## Eggs

Substitute small fruit ( 60 Cals) for potatoes ( 90 Cals) on all breakfast items for 3 .

The Traditional 590 Cals
Enjoy 2 eggs served with your choice of 4 oz . ham or
4 sausage or 4 bacon, 2 slices of toast and hash browns.
It's tradition, done just right.
Add: 4 oz. ham 140 Cals
4 sausage 350 Cals
4 bacon 350 Cals
Hamburger Steak and Eggs 810 Cals
Get a meaty and mighty start to your morning with 2 eggs, a hamburger steak, 2 slices of toast and hash browns.

## 2-2-2 Breakfast 500 Cals

Here's 6 great reasons to rise and shine. 2 eggs,
2 slices of toast and your choice of one:
Add: 2 oz. ham 70 Cals
2 sausage 180 Cals
2 bacon 180 Cals
Eggs Benedict 710 Cals
It's the benny loved by many. 2 poached eggs and han on a toasted English muffin topped with hollandaise sauce and hash browns.

HH Peameal Bacon and Eggs 830 Cals Two eggs with 3 slices of peameal bacon. Served with home-style hash browns and 2 slices of toast.

## HH Air Horn 1,110 Cals

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Two eggs, and 2 pancakes or french toast with 2 pieces of bacon or sausages or ham. Served with home-style hash browns and 2 slices of toast.
Add: 2 oz . ham 70 Cals 2 bacon 180 Cals
2 sausage 180 Cals


Ham, Cheese and Mushroom Omelette 1,010 Cals

## Griddle

Pancakes or french toast are served with your choice of ham, bacon or sausage.
Add: 4 oz. ham 140 Cals 4 sausage 350 Cals 4 bacon 350 Cals

Pancakes 580 Cals
Three fluffy pancakes with syrup.
Pancakes - Husky Size 880 Cals
Three pancakes, topped with fruit with whipped topping and 2 eggs.

French Toast 760 Cals
Three thick slices of french toast.
French Toast - Husky Size 1,040 Cals
Three of our signature french toast served with 2 eggs, fruit topping with whipped topping.

## Omelettes

Ham, Cheese and Mushroom 1,010 Cals
With eggs, ham, mushrooms and cheddar. It just can't get any better.

The Denver 740 Cals
A true Denver delight with green pepper, diced onion and diced ham.

HH Meat Lover's Scramble 1,740 Cals 14
With diced ham, bacon and sausages topped with cheddar cheese served over home-style hash browns. Served with 2 slices of toast.
HH Veggie Scramble 1,110 Cals 13
With onions, green pepper, mushroom, tomatoes, topped with cheddar cheese served over home-style hash browns. Served with 2 slices of toast.

## Breakfast Favourites

## Healthy Choice 300 Cals

it simple with a warm bowl of hot cereal and your choice of two: toast, yogurt or fruit. Add: Toast 220 Cals Fruit 60 Cals Yogurt 90 Cals
Breakfast Club 1,130 Cals
Go BIG and bold with a toasted triple-decker sandwich made with 2 eggs, ham, bacon and cheese served with hash browns.
Denver Sandwich 740 Cals
Open or closed, dive into a classic Denver-style sandwich. Made with 2 slices of toast, 2 eggs, green pepper, onion, diced ham and hash browns.

Breakfast Poutine 1,120-1,270 Cals
Indulge in our breakfast spin on a Canadian favourite. With 8 oz. of crispy french fries topped 2 eggs, crumbled burger, sautéed onions, mushrooms and cheese curds. Covered in your choice of gravy or hollandaise sauce.

I Mixed Grill 980 Cals
Three eggs with 2 pieces of bacon, ham and sausage. Served with home-style hash browns and 2 slices of toast.

## HH Steak and Eggs 1,020 Cals

Two eggs with 6 oz . sirloin steak. Served with home-style hash browns and 2 slices of toast.

## Sandwich of the Day <br> Three delicious options.

HH Breakfast Sandwich 550 Cals
Two eggs with sliced ham and cheese on your choice of toast or an English muffin.

## HH BLT Sandwich 650 Cals

Four slices of crisp bacon with crisp lettuce and fresh tomatoes on your choice of toast.
HH Western Sandwich 520 Cals
Two eggs, onion and diced ham on your choice of toast.

## Breakfast Sides

Ham, Bacon or Sausage
4 oz. ham 140 Cals 4 bacon 350 Cals
4 sausage 350 Cals
Hash Browns 90 Cals
Toast 220 Cals
Fruit Cup 60 Cals

Adults \& youth (ages 13 \& older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

## Soups and Salads

Soup of the Day 80-190 Cals
Warm up your day with a piping hot bowl of hearty soup made fresh daily.

Ask your server what's available today!
HH Caesar Salad 530 Cals
Crisp romaine, bacon bits, croutons and
parmesan cheese. parmesan cheese.

## Big Rig Chef Salad 380 Cals

Get your greens. Enjoy crisp mixed greens tossed with ham, turkey, cheese and garden vegetables. Served with garlic toast and a sliced boiled egg.

Chicken Caesar Salad 1,160 Cals
Fresh romaine and grilled chicken breast topped with parmesan, bacon bits, croutons and Caesar dressing. Served with a side of garlic toast.

Tossed Salad 50 Cals
A perfectly tossed salad with tomatoes and cucumbers.
Salad Dressings: Ranch (70 Cals); Italian (40 Cals); French (80 Cals). Ask your server what's available!


Big Rig Chef Salad 380 Cals

## Lunch Favourites

Lunch favourites are served with french fries. Small salad ( 80 Cals) or fruit cup ( 60 Cals) can be substituted for 3 .

Roast Beef or Turkey Sandwich 900/840 Cals
A time-honoured classic that will have you looking forward to lunch. Juicy beef or turkey on your choice of bread, topped with lettuce and mayo.

Ham and Cheese Sandwich 1,000 Cals
Nothing hits the spot like ham and Swiss cheese. It's served on hearty bread, topped with lettuce and mayo.

HH Philly Pork Sandwich 890 Cals Pulled pork tossed in BBQ sauce topped with green pepper, onion and cheese on a ciabatta bun.

HH Sloppy Joe 580 Cals 12 Ground beef, tomato sauce, onion and diced green pepper with a bun or 2 pieces bread.

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## Hot Sandwiches

Shredded beef topped with Swiss cheese on a fresh bun and served with our savoury au jus. Just dip, bite and repeat.

## Patty Melt $\quad 1,030$ Cals

Tender and tasty, the patty melt hamburger is served between grilled rye bread, topped with fried onions and Swiss cheese.

## BLT 1,060 Cals

With bacon, lettuce and tomato on toasted bread, this is one crispy, crunchy and cool creation.

Clubhouse 1,020-1,040 Cals
Juicy turkey served over hearty bread, topped with gravy and accompanied with mashed potatoes and vegetables. It's a taste of home, away from home.

Grilled Cheese Sandwich 1,000 Cals
Sliced cheddar cheese perfectly grilled between hearty bread. Just like mom used to make!

## Beef Dip 1,190 Cals

Take lunch to new heights with our triple-decker club, layered with turkey or ham, lettuce, tomato, bacon and mayo with fries on the side.

HH Grilled Chicken Sandwich 1,160 Cals Grilled chicken breast on a toasted ciabatta bun with lettuce, tomatoes, cheddar cheese, crisp bacon and mayo.

HH Montreal Smoked Meat Sandwich 13 660 Cals
Hand sliced Montreal smoked meat on light rye bread with mustard and a side pickle.

## Beverages

| Coffee or Tea <br> 0-5 Cals | 3 | Orange Juice <br> 140 Cals | 3.5 |
| :--- | :---: | :--- | :---: |
| Soft Drinks <br> Iced Tea <br> Bottled Water <br> 0-260 Cals | 3 | Apple Juice <br> 160 Cals | 3.5 |
| Hot Chocolate <br> 110 Cals | 3 | Milk <br> 250 Cals | 3.5 |
| Chocolate Milk |  |  |  |
| 400 Cals |  |  |  |$\quad 3.5$

## Hamburger Steak 720 Cals

## Dinner Favourites

Entrées are served with mashed potato and vegetables, unless otherwise noted. Substitute a side salad ( 80 Cals) for 3.
Hamburger Steak 720 Cals ..... 15

Have yourself a hearty 8 oz. hamburger steak smothered in mushroom gravy, served with creamy mashed potatoes and vegetables.

Fish and Chips 870 Cals
Good things come in twos. Get 2 pieces of crispy battered fish served with tartar sauce, lemon and fries.

Chicken Finger Basket 700 Cals
Crispy chicken strips served with plum sauce and fries. It's one dinner that never disappoints.

Liver and Onions 690 Cals
A classic in every house - even ours. 2 slices of liver served with gravy and fried onions.

## Meatloaf Dinner 400 Cals

Take a trip back in time with our meatloaf dinner. 2 slices of meatloaf topped with gravy.

HH Spaghetti and Meat Sauce 1,020 Cals 14 Piping hot spaghetti topped with our delicious homestyle meat sauce. Served with 2 pieces of garlic bread.

HH Smothered Chicken Dinner 990 Cals 15 Two grilled chicken breasts, smothered in BBQ sauce, and sautéed with mushrooms, onion, crisp bacon and cheddar cheese.

HH Hot Hamburger Dinner 950 Cals
Two grilled beef patties served over bread and Two grilled beef patties served over bread and smothered in gravy.

HH Butter Chicken Curry 970 Cals
Chicken and onion seasoned with gravy with green peas simmered in a mild creamy curry sauce. Served with rice and grilled Naan bread.

## Desserts

Authentic Apple Crisp 280 Cals
Tart apples baked with an oatmeal crumb topping. Served hot with 1 scoop of ice cream.

## Assorted Pies

Cream 330-360 Cals $\quad 6$
Fruit 220-250 Cals 5
Make it à la mode for 130-150 Cals
Ice Cream (2 scoops) 260-300 Cals 3
Ask your server what's available today!


