

# BREAKFAST

Served until 2pm

## CLASSIC BREAKFAST

2 eggs with your choice of ham, bacon or sausage, hash browns and toast 9.95 **gf**

## 3 UNDER SANDWICH

A fried egg, ham or bacon with melted mixed cheese on a brioche bun 5.95 **gf**

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*Add a hash brown patty 1.50*

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## BREAKFAST WRAP

Scrambled eggs, diced ham or bacon, mixed peppers, green onions and melted mixed cheese wrapped in a tortilla and served with salsa 7.95 **gf**

## THE LINKS OMELET

3 eggs, hash browns and toast 10.75 **gf**

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*Options • ham • bacon • sausage • tomatoes • mixed cheese • green onions • mixed peppers • mushrooms*

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## EGG SCRAMBLER

Scrambled eggs with diced ham, bacon or sausage, peppers, green onions and melted mixed cheese over hash browns. Served with toast 10.75 **gf**

## PANCAKES AND EGGS

2 eggs any style, 2 fluffy buttermilk pancakes served with bacon, ham or sausage 8.25

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*Add strawberries and whipped cream 2.25*

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# SOUPS & SALADS

## SOUP OF THE DAY

Ask your server for the featured soup of the day served with toasted flatbread 4.95

## SOUP & SANDWICH COMBO

A cup of our daily featured soup with a half turkey club 7.95

## TACO SALAD

Chicken or beef, chopped greens, diced mixed peppers, green onions, tomatoes, mixed cheese with salsa, sour cream and tortilla chips 9.95 **gf**

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*All salads below are served with toasted flatbread*

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## CAESAR SALAD

Crisp romaine, fresh grated parmesan and focaccia croutons tossed in a creamy caesar dressing 8.95 **gf**

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*Add grilled chicken: garlic • cajun • teriyaki 3.95*

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## QUINOA & ANCIENT GRAINS SALAD

Romaine, quinoa, farro, lentils, millet, wheat berries, tomatoes and cucumber tossed in a mango vinaigrette 9.95

## CHEF'S SALAD

Julienne ham, hard boiled egg, mixed cheese, cucumber, tomato and baby salad greens with your choice of dressing 10.95 **gf**

# APPETIZERS

## ASIAN LETTUCE WRAPS

Bok choy, carrots, celery, mixed peppers and green onion tossed in a hoisin peanut sauce with crispy noodles 9.95

## DRY RIBS

Tender pork ribs, fried with sea salt and cracked pepper, served with sweet chili sauce 10.95

## WINGS

Served with carrots, celery sticks and ranch dressing (1lb) 13.95 • (2lb) 19.75

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*hot • teriyaki • honey garlic • sweet chili • BBQ • salt and pepper*

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## ROASTED FLATBREAD

Strips of flatbread topped with tomato sauce and mozzarella. Served with basil pesto aioli for dipping 6.95

## BASKET OF CHIPS

Fries 4.95 • Sweet Potato Fries 5.95 • Cactus Cuts 5.25 **gf**

## PORK POT STICKERS

8 steam fried dumplings with honey hoisin sauce 11.95



## POUTINE

Hand cut fries with real cheese curds and gravy 7.95 **gf**

## CHICKEN FINGERS

3 tender hand breaded chicken strips served with fries and polynesian sweet and sour sauce 9.95

## QUESADILLA

Diced green onions, tomatoes, peppers and mixed cheese in a whole wheat tortilla, served with salsa and sour cream 8.25 **gf**

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*Add grilled chicken or beef 3.95*

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## FULLY LOADED NACHOS

Hand cut tri-colour tortilla chips with a blend of mixed nacho cheese, tomatoes, green onions, mixed peppers, black olives and jalapeno peppers with salsa and sour cream 16.95 • Half Order 12.25 **gf**

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*Add grilled chicken or beef 3.95*

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## PLATTER

Wings • Pot Stickers • Cactus Cuts • Dry Ribs • Chicken Fingers 37.95



# SANDWICHES, WRAPS & BURGERS


*Sides: Fries • Soup of the Day • Tossed Salad • Caesar Salad*

*Add: Sweet Potato Fries • Cactus Cuts 2.25*

**ROASTED TURKEY • ROAST BEEF • HAM & CHEESE • BLT • TUNA • VEGGIE • EGG SALAD • GRILLED CHEESE 5.95 **


*All sandwiches and burgers below are served with your choice of side*

## TURKEY CLUB

Slow roasted turkey, crisp bacon, lettuce, tomato, mayo and cheddar cheese 12.95 

*toasted **or** wrapped*

## CHICKEN CAESAR WRAP


Strips of zesty grilled chicken, romaine, bacon, parmesan cheese and caesar dressing wrapped in a whole wheat tortilla 12.95 

*Available buffalo style*

## REUBEN SANDWICH

Montreal smoked beef, swiss cheese, mustard and sauerkraut on marble rye 12.95


## STEAK SANDWICH

6 oz New York cut served open faced on garlic toast with mushroom peppercorn sauce 16.95 

## BEEF DIP


Slow roasted beef, horseradish aioli and crispy onion tanglers on a french baguette au jus 13.95

## GRILLED CHICKEN BURGER

4 oz chicken breast prepared with honey mustard, mayo, lettuce, tomatoes, red onion and pickles on a toasted brioche bun 12.95 

*bacon & cheddar **or** mushroom & swiss **or** cajun cheddar*

## LOADED BURGER

Fully loaded 6 oz sirloin beef or vegetarian patty with lettuce, tomatoes, red onion, pickles, mayo and mustard on a toasted brioche bun 12.95 

*bacon & cheddar **or** mushroom & swiss **or** cajun cheddar*

# ENTREES

## CLASSIC MACARONI & CHEESE

Topped with parmesan cheese and panko breadcrumbs, served with toasted flatbread 10.95

*Add grilled chicken, seasoned beef **or** bacon 3.95*

## SPAGHETTI & MEATBALLS


Made in house with pomodoro sauce and toasted flatbread 12.95

*baked with cheese 2*

## GINGER BEEF

Crispy beef tenders, sautéed julienne peppers and vegetables tossed in a spicy ginger glaze and served over pan fried singapore noodles 13.25

## RICE BOWL

Diced chicken, beef or prawns with steamed vegetables served over coconut jasmine rice 11.95 


*teriyaki **or** butter chicken*

## FISH & CHIPS


8 ½ oz filet of battered haddock served with our southwest coleslaw, fries and tartar sauce 14.99

*All entrees below are served with garlic mashed potatoes and seasonal fresh vegetables*


## KENTUCKY BBQ RIBS

Slow cooked baby back ribs glazed in a sweet bold kentucky style BBQ sauce Half 16.95 • Full 19.95 


## CHICKEN PARMESAN

5 oz chicken breast coated in a parmesan crumb topped with a zesty tomato sauce and mozzarella cheese 17.95 


## 8 oz AAA CANADIAN STRIPLOIN STEAK

Aged to perfection, cut fresh in house and charbroiled with mushroom peppercorn sauce 20.95 

## ATLANTIC SALMON FILET

6 oz grilled filet smoked, served with lime and tequilla sauce 18.95 

\*GST not included

 Item can be made gluten free

