



# MENU

The following is a list of menu suggestions that have been modified for our gluten sensitive guests. Please inform your server of your preferences. *Please be aware that this Smitty's Restaurant is not a gluten-free environment. As such, we cannot guarantee that the items listed on this Gluten Sensitive Menu will not come into contact with other foods or equipment that contain gluten.*

## BREAKFAST SPECIALTIES

Served with your choice of a Gluten Sensitive Side (see below)

**Two Grade 'A' Eggs Any Style**  
**\$9.39**

**Bacon and Two Eggs**  
With 4 strips of crispy bacon.  
**\$11.89**

**Harvest Skillet**  
Three scrambled eggs with a medley of broccoli, onion, mushrooms, red and green pepper, spinach and tomatoes topped with melted cheddar cheese.  
**\$15.39**

**Mushroom Bacon Cheddar Omelette**  
Sautéed mushrooms, and cheddar cheese in a three egg omelette, topped with 2 strips of crispy bacon.  
**\$14.39**

**Spinach and Swiss Omelette**  
Spinach, mushrooms, diced red onion, tomatoes and Swiss cheese in a three egg omelette. **\$14.99**

**Steak and Eggs**  
AAA 8oz. New York steak, cooked to your liking, served with three eggs any style. **\$18.99**

## BREAKFAST EXTRAS

**Fresh Fruit**  
Seasonal fresh fruit. **\$4.99**

**Parfait**  
Fresh fruit and fat free vanilla yogurt. **\$5.79**

**Yogurt**  
Fat free vanilla yogurt. **\$2.99**

**Tomato Slices**  
Five slices of red ripe tomatoes. **\$1.99**

### Gluten Sensitive Breakfast Side Choices

Fresh fruit or fat free vanilla yogurt or where available tomato slices with pan fried shredded potatoes. *Note: Only our shredded hashbrowns are available as part of our gluten sensitive menu, cubed hashbrowns cannot be made gluten free.*

MUSHROOM BACON CHEDDAR OMELETTE



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## ALL DAY FAVOURITES

Served with your choice of a Gluten Sensitive Side (see below)

### Philly Cheese Melt

Tender roast beef, pan sautéed onion, green pepper and mushrooms, all topped generously with our three cheese blend.

**\$14.89**

### Spinach & Swiss Chicken Dinner

Two grilled chicken breasts on a bed of sauteed spinach, mushrooms, tomatoes and red onions, topped with melted Swiss cheese. **\$15.19**

### Wild Salmon Dinner

Two grilled wild salmon fillets, served with vegetables.

**\$16.49**

### New York Steak Dinner

AAA 8oz. New York steak, grilled to perfection, served with vegetables. **\$19.99**

### Add to any item:

Shrimp skewer **\$4.29**

## GARDEN FRESH SALADS

### Cobb Salad

Garden-fresh mixed greens topped with crispy bacon, grilled chicken breast, fresh avocado, blue cheese, diced tomato and hard boiled egg.

**\$14.29**

### Berry-Blast Spinach Salad

Fresh spinach, red onion, cucumber, seasonal berries and dried cranberries. Topped with Feta cheese and a freshly grilled sliced chicken breast.

**\$13.99**

### Chef's Salad

Garden fresh mixed greens, topped with sliced turkey, cheddar cheese, egg, cucumber, tomato wedges.

**\$13.99**

### Garden Salad

Mixed greens with carrot, broccoli, cucumber, tomatoes, dried cranberries and sunflower seeds.

**\$8.89**

### Gluten Sensitive Side Choices

- Fresh Fruit
- Tossed Salad
- Baked Potato
- Rice
- Gluten Free Soups (where available)

COBB SALAD

