create your flavour...

**sandwiches**
- full sandwich & kettle chips: $8.19
- half sandwich & kettle chips: $6.19
- grab & go full sandwich: $8.19

**make it a combo**
- 1/2 sandwich, kettle chips & 12oz soup: $9.29
- 1/2 sandwich, kettle chips & 16oz soup: $10.29

**build a salad**
- salad bar (per 100g): $1.89
create your flavour...

1. breads
   - white
   - sour dough
   - whole wheat
   - tortilla wrap

2. sauce it up
   - mayonnaise
   - mustard
   - pesto
   - dijon mustard
   - sriracha mayonnaise

3. make it cheesy
   - cheddar
   - provolone
   - mozzarella
   - swiss
create your flavour...

4. pick your protein
- black forest ham
- sliced turkey
- salami
- roast beef
- grilled chicken breast

5. add your veggies
- cucumber
- peppers
- lettuce
- pickles
- mushrooms
- spinach
- onions
- tomatoes
Simmer Soups

**Chili**
- Small: 3.39
- Medium: 4.39
- Large: 4.89

**Soup**
- Small: 3.39
- Medium: 4.39
- Large: 4.89

**Miso**
- Small: 1.39
- Medium: 2.09
- Large: 2.59

**make it a combo**
- 1/2 sandwich, kettle chips & 12oz soup: 9.29
- 1/2 sandwich, kettle chips & 16oz soup: 10.29
<table>
<thead>
<tr>
<th>SUSHI</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>California Roll</td>
<td>7.19</td>
</tr>
<tr>
<td>Vegetarian Roll</td>
<td>5.19</td>
</tr>
<tr>
<td>House Roll</td>
<td>8.19</td>
</tr>
<tr>
<td>Prawn Tempura Roll</td>
<td>7.19</td>
</tr>
<tr>
<td>Yam Roll</td>
<td>4.09</td>
</tr>
</tbody>
</table>

Add a Small Miso Soup to your Sushi order for $1.39
Create a dish as unique as you!

Choose from:

- Chicken/Beef: $8.19
- Shrimp: $9.29
- Vegetarian: $7.19

Served with your choice of vegetables over noodles or rice

Follow these simple steps to build your noodle bowl...

1. Select your vegetables
2. Pick your sauce
3. Add a protein (optional)
4. Choose your Noodle or Rice
5. ENJOY!

Simple, delicious & healthy!
# Pizza by the Slice

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cheese</strong></td>
<td>3.59</td>
<td>Tomato sauce • mozzarella • cheddar • parmesan</td>
</tr>
<tr>
<td><strong>Pepperoni</strong></td>
<td>4.09</td>
<td>Tomato sauce • mozzarella • pepperoni</td>
</tr>
<tr>
<td><strong>Specialty</strong></td>
<td>4.69</td>
<td>Ask about today’s selection</td>
</tr>
</tbody>
</table>

## Other Items

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pasta Of The Day</strong></td>
<td>5.19</td>
<td>Ask about today’s selection</td>
</tr>
<tr>
<td><strong>Calzone</strong></td>
<td>6.49</td>
<td>Ask about today’s selection</td>
</tr>
<tr>
<td><strong>Garlic Knots</strong></td>
<td>2.89</td>
<td>3 garlic knots with marinara sauce</td>
</tr>
</tbody>
</table>
IRONSIDES WAFFLES

**Griddle Me This**
a fresh-baked waffle makes a hearty meal when topped with cage-free eggs, cheddar cheese and your choice of sausage patty, bacon bits or meat-free

6.19

**The Sidekick**
a fresh-baked waffle and a chicken tender meet their match with maple syrup and Southern coleslaw. Choose regular chicken or heat things up with a spicy tender

6.19

**Spin Kick**
rich and spicy is this fresh-baked waffle topped with a hot sausage patty, sliced cheddar cheese, arugula, tomatoes, red onions and sliced pickles then finished with a Creole mustard aioli

6.19

**Sticky Situation**
satisfy your comfort-food cravings as good old peanut butter and jelly throw down on a fresh-baked waffle

6.19

**Holy Hazelnuts**
if Nutella is your secret weapon, you’ll love the gooey layers of Nutella and bananas on a fresh-baked waffle, all dressed up with fluffy whipped cream.

6.19
# Mains

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Big Breakfast</strong></td>
<td>7.89</td>
</tr>
<tr>
<td>three cage free eggs • hash browns • two sausage • two bacon • toast</td>
<td></td>
</tr>
<tr>
<td><strong>2 Egg Breakfast</strong></td>
<td>5.69</td>
</tr>
<tr>
<td>two cage free eggs • hash browns • choice of sausage or bacon • toast</td>
<td></td>
</tr>
<tr>
<td><strong>Breakfast Poutine</strong></td>
<td>5.49</td>
</tr>
<tr>
<td>hash browns • scrambled cage free eggs • cheese curds • gravy</td>
<td></td>
</tr>
<tr>
<td><strong>Breakfast Wrap</strong></td>
<td>6.19</td>
</tr>
<tr>
<td>cage free scrambled eggs • peppers • onions • mushrooms • green onions • spinach • cheese • bacon • hash browns</td>
<td></td>
</tr>
</tbody>
</table>

# Omelette Bar

<table>
<thead>
<tr>
<th>Category</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetarian</strong></td>
<td>6.19</td>
</tr>
<tr>
<td>cage free eggs • cheese • choice of vegetables • hash browns • toast</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>7.19</td>
</tr>
<tr>
<td>cage free eggs • cheese • choice of vegetables • choice sausage, ham or bacon • hash browns • toast</td>
<td></td>
</tr>
</tbody>
</table>
## Breakfast Sandwiches

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg &amp; Cheese</td>
<td>3.09</td>
</tr>
<tr>
<td>Cage free egg • cheese • English muffin</td>
<td></td>
</tr>
<tr>
<td>Egg, Cheese &amp; Protein</td>
<td>4.09</td>
</tr>
<tr>
<td>Cage free egg • cheese • sausage, ham or bacon • English muffin</td>
<td></td>
</tr>
</tbody>
</table>

## A La Carte

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cage Free Eggs</td>
<td>3.09</td>
</tr>
<tr>
<td>Two eggs cage free eggs • made to order</td>
<td></td>
</tr>
<tr>
<td>Toast</td>
<td>2.09</td>
</tr>
<tr>
<td>Two pieces • choice of bread</td>
<td></td>
</tr>
<tr>
<td>Sausage, Ham or Bacon</td>
<td>2.09</td>
</tr>
<tr>
<td>Hash Browns</td>
<td>2.09</td>
</tr>
<tr>
<td>Gravy</td>
<td>1.09</td>
</tr>
<tr>
<td>Cheese</td>
<td>0.89</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1.09</td>
</tr>
</tbody>
</table>
FAIR TRADE COFFEE

- small (12oz) 1.99
- medium (16oz) 2.19
- large (20oz) 2.39

HOT BEVERAGES

- tea bag 1.99

FROM THE BAKERY

- bar 2.49
- loaf 2.59
- cookie 1.79
- croissant 2.59
- filled croissant 2.79
- danish 2.39
- muffin 2.59
- scone 2.79
- turnover 2.79
**TRADITIONAL** 8.79
Smoke's Signature Gravy, Québec cheese curd

**VEGGIE TRADITIONAL** 8.79
Smoke's Veggie Gravy, Québec cheese curd

**CHICKEN**

**CHICKEN BACON RANCH** 10.99
Grilled chicken, double-smoked bacon, creamy ranch dressing

**BUFFALO CHICKEN** 10.99
Grilled chicken, buffalo sauce, creamy ranch dressing

**POKED**

**BACON** 10.69
Double-smoked bacon

**PULLED PORK** 10.69
Chipotle pulled pork

**DOUBLE PORK** 10.99
Chipotle pulled pork, double-smoked bacon

**BEEF**

**BACON CHEESEBURGER** 10.99
Double-smoked bacon, prime ground beef, cheese sauce

**VEGETARIAN**

**VEGGIE RAINBOW** 10.69
Sriracha, cheese sauce, guac, sour cream

**POUTINE!!**

**FRIES** 6.29

**FRIES & GRAVY** 7.58

PLUS APPLICABLE TAXES.