

TRADITIONAL BREAKFASTS

All Traditional Breakfasts are made using Grade A Large Manitoba eggs, prepared to order.

YOUR TRADITIONAL BREAKFAST COMES WITH YOUR CHOICE OF SIDE!

TOAST OR A PANCAKE OR MUFFIN OR YOGURT OR FRESH FRUIT

Homestyle Breakfast

\$11.99

2 Grade A Large Manitoba eggs, your choice of side bacon, back bacon, ham, sausage or turkey bacon. Choose shredded or cubed potatoes.

Hearty Breakfast Supreme

\$14.99

3 Grade A Large Manitoba eggs, 2 strips of side bacon, 2 sausages, and ham with your choice of shredded or cubed potatoes.

Hearty Salisbury Steak & Eggs

\$14.99

3 Grade A Large Manitoba eggs and an 8oz Salisbury Steak, with your choice of shredded or cubed potatoes.

Hearty Meat & Eggs

\$14.99

3 Grade A Large Manitoba eggs with your choice of 5 slices of back bacon or 5 slices of side bacon or 5 sausage links, with your choice of shredded or cubed potatoes.

Hearty Pancakes & Sausages

\$14.99

3 Grade A Large Manitoba eggs, 3 classic buttermilk pancakes and 4 sausages.



Homestyle Breakfast



Hearty Breakfast Supreme



Sals Eggs Benedict

BENEDICTS

All Sals Benedicts are made using freshly toasted English Muffins, 2 Grade A Large Manitoba eggs, Sals rich Hollandaise sauce and comes with *your choice of shredded or cubed potatoes or FRESH fruit.*

Sals Eggs Benedict

\$12.99

Our classic benedict served with back bacon.

Bacon Bacon Benedict

\$14.99

For the bacon lover! Served with both side and back bacon!

SKILLETS

Choose your portion size.

SALS HOMESTYLE SKILLETS

\$12.99

We begin with 2 scrambled Grade A Large Manitoba eggs, golden cubed potatoes and FRESH quality ingredients. Includes your choice of side.

SALS HEARTY SKILLETS

\$16.99

All Hearty Skillets start with 3 scrambled Grade A Large Manitoba eggs, golden cubed potatoes and a larger portion of FRESH quality ingredients. Includes your choice of side.

Choose your favourite.

Meat Eater

Side bacon, sausage, shredded ham and natural shredded Monterey Jack and Cheddar cheeses.

Huevos Rancheros

Seasoned taco beef, chopped green peppers, diced red onions smothered in a generous portion of natural shredded Monterey Jack and Cheddar cheeses, completed with House-made salsa and sour cream.

Smoked Meat & Hash

Montreal smoked meat, grilled onions, green peppers & shredded hash-browns in place of golden cubed potatoes.

Garden Veggie

Diced tomatoes, green peppers, red onions and mushrooms topped with natural shredded Monterey Jack and Cheddar cheeses.



Three Blueberry Pancakes



Extra Thick Cut French Toast & Meat



Hearty Meat Eater Skillet



Bacon Mushroom & Cheese Omelette

OMELETTES

All omelettes are made with 3 Grade A Large Manitoba eggs and natural Monterey Jack and Cheddar cheeses. Served with your choice of cubed or shredded potatoes and includes your choice of one side.

Bacon Mushroom & Cheese

\$13.99

Generous portions of diced side bacon & mushrooms.

Veggie & Cheese

\$13.99

Green onions, green peppers, tomatoes and mushrooms.

SALS SIGNATURE PANCAKES

All Signature Pancakes served with Sals own House-made syrup. *Includes your choice of side bacon, back bacon, ham, sausage or turkey bacon.*

Three Buttermilk Pancakes & Meat

\$11.99

Sals classic buttermilk pancakes. Buttermilk Pancakes Only \$9.99

Three Blueberry Pancakes & Meat

\$13.99

Sals classic buttermilk pancakes mixed with plump blueberries. Blueberry Pancakes Only \$11.99

Three Chocolate Chip Pancakes & Meat

\$13.99

Sals classic buttermilk pancakes mixed with premium chocolate chips. Chocolate Chip Pancakes Only \$11.99

Extra Thick Cut French Toast & Meat

\$11.99

Made with Sals own thick cut FRESH baked bread and a dash of cinnamon. French Toast Only \$9.99

HAND-HELD BREAKFASTS

Sals Breakfast Nips are served on FRESH baked white or whole wheat buns, made daily in our commissary bakery, served with Sals Sauce.

Cheese & Egg Nip

\$3.99

Back Bacon & Egg Nip

\$4.99

Sausage & Egg Nip

\$4.99

Back Bacon, Egg & Cheese Nip

\$5.49

Rancher

\$6.49

Egg, back bacon & sausage.

Breakfast Wrap

\$11.99

This wrap is loaded! 2 Grade A Large Manitoba scrambled eggs, 2 strips of bacon, natural shredded Monterey Jack & Cheddar cheeses, green peppers, red onions, diced tomatoes and our classic Sals sauce. Served in a soft flour tortilla with your choice of shredded or cubed potatoes.

Denver Sandwich

\$8.99

3 Grade A Large Manitoba eggs, processed cheese, diced ham, green onions, green peppers toasted on your choice of Sals FRESH baked bread.