

All Day Breakfast

TWO EGGER 6.50

Bacon or sausage, eggs, with fried potatoes and toast

BIG BOY 8.50

3 Eggs, 3 strips of bacon, 2 sausages, with fried potatoes and toast

OMELET 10.00

Choose up to 5 ingredients from our list to create your custom omelet (bacon, sausage, avocado, bell peppers, jalapeños, olives, onions, tomato, 3 blended cheese with fried potatoes and toast

CHORIZO WRAP 8.00

Spicy chorizo sausage, eggs, diced tomatoes, green onions, 3 cheese blend, sundried tomato tortilla, salsa sour cream, fried potatoes

Daily Lunch Specials

MONDAY **BEEF DIP AU JUS** with Fries 8.00

TUESDAY

CHICKEN CHORIZO SAUSAGE 9.00

served with garlic toast

WEDNESDAY

ALL BURGERS 7.00

served with fries or salad

THURSDAY

NEW YORK STEAK SANDWICH 10.00

served with fries or salad

FRIDAY

DRAGON STIRFRY 10.00

A choice of chicken, beef or prawn sautéed with seasonal veggies and home made Asian ginger sauce

2611 Viscount Way, Richmond, BC Located in Sport Central



Starters

SOUP OF THE DAY
Cup 3.00 Bowl 5.00

CHICKEN WINGS 10.00

1 Lb. of chicken wings tossed with your choice of Cajun, hot, BBQ, lemon pepper, Montreal, honey garlic, teriyaki or salt & pepper

HOME FRIES 4.50

YAM FRIES 6.50

CHICKEN TENDERS & FRIES 10.00

Breaded chicken with a choice of plum or honey mustard sauce

NACHOS Sm 9.00 Lg 14.00

Olives, jalapeños, tomatoes, green onions, blended cheese with sour cream & salsa

Add beef or chicken 3.00 Guacamole 2.00

TRADITIONAL CAESAR SALAD Sm 5.00 Lg 9.00

Fresh romaine lettuce, croûtons, parmesan with home made Caesar dressing served with garlic toast

Add chicken or prawns 3.00

HOUSE SALAD Sm 5.00 Lg 9.00

Mixed greens, cucumber, tomatoes, onions and avocado with choice of dressing served with garlic toast

Add chicken or prawns 3.00

TACO SALAD 10.00

Mixed greens, tomato, onion, blended cheese, olives, jalapeños into a crispy taco shell topped with salsa & sour cream. choice of beef or chicken

Half Price Appy Hour

3:00 pm - 6:00 pm - 7 days a week

With beverage purchase - Dine in only



Burgers, Wraps and Sandwiches

All come with your choice of fries or salad Sub yam fries or caesar salad **add 2.00**

Burgers add ons 1.00

Bacon, cheddar, swiss cheese, mushrooms, egg or sautéed onions

HOMEMADE BEEF BURGER 10.00

Choice of 2 kind bacon, cheddar, mushroom, swiss, mozza cheese, sautéed onion or egg, topped with lettuce tomato, onion and pickles

VEGGIE BURGER 10.00

Topped with sautéed mushroom topped with lettuce, tomato, onion and pickles

ASIAGO CHICKEN SANDWICH 12.00

Grilled chicken breast with roasted artichoke blended with asiago cheese, bacon, avocado, lettuce & tomato on a baguette

CAJUN CHICKEN BURGER 12.00

Fresh grilled chicken breast, melted cheddar cheese topped with lettuce, tomato, onions and pickles

FRESH GRILLED SALMON BURGER 12.00

Grilled salmon with a choice of spicy cajun or teriyaki topped with lettuce, tomato, onions and pickles

CHICKEN CLUBHOUSE SANDWICH 12.00

3 Layers with your choice of bread, grilled chicken breast, bacon, cheddar cheese, lettuce & tomato

BUFFALO CHICKEN WRAP 10.00

Breaded chicken, hot sauce, ranch dressing, tomato, onion and 3 blend cheese in a sundried tomato wrap

BEEF DIP 12.00

Roast beef, horse radish mayo dip with au jus

GYM CHICKEN WRAP 10.00

Fresh grilled chicken breast with a choice of spicy cajun or teriyaki, guacamole, tomato, rice and black beans.

NEW YORK STEAK SANDWICH 12.00

Freshly cut 8 oz. New York steak topped with sautéed mushroom with garlic toast



Mains

CHICKEN CHORIZO PENNE 12.00

Chicken with Italian sausage with home made creamy schezwan sauce served with garlic toast

BUTTER CHICKEN 12.00

Grilled chicken breast with a home made butter sauce served with rice and naan bread

DRAGON STIRFRY 12.00

A choice of beef or chicken with prawn and sautéed seasonal vegetables stirfry with gingery home made asian sauce with a choice of rice or noodles

GYM CHICKEN 10.00

Grilled chicken breast, choice of teriyaki or cajun, served with rice and vegetables

GRILLED SALMON FILLET 12.00

Fresh grilled salmon fillet deglazed with a house made lemon dill sauce served with rice and vegetables

SEAFOOD FETTUCCINE 12.00

Salmon fillet, prawn with my special spicy home made sauce with seasonal veggies served with garlic bread



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from 3:00 pm - 6:00 pm 7 days a week

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OFF SALES
BEER
AVAILABLE



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Hours

Monday - Friday 11:00 am - 10:00 pm Saturday 12:00 pm - 7:00 pm

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LUNCH PRE-ORDERS HAPPILY ACCEPTED





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