

SPECIALTY ENTREES

All of our entrees include your choice of potato or rice, seasonal vegetables with your choice of a bowl of soup or a garden green salad with a thick slice of garlic toast.



CLASSIC PEPPER STEAK..... \$19.95
Choose between a savoury sirloin or a breast of chicken sautéed with mushrooms, green peppers, onions and fresh tomatoes. Special seasonings make this a real treat. Plated on a bed of rice pilaf.

SMOTHERED CHICKEN \$16.95
The name says it all. A large succulent chicken breast grilled and smothered in sautéed onions, mushrooms and melted mozzarella cheese.

BREADED CUTLETS..... \$15.95
A home style favourite. A hand breaded cutlet grilled and smothered in our house made rich gravy.

CUTLET CORDON BLEU \$18.95
A hand breaded tender cutlet or chicken breast stuffed with ham, mushrooms and mozzarella cheese smothered in our house made gravy.

BABY BEEF LIVER..... \$14.95
Your mothers favourite! A generous portion of lightly breaded tender beef liver topped with sautéed onions and crisp bacon.

GREEK FETA CHICKEN..... \$17.95
A flamed broiled breast of chicken topped with feta cheese and our secret house made Greek sauce.

PORK CHOPS..... \$15.95
Choose between hand breaded boneless pork chops with apple sauce or flame broiled with our secret Greek sauce.

RIBS..... \$17.95
Tender pork ribs flame broiled with your choice of zesty BBQ sauce or our secret Greek sauce.

CHICKEN AND RIBS..... \$20.95
Add a tender grilled chicken breast.

GREEK SOUVLAKI..... \$15.95
Three skewers of flame broiled seasoned chicken or pork. Seasoned with lemon, oregano and garlic and our secret Greek sauce.

FRATSOLAKI \$15.95
Succulent pork tenderloin char broiled and topped with sautéed onions, fresh tomatoes and feta cheese and our secret Greek sauce on a fresh grilled garlic bun.

FISH

All of our seafood entrees include your choice of potato or rice, seasonal vegetables with your choice of a bowl of soup or a garden green salad with a thick slice of garlic toast.

STEAK AND SHRIMP..... \$19.95
Our succulent sirloin steak grilled just the way you like, served with jumbo breaded shrimp.

FILET OF SOLE \$15.95
A breaded piece of sole cooked to a golden brown.

SALMON FILLET \$17.95
A healthy choice, prepared your way. Breaded or grilled.

FISH N' CHIPS..... \$14.95
Deep fried Atlantic cod served with a heap of French fries.



PASTA

All pasta includes a thick slice of garlic toast

Add extra cheese to any pasta dish \$2.00 Bake any pasta dish \$2.00

Add a bowl of soup, garden green salad or Caesar salad to any pasta entree for \$2.95

BAKED LASAGNA \$12.95
A pile of noodles with house made meat sauce topped with mozzarella cheese and baked until hot and bubbly.

SPAGHETTI WITH MEAT SAUCE..... \$11.95
A generous portion of spaghetti topped with house made meat sauce and parmesan cheese.

STEAK & MUSHROOM FETTUCINE \$17.95
Succulent sirloin steak, mushrooms and creamy alfredo.

BREADED CUTLET OR CHICKEN PARMESAN ... \$17.95
A tender breaded cutlet or chicken breast, mozzarella cheese, meat sauce and grated parmesan served on top of a pile of spaghetti.

FETTUCINE ALFREDO..... \$11.95
Fettuccine noodles tossed with rich and creamy house made Alfredo sauce and parmesan cheese. Need protein? Add chicken to your fettuccine for \$4.00.



ALBERT'S IN HOUSE CUT STEAKS

All of our steaks are cut in house, seasoned and char broiled to your preference. Served with your choice of potato or rice, vegetables, garlic toast and garnished with onion rings. Also includes your choice of a bowl of soup or a garden green salad.

Add sautéed mushrooms for \$4.95

TOP SIRLOIN \$17.95 NEW YORK STRIP \$19.95 RIB EYE \$21.95

55+ BREAKFAST

ONE EGG BREAKFAST \$6.49
One egg prepared your way, with your choice of bacon, ham or sausage, grilled hash browns and toast.

SHORT STACK PANCAKES..... \$7.49
Two, fluffy pancakes served with bacon, ham or sausage.

FABULOUS FRENCH TOAST \$7.49
Two slices of French bread dipped into our special batter and grilled to a golden brown with your choice of bacon, ham or sausage.

55+ LUNCH

Served with your choice of a bowl of soup or French fries.

SENIOR HAMBURGER \$8.95
A juicy all beef patty flame broiled and served on a grilled bun with fresh lettuce and tomato.

SENIOR 1/2 CLUBHOUSE \$9.95

55+ DINNER

All senior dinner entrees include your choice of potato, seasonal vegetables and either a bowl of soup or a garden green salad.

PORK SAUSAGE DINNER..... \$11.95
Pure pork sausages served hot on a bed of creamy mashed potatoes and smothered in our house made gravy.

BREADED CUTLETS..... \$11.95
Lightly breaded tender cutlet grill and smothered in rich house made gravy.

CHOPPED STEAK..... \$11.95
A all beef patty flame broiled and topped with sautéed onions and smothered in our rich house made gravy.

HAM AND PINEAPPLE DINNER \$11.95
A thick slice of tender sweet ham grilled and topped with pineapple.

FILET OF SOLE..... \$12.95
A breaded piece of sole cooked to a golden brown.

LIVER AND ONIONS \$11.95
Tender baby beef liver grilled and topped with sautéed onions.

AVAS KIDS CORNER

LITTLE SUNSHINE..... \$6.49
One egg any style, bacon or sausage, hash browns and toast.

LITTLE STACK..... \$6.49
Three mini pancakes served with your choice of bacon, sausage or strawberries and whipped cream.

FABULOUS FRENCH TOAST \$5.99
One thick slice of French toast grilled golden brown and served with bacon, sausage or strawberries and whipped cream.

GRILLED CHEESE SANDWICH \$7.95
Served with fries on your choice of bread.

KIDS HAMBURGER..... \$8.95
An all beef patty flame broiled and served with French fries. Add cheese or bacon for \$1.00

KIDS SPAGHETTI WITH MEAT SAUCE..... \$7.95
Served with garlic toast.

KIDS SPAGHETTI WITH BUTTER \$6.95
Served with garlic toast.

KIDS BAKED MACARONI AND CHEESE \$7.95
Served with garlic toast.

CHICKEN FINGERS..... \$8.95
Two breaded chicken fingers served with French fries and dipping sauce.

FISH N CHIPS \$7.95
One piece fish fillet served with French fries and tartar sauce.

CHEESE PIZZA \$7.95
8 inch pizza with zesty tomato sauce and mozzarella cheese. Add any additional topping for \$1.50

DESSERTS

We offer a tempting selection of desserts. Please ask your server for details.

THE K FAMILY KITCHEN



SPECIALTY BREAKFASTS

SERVED ALL DAY



THE ORIGINAL CHEF'S SPECIAL SUPREME \$12.49
A K Family favourite. Bacon, ham, sausage, green peppers and onions on a bed of grilled seasoned hash browns, topped with 2 farm fresh eggs. Includes your choice of toast.

THE CHEF SPECIAL \$10.95
Your choice of bacon, ham or sausage grilled with peppers and onions on a bed of seasoned hash browns, topped with 2 farm fresh eggs. Includes your choice of toast.

MEATLOVERS SKILLET SCRAMBLE \$12.49
For a monster appetite, a heap of fluffy scrambled eggs on top of bacon, ham, sausage and hash browns. Finished off with our in house cheese sauce. Includes your choice of toast.

SKILLET SCRAMBLE \$10.95
A heap of fluffy scrambled eggs on top of your choice of bacon, ham or sausage and hash browns. Finished off with our in house cheese sauce. Includes your choice of toast.

CHARLIE'S FAVOURITE
Start with our skillet scramble, made with back bacon, choose your steak and you have our Charlie's Favourite breakfast. Includes your choice of toast.

Sirloin 16.95 New York 17.95 Ribeye 18.95

CORNED BEEF SKILLET \$11.95
A one of a kind. Fluffy scrambled eggs on top of layers of corned beef and grilled hash browns. Topped with melted mozzarella cheese. Includes your choice of toast.

STEAK AND EGGS
A breakfast classic. Choose your steak, your way. Add two eggs any style. Served with grilled hash browns and toast.

Sirloin \$13.95 New York \$15.95 Ribeye \$16.95

BEEF AND EGGS \$11.95
A select beef patty flame broiled and seasoned to perfection. Add two eggs any style. Served with grilled hash browns and toast.

HAM STEAK AND EGGS \$11.49
A thick cut grilled ham steak served with 2 farm fresh eggs, hash browns and toast.

TENDERLOIN AND EGGS \$12.49
Seasoned pork loin charbroiled to perfection. Served with 2 farm fresh eggs, hash browns and toast.

BREAKFAST BAGEL \$9.95
An open faced grilled bagel with two over hard eggs, topped with cheddar cheese and bacon. Served with grilled hash browns.

TRADITIONAL SUNRISE BREAKFAST \$8.49
Everyone's go to breakfast. Enjoy 2 farm fresh eggs made your way, with a choice of bacon, ham or sausage. Complete with grilled hash browns and toast.

"ERNIE SIZE" YOUR SUNRISE \$12.49
Includes 8 slices of bacon or 8 pieces sausage.

HUNGRY WOMAN'S BREAKFAST \$11.49
It has it all. 2 farm fresh eggs, bacon, sausage, grilled hash browns and your choice of pancakes, French toast or toast.

HUNGRY MAN'S BREAKFAST \$13.49
3 farm fresh eggs, 3 strips of bacon, 3 sausages, grilled hash browns and your choice of pancakes, French toast or toast.

EGGS BENEDICT \$11.95
2 poached eggs with grilled back bacon on a grilled English muffin and topped with our delicious hollandaise sauce. Served with hash browns.

Half order \$9.45

THE BENNY
Our famous Eggs Benedict served alongside your choice of steak, prepared to your satisfaction, complete with grilled hash browns.

Sirloin \$17.95 New York \$18.95 Ribeye \$19.95

"ERNIE SIZE" YOUR BENNY \$4.95
Add another 1/2 eggs benedict.

OMELETTES

CREATE YOUR OWN OMELETTE
Prepared with 3 farm fresh eggs and served with our grilled hash browns and toast. Choose from any of the following toppings: Bacon, ham, sausage, back bacon, mushrooms green peppers, onions, green onions, tomatoes, spinach, cheddar cheese, mozzarella cheese, feta cheese.

Any two \$10.95 Each additional topping \$1.49

SPECIALTY OMELETTES

GREEK \$11.49
Tomatoes, onions, spinach, feta and oregano.

GARDEN DELIGHT \$11.49
Onions, green peppers tomatoes, mushrooms and cheddar cheese.

WESTERN \$10.95
Ham, green onions and tomatoes.

SUPREME \$12.49
Onions, green peppers, ham, sausage, and bacon covered in hollandaise sauce.

SPINACH & FETA \$10.95

PANCAKES AND FRENCH TOAST

FULL STACK COUNTRY CAKES \$9.49
Three giant light and fluffy pancakes. Served with your choice of bacon, sausage or ham.

SHORT STACK COUNTRY CAKES \$8.49
Two giant light and fluffy pancakes. Served with your choice of bacon, sausage or ham.

CAKES AND EGGS \$10.49
Two of our light and fluffy pancakes with 2 farm fresh eggs and your choice of bacon, ham or sausage.

FABULOUS FRENCH TOAST \$9.49
3 thick slices of French bread dipped in special batter with a hint of sugar and cinnamon then grilled to perfection. Served with your choice of bacon, sausage or ham.

FRENCH TOAST AND EGGS \$10.49
2 slices of our fabulous French toast with 2 farm fresh eggs and your choice of bacon, ham or sausage.

STUFFED FRENCH TOAST \$11.49
An incredible breakfast sandwich, 2 slices of our fabulous French toast dipped in our special batter and stuffed with ham and Swiss cheese and grilled to a golden brown. Complete with 2 farm fresh eggs and hashbrowns.

*Add strawberries, blueberries or peaches and whip cream for \$2.25

BREAKFAST SIDE ORDERS

Assorted Hot Cereal \$3.50	Ham, Bacon, or Sausage \$3.49
Bagel And Cream Cheese \$3.49	Turkey Bacon \$3.99
English Muffin \$2.50	Chicken Apple Sausage \$3.99
Toast \$2.50	Fruit Bowl \$3.95
Seasoned Hash Browns \$3.49	Fruit Cup \$2.95
Kay's Homemade Cinnamon Bun \$3.75	Cottage Cheese Cup \$2.95
		Side of Cheese Whiz \$0.75

SANDWICHES

All of our sandwiches are served with French fries or a bowl of soup.

Substitute sweet potato fries, poutine, garden green salad, or Caesar salad \$2.95

Side of gravy \$1.50



DELUXE CLUBHOUSE \$12.95
Three layers of fresh bread, piles of turkey, grilled bacon, cheese, tomato and lettuce make this a satisfying sandwich any time of day.

BBQ CHICKEN ROUND UP \$13.49
A breaded grilled chicken breast topped with back bacon, mozzarella cheese and zesty BBQ sauce layered on a fresh French roll.

FRENCH DIP \$13.49
Layers of thinly sliced freshly roasted beef on a French roll. Complete with hot au jus for dipping and house made coleslaw.

RUEBEN MELT \$12.49
Corned beef, sauerkraut and Swiss cheese create this classic deli sandwich. We add thousand island dressing on rye bread and grill to a golden brown.

PATTY MELT \$12.49
A seasoned beef patty with sauteed onions, melted cheddar and Swiss cheese on grilled rye bread.

WESTERN DENVER \$9.95
Two eggs blended with ham, green onions and tomatoes on toasted bread of your choice.

TUNA SALAD MELT \$12.49
Tuna, onions, celery, lettuce, mayo and special seasoning are combined with melted cheddar and Swiss cheeses, to create this classic sandwich.

BLT \$9.95
Crisp bacon, fresh tomatoes and lettuce on toasted bread of your choice.

GRILLED CHEESE BACON AND TOMATO \$9.95
A grilled cheese sandwich stuffed with crisp bacon, and tomatoes on your choice of bread.

HOT SANDWICHES \$12.95
All our hot sandwiches are stacked high on thick toasted French bread and drenched in our rich house made gravy. Choose from roasted turkey, tender roast beef, breaded chicken, cutlet or our all beef patty with onions.

MONTE CRISTO \$12.95
Two thick slices of French bread lightly battered and stuffed with Swiss cheese, turkey and ham.



NEW

BE HEART HAPPY

STEEL CUT OATS \$4.95
Served with cranberries and almonds.

THE LIFESTYLE OMELETTE \$13.95
3 large egg whites whipped until fluffy and stuffed with slices of grilled apple sausage, mushrooms and onions. Served with seasonal fruit and your choice of toast.

ROBYN'S EGGS \$11.49
2 farm fresh eggs any style, turkey bacon or chicken apple sausage, toast and fresh seasonal fruit complete this heart healthy breakfast.

K FAMILY BURGERS

All of our burgers are served with French fries or a bowl of soup.
Substitute sweet potato fries, poutine, garden green or Caesar salad for \$2.95



GERRY BURGER \$14.95
Named after a long time customer, this burger features two char broiled all beef patties, cheese, back bacon, sautéed onions and mushrooms. Served between a grilled bun topped with fresh lettuce and tomatoes and our special sauce. This is not for the faint of heart.

LOADED BURGER \$12.49
A char broiled all beef patty topped with cheese, back bacon, sautéed onions, mushrooms, fresh lettuce, tomatoes and our special sauce. Served on a grilled bun.

BBQ BACON BURGER \$12.49
A char broiled all beef patty stacked with cheddar cheese, crisp bacon and crunchy onion rings. Served on a grilled fresh bun with zesty BBQ sauce.

CLASSIC CHEESEBURGER \$10.49
A char broiled all beef patty topped with cheddar cheese, fresh lettuce and tomato on a fresh grilled bun.

MUSHROOM MOZZA AND BACON BURGER \$12.49
A char broiled all beef patty smothered with melted mozzarella cheese, sautéed mushrooms and crisp bacon all on a fresh grilled bun.

CHICKEN BREAST BURGER \$12.49
A tender grilled breast of chicken on a fresh bun topped with lettuce and tomato.

GREEK CHICKEN BREAST BURGER \$13.49
A tender grilled breast of chicken on a fresh bun topped with our secret house made Greek sauce and feta cheese along with fresh lettuce and tomato.

BREADED BUFFALO CHICKEN RANCH BURGER \$13.49
A hand breaded breast of chicken on a fresh bun topped with buffalo ranch sauce, melted Swiss cheese finished off with fresh lettuce and tomato.

SOUPS

BAKED FRENCH ONION SOUP \$5.95
BOWL OF CHILI \$8.95
SOUP OF THE DAY BOWL \$4.95



SALADS

Make any salad a meal by adding grilled chicken \$4.00, grilled steak \$7.00, grilled salmon \$9.00
We offer thousand island, ranch, Caesar, Greek, blue cheese or balsamic vinaigrette.

GARDEN GREEN SALAD Sm. \$5.95 Lg. \$8.95
Simple and delicious. Tomatoes, Cucumbers, and carrot on top of a bed of fresh garden greens.

CAESAR SALAD Sm. \$7.95 Lg. \$9.95
Freshly cut romaine lettuce, croutons and parmesan cheese all tossed together with our creamy Caesar dressing, a special family recipe.

MEDITERRANEAN GREEK SALAD Sm. \$8.95 Lg. \$10.95
Tomatoes, green peppers, onion, black olives, tangy feta cheese all tossed together with crisp lettuce and zesty Greek dressing.

CHICKEN CAESAR CLUB \$14.95
Our classic Caesar salad only better with the addition of grilled chicken breast, crisp bacon and shredded mozzarella cheese.

COBB SALAD \$14.95
Crisp iceberg lettuce topped with ham, turkey, chopped bacon, shredded cheddar, hard boiled egg and finished with tomatoes and cucumbers.

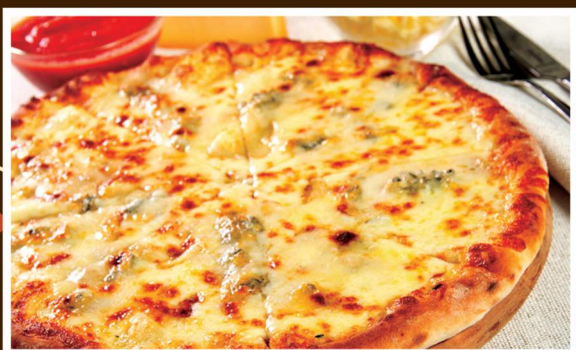
POWERHOUSE \$16.95
Grilled sirloin steak on a fresh bed of garden greens, tangy feta cheese, almonds and sweet cranberries.

PIZZA

	8"	10"	13"	15"
Cheese & One Topping	\$9.99	\$15.99	\$24.99	\$30.99
Cheese & Two Toppings	\$10.99	\$16.99	\$26.99	\$33.99
Cheese & Three Topping	\$11.99	\$18.99	\$28.49	\$36.99
Each Additional Topping	\$1.45	\$2.45	\$3.95	\$4.95

	8"	10"	13"	15"
1. Bacon, Ham, Pepperoni	11.99	17.99	26.99	34.99
2. Pepperoni, Mushroom, Bacon	11.99	17.99	26.99	34.99
3. Bacon, Mushroom, Sausage	11.99	17.99	26.99	34.99
4. Ham, Mushroom, Sausage	11.99	17.99	26.99	34.99
5. Salami, Mushroom, Bacon.....	11.99	17.99	26.99	34.99
6. Sausage, Mushroom, Green Pepper	11.99	17.99	26.99	34.99
7. Bacon, Mushroom	10.99	16.99	25.99	33.99
8. Ham, Mushroom	10.99	16.99	25.99	33.99
9. Pepperoni, Mushroom.....	10.99	16.99	25.99	33.99
10. Salami	9.99	15.99	24.99	30.99
11. Bacon	9.99	15.99	24.99	30.99
12. Pepperoni	9.99	15.99	24.99	30.99
13. Sausage	9.99	15.99	24.99	30.99
14. Ham.....	9.99	15.99	24.99	30.99
15. Mushroom	9.99	15.99	24.99	30.99
16. Ham & Pineapple	10.99	16.99	25.99	33.99
17. Pepperoni, Bacon	10.99	16.99	25.99	33.99
18. Mushroom, Green Pepper.....	10.99	16.99	25.99	33.99
19. Cheese	9.99	14.99	23.99	29.99
20. Beef, Mushroom.....	10.99	16.99	25.99	33.99
21. All Dressed	13.99	19.99	29.99	38.99
22. Spicy All Dressed (Suicide)	13.99	19.99	29.99	38.99
23. Supreme (All Dressed with Beef)	13.99	19.99	29.99	38.99
24. Spinach & Feta	10.99	16.99	24.99	33.99
25. Greek (Feta, olives, onion, tomato)	13.99	19.99	29.99	38.99
26. Italian (Italian sausage, pepperoni, onions, peppers, tomato)	13.99	19.99	29.99	38.99
27. All Meat	13.99	19.99	29.99	38.99

Chicken.....	\$3.00	\$4.00	\$5.00	\$6.25
Feta or Extra Mozza.....	\$3.00	\$4.00	\$5.00	\$6.25



THE FAMILY KITCHEN

DESSERTS

ASSORTED PIES	\$3.95	ASSORTED SUNDAYS	\$4.95
Pie à la Mode add \$1.50			
CHEESECAKE.....	\$5.95	K'S HOMEMADE CINNAMON BUN	\$3.75
With strawberry or chocolate topping			



BEVERAGES

OLD FASHIONED MILKSHAKE	\$5.95
SOFT DRINKS	\$2.95
Coke, Diet Coke, Sprite, Root Beer, Gingerale & Iced Tea. *Free refills with meals only	
MILK.....	\$3.25
2% white or 1% chocolate	
JUICE.....	\$3.25
Orange, Apple, Tomato, Clamato and Cranberry	
HOT CHOCOLATE	\$2.95
TEA OR COFFEE	\$2.50

ALCOHOLIC BEVERAGES

BEER.....	\$5.00
Canadian, Coors Light, Labatt's Lite, Pilsner, Labatt's Blue, Budweiser	
HOUSE RED WINE	Glass \$5.50
HOUSE WHITE WINE	Glass \$5.50
HIGHBALL.....	1 oz \$4.50 2 oz \$7.50
COCKTAILS.....	1 oz \$4.75 2 oz \$7.75
BAILEY'S or KAHLUA SHOT.....	\$3.95
(plus all applicable taxes)	

APPETIZERS



APPETIZER PLATTER FOR 2	\$24.95
APPETIZER PLATTER FOR 4	\$44.95
Enjoy sharing a combination of onion rings, potato wedges, boneless ribs, wings and garlic toast.	
BONELESS RIBS & CAESAR SALAD.....	\$13.95
Our special house made, hand cut pork ribs. Seasoned with our special seasoning and our secret Greek sauce. Served with caesar salad and garlic toast.	
BONELESS RIBS.....	\$8.95
CHICKEN FINGER MEAL	\$13.95
4 pieces of breaded chicken fingers served with your choice of potato or caesar salad and dipping sauce.	
3PC CHICKEN FINGERS	\$8.95
CHICKEN WINGS.....	12 pc \$10.95 18 pc \$16.95 24 pc \$21.95
Choose from greek, honey garlic, hot, bbq, buffalo ranch or sweet thai chili.	
SWEET POTATO FRIES	\$7.95
Served with chipolte mayo.	
ITALIAN PIZZA WEDGES	\$9.95
Served with pizza sauce.	
PAN FRIED WEDGES	\$6.95
Fresh potato wedges cooked until brown and crisp. Topped off with shredded cheddar cheese, green onions and crisp bacon.	
GARLIC CHEESE STICKS	\$8.95
GARLIC CHEESE TOAST 2 slices	\$4.95
MOZZA STICKS.....	\$9.95
FRENCH FRIES	\$4.95
ONION RINGS.....	\$7.95
POUTINE	\$7.95
SAUTEED MUSHROOMS.....	\$4.95
SIDE GRAVY	\$1.50
GARLIC TOAST 2 slices	\$2.95
SIDE MEAT SAUCE.....	\$1.95