



Shelly's
TAP AND GRILL

FRUIT SELECTIONS

Fruit Platter 9.25

A platter of assorted sliced melons and berries served with cottage cheese or yogurt.

Good Morning Parfait 8.25

Layers of fresh berries, yogurt and granola together with your choice of bagel or toast.

Lifestyle Breakfast 9.95

Choose from a selection of cereal or hot oatmeal. Accompanied by banana slices or fresh fruit and bagel or toast.

CLASSIC BREAKFASTS

The Sunrise 7.55

A single egg any style with your choice of two strips of bacon or two sausages or two slices of Canadian back bacon. Served with three pancakes or hash browns with toast.

Eggscitement 8.95

Two eggs any style with two strips of bacon or two sausages or two slices of Canadian back bacon. Served with three pancakes or hash browns with toast.

Classic Country Breakfast 11.95

Three eggs any style, four strips of bacon or four sausages or four slices of Canadian back bacon. Served with three pancakes or hash browns with toast.

Sirloin Steak and Eggs 13.95

A 6oz grilled sirloin steak served with two grade "A" eggs any style. Served with three pancakes or hash browns with toast.

Great Morning Breakfast 10.95

Two potato pancakes topped with sautéed corned beef hash and melted marble cheese. Served with two grade "A" eggs any style and sour cream.

The Extreme Breakfast 10.95

Half a Belgian waffle and one piece of French toast. Served with two grade "A" eggs any style and your choice of two strips of bacon, two sausages or two slices of back bacon.

FROM THE GRIDDLE

Homestyle Pancakes

Choose from buttermilk or multi-grain.

Three Pancakes 6.95

Five Pancakes 8.25

Classic French Toast 7.95

Three slices of thick bread dipped in a cinnamon infused egg dip and finished on the griddle.

Potato Pancakes 7.95

Four European style potato pancakes served with sour cream and apple sauce.

OMELETTES

All of our three egg omelettes are served with your choice of three pancakes or hash browns with toast.

Classic Western 11.55

Ham, sautéed onions and diced red and green peppers with Monterey Jack cheese.

Colossal 11.55

Ham, diced tomatoes, sautéed onions, red and green peppers topped with two strips of bacon and marble cheddar cheese.

Southwestern 11.55

Spiced beef or chicken, sautéed onions, tomato, red and green peppers topped with Monterey Jack cheese. Served with salsa and sour cream.

Mediterranean Vegetable 11.55

Roasted red pepper, asparagus, green onion, spinach and feta cheese.

Build Your Own Omelette 11.55

Choose three fillings from the following:

Sliced Green Onion	Broccoli & Cauliflower
Diced Red & Green Pepper	Diced Ham
Diced Tomato	Diced Sausage
Mushrooms	Diced Peameal Bacon

And finish it with your choice of marble cheddar or Monterey Jack cheese.

BELGIAN WAFFLES

Belgian Waffle 7.25

Shelly's traditional Belgian waffle served with butter and syrup.

Bacon & Egg Waffle 11.55

Our traditional Belgian waffle served with two eggs any style and your choice of two strips of bacon or two sausages or two slices of Canadian back bacon.

Fresh Fruit Waffle 9.95

A traditional Belgian waffle topped with fresh berries and yogurt.





BREAKFAST SPECIALTIES

Corned Beef Hash 10.95

Shelly's special recipe of a traditional favourite served with two grade "A" eggs any style with three pancakes or hash browns and toast.

Eggs Benedict 10.45

Just as you remember! Two poached eggs, Canadian back bacon and creamy Hollandaise sauce on a toasted English muffin. Served with a fresh fruit cup or hash browns.

Eggs Florentine 10.95

Two poached eggs, thinly sliced Atlantic smoked salmon, steamed spinach and creamy Hollandaise sauce on a toasted English muffin. Served with a fresh fruit cup or hash browns.

Smoked Salmon and Eggs 10.95

Traditional Atlantic smoked salmon served with two grade "A" eggs any style and a toasted bagel with cream cheese.

Sunrise Crepe 8.95

A classic French crepe filled with two scrambled eggs sautéed green onions, mushrooms and marble cheese served with hash browns and toast.

Fresh Fruit Crepe 9.25

Two gently warmed French crepes filled with fresh berries and whipped cream. Lightly drizzled with fruit coulis.

Shelly's Burrito Grande 11.45

Southwestern roast chicken, bell peppers and onions lightly scrambled with two grade "A" eggs, wrapped in a flour tortilla with shredded Monterey Jack cheese and pico de gallo. Served with guacamole and a fresh fruit cup.

SHELLY'S SKILLETS

All skilletts are prepared with three scrambled eggs on a layer of hash browns with two slices of toast.

Western Skillet 11.55

Diced red and green peppers, sautéed onion and diced sausage topped with creamy Hollandaise sauce.

Garden Skillet 11.55

Broccoli, cauliflower, mushrooms, green onion and diced tomatoes topped with marble cheese.

Meat Lovers Skillet 11.55

Diced Canadian back bacon, sausage and green onion finished with two strips of bacon and marbled cheddar cheese.

Texas Skillet 11.55

Spicy taco beef, green onions and diced tomatoes topped with cheddar cheese. Served with salsa and sour cream.

BREAKFAST SANDWICHES

BLT 8.45

Smoked bacon, crisp lettuce, and fresh sliced tomatoes on your choice of toast or bagel. Served with hash browns.

Western 8.95

Scrambled eggs, diced ham, onions and sweet peppers on your choice of toast or bagel. Served with hash browns.

Breakfast Biscuit 8.95

Toasted English muffin with two fried grade "A" eggs, breakfast sausage and Canadian cheddar cheese. Served with hash browns.

Eggs Benedict Monte Cristo 9.95

A shocking, heart stopping sandwich! Shelly's traditional Eggs Benedict, dipped entirely in buttermilk batter and fried. Served with hollandaise sauce and hash browns.

SIDE ORDERS

Thick Sliced Toast	2.40
English Muffin	2.60
Toasted Bagel	2.55
Bagel with Cream Cheese	2.95
Hash Browns	3.25
Bacon (4 strips)	3.45
Sausage (4 links)	3.45
Canadian Back Bacon (4 slices)	4.80
Corned Beef Hash	3.45
One Grade "A" Egg	1.50
Sliced Banana	1.95
Fruit Cup	4.75
Yogurt (see daily selections)	1.95
Cottage Cheese	2.25
Cereal (see daily selections)	2.95
Hot Oatmeal	3.95
Substitute French Toast or Potato Pancakes	2.95
Triple Berry Fruit Topping	2.95

BEVERAGES

Juice 2.75 / 3.25
Orange, apple, cranberry, pink grapefruit, tomato, clamato.
Milk 2.65 / 3.25
2% white or chocolate.
Coffee* 1.95
Fresh brewed, regular or decaf.
Espresso 2.75
Cappuccino 3.25
Tea* 1.95
Hot orange pekoe or herbal teas.
Soft Drinks* /Iced Tea* 1.95

Hot Chocolate 2.25

Smoothies 4.55

Strawberry and raspberry.

Bottled Water 2.25

Aquafina (500ml bottle)

Milkshakes 4.55

*Complimentary refills.





SHELLY'S TAP & GRILL

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