI’S CHEESECAKE
Strawberries, sweet cream cheese, crumbled graham crackers, raspberry coulis, whipped cream and fresh mint (850 Cals)  $19.5

Pür maple syrup (+ 320 Cals)  + 3.5
ARTISANAL FRENCH TOAST

Our thick sliced brioche French toast is deliciously prepared fresh in house, sprinkled with icing sugar for a little added sweetness

FRENCH TOAST & FRUITS
Seasonal fruits and English cream
2 slices (700 Cals) | 16.5 · 3 slices (900 Cals) | 19.5

SIMPLE DELIGHT
Strawberries, bananas, hazelnut chocolate and English cream
2 slices (950 Cals) | 16.5 · 3 slices (1140 Cals) | 19.5

GO BANANAS
Banana bread French toast, bananas, hazelnut chocolate, English cream, chocolate chips, whipped cream and fresh mint
2 slices (1490 Cals) | 18 · 3 slices (1840 Cals) | 21

FRENCH TOAST CRISP
Panko breaded French toast, blueberries, raspberries, English cream, raspberry coulis, whipped cream and fresh mint
2 slices (920 Cals) | 17.5 · 3 slices (1180 Cals) | 20.5

HANDHELDs

Served with our famous P&S potatoes

BREAKFAST Brioche
Egg, bacon, cheddar, lettuce, tomatoes, avocado and fine herb mayonnaise. Served on a brioche bun (990 Cals) | 16

BREAKFAST BURRITO
Scrambled eggs, black beans, peppers & corn blend, steak, lettuce, tomatoes and chipotle mayonnaise wrapped in a whole wheat tortilla (1220 Cals) | 17

CINNA-BACON
Icing glazed cinnamon Danish, scrambled eggs, bacon and 3 cheese blend (1560 Cals) | 19

SIMON SAYS
Bacon, ham & sausage mix omelette, 3 cheese blend, lettuce, tomatoes, red onions and fine herb mayonnaise. Served on a brioche bun (970 Cals) | 16

PANCakes

Our pancakes are deliciously prepared fresh in house, sprinkled with icing sugar for a little added sweetness

RED VELVET
Red velvet pancakes, raspberries, sweet cream cheese, raspberry coulis, whipped cream and fresh mint
2 pancakes (630 Cals) | 16.5
3 pancakes (760 Cals) | 19.5

CAROLE’S CINNA-CAKES
Cinnamon swirl pancakes, icing glaze, caramel and whipped cream
2 pancakes (1160 Cals) | 15
3 pancakes (1630 Cals) | 18

REESЕ’S
Reese’s peanut butter cup pancakes, English cream, peanut butter and whipped cream
2 pancakes (1050 Cals) | 15
3 pancakes (1320 Cals) | 18

CHOCOHOLIC
Chocolate pancakes, crumbled chocolate brownies, hazelnut chocolate, English cream, chocolate chips and whipped cream
2 pancakes (950 Cals) | 15
3 pancakes (1180 Cals) | 18

TRIPLE BERRY
Blueberry pancakes, strawberries, raspberries, blueberries, English cream, whipped cream and fresh mint
2 pancakes (520 Cals) | 17
3 pancakes (660 Cals) | 20

Pür maple syrup (+ 320 Cals) | + 3.5

Adults and youth (ages 13 and older) need an average of 2000 calories a day, and children (ages 4 to 12) need an average of 1500 calories a day. However, individual needs vary.
### A V O C A D O  T O A S T

**Served on 14 grain bread with our famous P&S potatoes**

**AVOCADO BACON**

<table>
<thead>
<tr>
<th>Description</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 poached eggs, guacamole, bacon, cheddar, tomatoes and snow pea sprouts</td>
<td>1020 Cals</td>
<td>20</td>
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</table>

**AVOCADO LOX**

<table>
<thead>
<tr>
<th>Description</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 poached eggs, guacamole, smoked salmon, red onions, capers, tomatoes and snow pea sprouts</td>
<td>830 Cals</td>
<td>22</td>
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</table>

**AVOCADO TOAST**

<table>
<thead>
<tr>
<th>Description</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 poached eggs, guacamole, Swiss, tomatoes, scallions and snow pea sprouts</td>
<td>880 Cals</td>
<td>18.5</td>
</tr>
</tbody>
</table>

Replace your 14 grain bread with gluten free bread (+ 10 Cals) | + 1.5

Replace your famous P&S potatoes with a seasonal fruit bowl (- 80 Cals) | + 4

### A L I T T L E  E X T R A ?

<table>
<thead>
<tr>
<th>Description</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>BACON (260 Cals)</td>
<td>5.5</td>
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<tr>
<td>HAM (160 Cals)</td>
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<tr>
<td>SAUSAGE (450 Cals)</td>
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<tr>
<td>TURKEY BACON (280 Cals)</td>
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<tr>
<td>CHORIZO (450 Cals)</td>
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<tr>
<td>SMOKED SALMON (120 Cals)</td>
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<tr>
<td>ENGLISH CREAM (100 Cals)</td>
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<tr>
<td>CARAMEL (170 Cals)</td>
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<tr>
<td>HAZELNUT CHOCOLATE (350 Cals)</td>
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<tr>
<td>HOLLOANDAISE SAUCE (200 Cals)</td>
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<tr>
<td>SPICY HOLLOANDAISE SAUCE (200 Cals)</td>
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<tr>
<td>RASPBERRY COULIS (320 Cals)</td>
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<tr>
<td>1 EGG (70 Cals)</td>
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<tr>
<td>SEASONAL FRUIT BOWL (220 Cals)</td>
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<td>SEASONAL BERRY BOWL (100 Cals)</td>
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<tr>
<td>PÜR MAPLE SYRUP (320 Cals)</td>
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<td>GREEK YOGURT (90 Cals)</td>
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<td>WHITE BREAD (330 Cals)</td>
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<tr>
<td>whole WHEAT BREAD (350 Cals)</td>
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<tr>
<td>14 GRAIN BREAD (450 Cals)</td>
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<tr>
<td>RYE BREAD (530 Cals)</td>
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<tr>
<td>MONTREAL STYLE BAGEL (230 Cals)</td>
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<tr>
<td>ENGLISH MUFFIN (350 Cals)</td>
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<td>THICK SLICED BRIOSIE (520 Cals)</td>
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<tr>
<td>GLUTEN FREE BREAD (460 Cals)</td>
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<tr>
<td>CINNAMON DANISH (750 Cals)</td>
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<td>BANANA BREAD FRENCH TOAST (360 Cals)</td>
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<td>CREPE (310 Cals)</td>
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<td>PANCAKE (150 Cals)</td>
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<td>HALF WAFFLE (150 Cals)</td>
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<tr>
<td>SOUR CREAM (120 Cals)</td>
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<td>SALSA (25 Cals)</td>
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<tr>
<td>FAMOUS P&amp;S POTATOES (300 Cals)</td>
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<tr>
<td>WHIPPED CREAM (60 Cals)</td>
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<tr>
<td>JALAPEÑO MONTEREY JACK (250 Cals)</td>
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<tr>
<td>SWISS CHEESE (240 Cals)</td>
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<tr>
<td>CHEDDAR CHEESE (180 Cals)</td>
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<tr>
<td>CREAM CHEESE (180 Cals)</td>
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<tr>
<td>GOAT CHEESE (100 Cals)</td>
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<tr>
<td>CHEESE CURDS (120 Cals)</td>
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<tr>
<td>CRISPY CHICKEN BREAST (250 Cals)</td>
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<tr>
<td>GRILLED CHICKEN BREAST (230 Cals)</td>
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<tr>
<td>HALF AVOCADO (170 Cals)</td>
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<tr>
<td>SMALL BREAKFAST POUTINE (590 Cals)</td>
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<tr>
<td>FAMOUS CHEESY P&amp;S POTATOES (640 Cals)</td>
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<tr>
<td>BBQ SAUCE (140 Cals)</td>
<td>2.5</td>
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</tbody>
</table>

### J U S T  F O R  K I D S

**Served with a small juice, milk or chocolate milk (+ 100 – 240 Cals).**

**Children 10 years old or younger**

**JUNIOR**

1 egg with choice of bacon or sausage.

Served with our famous P&S potatoes and toast (760 – 990 Cals) | 9.5

**RAINBOW**

3 colourful chocolate chip pancakes (640 Cals) | 9.5

**MARKY MARK**

Half waffle topped with bananas, chocolate chips, English cream and hazelnut chocolate (620 Cals) | 9.5

**RORO 123**

Crepe stuffed with strawberries and bananas topped with hazelnut chocolate (520 Cals) | 9.5

**CHOCO LOCO**

Chocolate pancake, crumbled chocolate brownies, hazelnut chocolate, English cream, chocolate chips and whipped cream (600 Cals) | 9.5

**Adults and youth (ages 13 and older) need an average of 2000 calories a day, and children (ages 4 to 12) need an average of 1500 calories a day.**

**However, individual needs vary.**
BURGERS

Served on a brioche bun with choice of seasoned French fries (+ 320 Cals) or side salad (+ 110 Cals)

DELUXE
Beef patty, bacon, cheddar, lettuce, tomatoes, pickles, red onions, ketchup and mayonnaise (720 Cals) | 17.5

D’S CRISPY CHICKEN
Crispy chicken breast, Swiss, lettuce, tomatoes, pickles, red onions and fine herb mayonnaise (670 Cals) | 18.5

IMPOSSIBLE BURGER
Impossible plant-based burger patty, cheddar, guacamole, lettuce, tomatoes, red onions and fine herb mayonnaise (660 Cals) | 19

GREENS

CLASSIC CAESAR
Romaine lettuce, bacon and croutons tossed in a Caesar dressing. Served with choice of grilled (840 Cals) or crispy (850 Cals) chicken breast | 17.5

CHOP
Romaine lettuce, baby spinach, avocado, red onions, cucumbers, tomatoes, black beans, peppers & corn blend and a hard boiled egg tossed in a lemon za’atar citrus vinaigrette. Served with choice of grilled (750 Cals) or crispy (760 Cals) chicken breast | 17.5

WRAPS, SANDWICHES & MORE

Served with choice of seasoned French fries (+ 320 Cals) or side salad (+ 110 Cals)

CLUCK NORRIS WRAP
Choice of grilled (820 Cals) or crispy (840 Cals) chicken breast, lettuce, red onions, tomatoes, 3 cheese blend and chipotle mayonnaise wrapped in a whole wheat tortilla | 17

CHICKEN CAESAR WRAP
Choice of grilled (1090 Cals) or crispy (1100 Cals) chicken breast, bacon, romaine lettuce and Caesar dressing wrapped in a whole wheat tortilla | 17

PHILLY SANDWICH
Steak, mushrooms, red onions, Swiss and fine herb mayonnaise. Served on a brioche bun (650 Cals) | 16.5

WOW! CLUB SANDWICH
Grilled chicken breast, bacon, Swiss, avocado, lettuce, tomatoes and mayonnaise. Served on 14 grain bread (950 Cals) | 18

TACOS
Choice of crispy chicken breast (650 Cals) or steak (620 Cals), 3 flour tortillas, guacamole, black beans, peppers & corn blend, salsa, sour cream and scallions | 18
GLUTEN SENSITIVE

We offer certain gluten sensitive items, however we are not a gluten free restaurant. We make no guarantees with respect to the gluten content of our menu items, and we accept no liability in this regard. Please be aware that all of our “gluten sensitive” options may be subject to cross-contamination with ingredients containing gluten, and are not recommended for individuals suffering from celiac disease or gluten intolerance.

Similarly, our menu items may contain, or may have come in contact with other food allergens such as peanuts, tree nuts, eggs, dairy, soy, and shellfish, among others. We ask that you alert the manager of any gluten intolerance or other food allergy when placing your order, and urge you to consult with your doctor regarding the precautions and risks associated with your dining decisions.

INTERESTED IN A FRANCHISE?
franchise@pursimple.com
1.855.344.0360
PURSIMPLE.COM  @PURSIMPLECA

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