

BREAKFAST

GATINEAU TRAILS

Yogurt, sliced banana, granola
Served with white sesame or whole wheat bagel.
(cream cheese .95 extra)

6.95

THE LITTLE CANADIAN

2 pancakes or french toast
sausage or ham. bacon or ham or sausage.
baked beans and toast.

.50 extra)

6.95

THE LITTLE LAD

2 eggs, homefries, bacon or
Served with maple

(Kamut Spelt Bread available

6.50

THE BIG CANADIAN

3 pancakes or french toast,
2 sausage
3 slices peameal bacon.
baked beans,

8.50

THE BIG LAD

3 eggs, 1 slice ham,

3 bacon, toast, maple

homefries.

(Kamut Spelt bread available

.50 extra)

8.50

OMELETTES

- served with toast, home fries
(Kamut Spelt bread available .50 extra)
1. Western Omelette -peppers, onion, ham
and Swiss cheese
 2. Goat cheese and Mushroom Omelette
 3. Brie and Roasted Red Pepper Omelette
 4. Havarti, Tomato and Herb Omelette

8.50

BREAKFAST SANDWICHES

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| <p>1. White or whole wheat English muffin
egg, maple sausage patty, cheddar cheese
cheddar cheese</p> | <p>2. White or whole wheat
egg, bacon,
cheddar cheese</p> |
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5.25

4.25

- | | |
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| <p>3. Fried egg, tomato, bacon, cheddar cheese,
mayonnaise served on white or multigrain
toast
(Kamut Spelt bread available .50 extra)</p> | <p>4. Fried egg,
tomato, sprouts, Havarti
cheese,
mayonnaise served on white
or multigrain toast
(Kamut Spelt
bread available .50 extra)</p> |
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6.49

5.25

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| <p>5. Breakfast Bean Burrito with salsa and
Burrito and scrambled
sour cream
cream</p> | <p>6. Breakfast Bean
egg with salsa & sour
cream</p> |
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4.95

5.95

A LA CARTE

- | | |
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| Toast White or Multigrain | 1.50 |
| Fair Trade) or Tea | |
| Kamut Spelt Bread | 2.00 |
| 1.95 | |
| (natural sourdough wheat and yeast free) | |
| Baked Beans | 1.25 |
| (Diet), Gingerale | |
| English muffin | 1.25 |
| (Diet) | 1.75 |

BEVERAGES

- | | |
|---------------------|--|
| Coffee (Organic | |
| Coke (Diet), Sprite | |
| Fruitopia, Iced Tea | |

Bagel	1.25	Juice (Orange,
Cranberry, Apple		
Bagel with cream cheese	2.25	
Grapefruit)	1.75\2.75	
Yogurt with fruit	3.50	Perrier
	2.25	
Homefries	1.25	Milk
1.75\2.75		
		Hot Chocolate
2.75		

(ALL PRICES SUBJECT TO TAX)

LUNCH MENU

SOUP DU JOUR	<i>m</i>	3.50	SPRING MIX SALAD	<i>m.</i>	3.95
	<i>lg</i>	4.25		<i>lg</i>	5.95
BAKED TRIPLE CREAM BRIE			ANTIPASTI PLATE		
with WILD FLOWER HONEY			Green olive tapenade, roasted		
garlic &			fresh goat's cheese with crostini		
and CROSTINI		7.25			8.25
CAESAR SALAD		6.95	HOMEMADE MACARONI & CHEESE		6.50
WITH CHICKEN BREAST	9.95		HOMEMADE TOURTIERE		
			Served with green salad and		
			rhubarb, raisin chutney		8.95

SANDWICHES

(All sandwiches available on bakery white or multigrain bread. Kamut spelt bread .50 extra)

	SANDWICH	SANDWICH WITH SOUP OR SALAD
GRILLED CHEESE	4.50	7.75
2 slices of white cheddar on bakery bread		
B.L.T	5.25	8.50
"The Classic" bacon, lettuce and tomato on bakery bread		
VEGGIE PITA	5.95	9.20
Tomato, cucumber, sprouts, havarti and pesto		
SPICY TUNA	6.95	10.20
Our own spiced tuna with marinated cucumber and green onion on multigrain bread		
"NOUVEAU" CHICKEN CLUB (Kamut spelt bread .75 extra)	7.50	10.75
Slow roasted chicken, tomato, lettuce, and bacon with roasted garlic mayo between 3 slices of bakery bread		

HAMBURGERS

All burgers served with kettle chips

CHAMBERLIN'S BURGER (with cheese add .70)	7.25	BACON CHEESEBURGER	8.95
VENISON BURGER	9.95	SWISS CHEESE MUSHROOM BURGER	8.95
SPICY LENTIL WALNUT BURGER WITH BLUE CHEESE Garnished with sprouts and roasted garlic mayo Served with homemade rhubarb, organic raisin chutney	7.95	MISO, MUSHROOM & RICE BURGER IN PITA	7.95
		Garnished with sprouts and roasted garlic mayo	

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BEVERAGES

COFFEE (ORGANIC FAIR TRADE)

1.95

TEA (ORANGE PEKOE OR VARIETY OF HERBAL)

1.95

COKE(DIET), SPRITE(DIET), GINGERALE(DIET),
FRESCA 1.75

JUICE (APPLE, CRANBERRY, GRAPEFRUIT, ORANGE)

1.75\2.75

PERRIER

2.25

MILK (CHOCOLATE)

1.75\2.75

HOT CHOCOLATE

1.75

BEER

\$4.50

CARLSBURG

GRIFFON ROUSSE

ST. AMBROISE STOUT

MYSTIC LIGHT CIDER

GRIFFON EXTRA

BLONDE

ST. AMBROISE PALE ALE

WINE

WHITE

CHARDONNAY INNISKILLIN

NIAGARA, ONTARIO 2003

GLASS ½LITRE BOTTLE

\$6 \$17 \$29

RED

CABERNET-SAUVIGNON/MERLOT

ROSEMOUNT ESTATES AUSTRALIA 2003

GLASS ½LITRE BOTTLE

\$7 \$20 \$33

(ALL PRICES SUBJECT TO TAX)