



*Shelly's*  
TAP AND GRILL

## FRUIT SELECTIONS

### 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.

### Striploin Steak and Eggs 13.95

A 6oz grilled striploin 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.

### Traditional Eggs Benedict 10.45

Two poached eggs, Canadian back bacon and creamy hollandaise on a toasted english muffin.

### Smoked Salmon Benedict 10.89

Smoked salmon, two poached eggs and creamy hollandaise on a toasted english muffin.

### Baby Spinach Benedict 10.45

Fresh steamed baby spinach, two poached eggs and creamy hollandaise on a toasted english muffin.

### Asparagus Benedict 10.95

Grilled asparagus, two poached eggs and creamy hollandaise on a toasted english muffin.

*All above items served with hash browns.*

### Smoked Bacon and Tomato Benedict 10.89

Two poached eggs, smoked bacon and tomato slices with creamy basil hollandaise on two potato pancakes.

## SHELLY'S SKILLETS

*All skillets 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.

### 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.

## 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

\*Complimentary refills.

### Hot Chocolate 2.25

### Smoothies 4.55

Strawberry and raspberry.

### Bottled Water 2.25

Aquafina (500ml bottle)

### Milkshakes 4.55





**SHELLY'S TAP & GRILL**

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