

# Metro Bar & Grill - Breakfast Menu

## Best-4-Breakfast™

Nothing says hospitality better than a good hot breakfast, served with a smile. Consistent, time and time again. That's what it's about; being the Best-4-Breakfast™. To make your breakfast the best, we practice four simple principles:

**Quality.** Coffee made from 100% Arabica beans. Orange juice from Florida, not from concentrate. Farm fresh Grade A eggs, crisp bacon and fresh fruit. All brands you trust.

**Service.** Helpful, courteous, friendly people. Whether you're on the run, in our restaurant, or relaxing in your guest room.

**Selection.** We've got what you want. Whether it's Good Cents breakfast, a hearty Skillet or a low-fat alternative, we can meet your needs.

**Value.** When you compare, we're sure you'll be back again and again. Your satisfaction...that's what Best-4-Breakfast™ is all about.

## Breakfast Breads

We proudly serve a selection of toasted bagels, fresh croissants, English muffins, white, whole wheat, or rye toast with every specialty egg dish. We will substitute Becel heart healthy margarine for butter at your request. All of our breakfast breads are served with Smucker's jam, jellies and marmalade.

## Eye Openers

### Fresh Fruit Plate

A variety of the seasons harvest with cottage cheese.  
\$8.95

### Yogurt

Your choice of low-fat plain or fruit flavoured. \$2.95

### The Cereal Belt

A selection from you favorite Kellogg's cereals. \$3.95  
With banana add \$1.25

### Hot Quaker Oatmeal

With a touch of brown sugar. \$2.95

Smoked salmon with bagel and Philadelphia cream cheese. \$10.25

### Lox and Bagel

## From The Griddle

*Served with your choice of breakfast meat, for an additional \$2.25*

### Cinnamon Supreme French Toast

Luscious slices of our cinnamon-infused rolls dipped in egg batter and grilled to a golden brown. Served with warm syrup. \$6.95

### Buttermilk Pancakes

Hot buttermilk pancakes, topped with butter and syrup.  
\$6.95

### Belgian Style Waffles

Served with whipped cream and strawberry sauce topped with syrup. \$7.45

## Skillet Inspirations

*The perfect hearty breakfast topped with two Grade A eggs cooked to order. All dishes served with McCain Skillet Browns and your choice of Breakfast Breads. Substitute Fleischmann's Egg Beaters at no additional charge.*

### Western Skillet

Grilled ham, onion and green pepper combined with Skillet Browns and topped with shredded Cheddar.  
\$8.95

Skillet Browns with bits of bacon, sausage, ham, mushrooms, green pepper and onion. \$8.95

### All-Canadian Skillet

### Veggie Skillet

Broccoli, mushrooms, green pepper, and tomato combined with Skillet Browns and topped with shredded Cheddar. \$7.95

## **The Eggery**

*All selections are served with Skillet Browns and choice of breakfast breads.*

*Omelettes are made with three Grade A eggs. (Substitute Fleischmann's Egg Beaters at no additional charge)*

*Add a regular juice to any Eggery dish for only \$2.25*

### **Steak & Eggs**

a 6 oz. sirloin steak, grilled to perfection, served with two Grade A eggs. \$11.95

### **Eggs Benedict**

Two poached eggs on a toaster English muffin with ham and creamy Hollandaise sauce. \$9.95

### **Garden Omelette**

Sautéed onion, mushrooms, green pepper, tomato and Cheddar cheese. \$8.45

### **Farm Fresh Grade A Eggs**

Single egg cooked to order the way you like 'em. \$3.95

Two eggs cooked to order the way you like 'em. \$4.95

Add on your breakfast meat. \$2.25

### **Cholesterol-Free Breakfast**

Enjoy a light "Egg Whiter" breakfast with sliced fresh fruit, toast and preserves, coffee or tea. \$8.45

## The Good Cents Breakfast

Two Grade A eggs cooked to order, two strips of crisp bacon served with Skillet Browns, and choice of breakfast breads.  
\$7.25

For more good cents, substitute Fleischmann's Egg Beaters at no additional charge.

### Breakfast Buffet

*Start Your Day with a Spectacular Selection from Our Breakfast Buffet...*

#### CONTINENTAL \$10.95

Seasonal Fresh Fruit, Chilled Juices, Assorted Cereals, Breakfast Pastries, Fruit Yogurt, Bagels, Toast and Preserves, Coffee or Tea.

**Enjoy Your Choice of Hot Items with Continental Buffet for only \$2.00 more.**

### Extras

White, Whole Wheat or Rye toast served with Smucker's jam, jellies and marmalade. \$2.45

Bagel with Philadelphia cream cheese. \$2.95

McCain Skillet Browns \$2.25

Crisp Bacon, Ham or Link Sausage \$2.95

Melon in season \$3.95

Half Grapefruit \$2.95

Breakfast Breads \$2.95

### Beverages

Tropicana Orange Juice Reg. \$2.95 Large \$3.45

Grapefruit Juice Reg. \$2.95 Large \$3.45

Apple Juice or Cranberry Juice Reg. \$2.95 Large \$3.45

Fresh Brewed Nabob 100% Arabica Coffee \$2.25

Red Rose Tea \$2.25

Sir Thomas Lipton Specialty Teas \$2.25

Hot Chocolate \$1.95

Milk \$1.95

Applicable Taxes & Gratuities Not Included