

**TEENA**  
**FAMILY**



**RESTAURANT**  
BREAKFAST ~ LUNCH ~ DINNER ~ BAR



## TEENA CLASSIC

Served with three (3) eggs, your choice of home fries or tomato slices and toast

**Meatless Morning** ..... 8.99

**The Perfect Day** ..... 11.99

Choice of 1 item: bacon, sausage or ham

**Peameal Bacon** ..... 12.99

**Turkey Bacon or Turkey Sausage (3)** ..... 13.99

**Polish Sausage or Farmer's Sausage**..... 13.99

**Newfies Dream**..... 14.99

Fried bologna

**Liver and Eggs** ..... 16.99

**Fried liver topped with fried onions Steak and Eggs** ..... 17.99

Substitute with Egg Whites for 1.99 or Free Run Omega 3 Eggs for 3.49

## TEENA SPECIAL BREAKFAST

All special breakfast is served with eggs, home fries, fruit cup and toast



**Peameal Supreme** ..... 16.99

Peameal bacon topped with grilled tomato and blended cheese

**Corned Beef Hash**..... 15.99

Mixture of corned beef and red onions

**Avocado Toast** ..... 16.99

Avocado spread, poached egg and hollandaise sauce

**Lox bagel**..... 17.99

Toasted bagel with cream cheese, smoked salmon and red onions

**Breaky Poutine** ..... 16.99

Our famous home fries, bacon, tomato, pepper, mixed cheese and hollandaise sauce

## TEENA CHAMPION BREAKFAST

**Super Breakfast** ..... 16.99

3 large eggs with bacon, ham and sausage with our famous home fries, fruit cup and toast

**The Strong Man**..... 17.99

4 large eggs with bacon, ham and sausage, served with oatmeal, fruit cup and multigrain toast

**Chatham's Beast**..... 22.99

4 large eggs with bacon, ham and sausage served with our famous home fries, fruit cup, toast and choice of 1 item : 2 pancakes, 2 pieces of french toast or 2 mini waffles

**Morning Glory Supreme Salad** ..... 18.99

Baby spinach, shredded cheese, bacon, sausage, avocado, red onions, poached eggs and hollandaise sauce

**TEENA BREAKFAST BLISS**

**Harvest Delight** ..... 17.99

A deep-dish home fries, peppers, fried onions and mushrooms topped with melted mix cheese and eggs served with toast and choice of 1 item: bacon, sausage, or ham

**Breakfast Quesadilla**..... 16.99

Scrambled eggs, bacon and melted mix cheese served with a side of home fries, salsa and sour cream

**Avocado Bagel**..... 15.99

Toasted bagel, a layer of avocado, tomato, bacon, and fried egg served with home fries

**Breaky Potato Skins (3) pc** ..... 14.99

Loaded with scrambled eggs, cheese, bacon and sour cream served with garden salad



**TEENA BREAKFAST WRAPS**

**Teena House Wrap**..... 15.99

Scrambled eggs, sausage, bacon, and cheddar cheese served with home fries and salsa

**Build Your Own Wrap**..... 15.99

Choose any 3 items (bacon, ham, sausage, peameal bacon, spinach, mushroom, onion, pepper, tomato or cheese) served with home fries and salsa



**LIGHT EATERS**

**2 Eggs, Home Fries and Toast** ..... 7.99

**The Busy Momma Yogurt Bowl** ..... 8.99

Vanilla greek yogurt, honey granola, walnuts, and berries

**The “Go Getter” Oatmeal** ..... 7.99

Oatmeal mixed with brown sugar topped with dried fruits and nuts



## BENEDICTS

Served with (3) large poached eggs on english muffin topped with our “signature hollandaise” sauce and your choice of home fries or tomato slices and fruit cup

<b>Traditional Benny</b> .....	14.99
Smoked ham and cheese	
<b>Canadian Benny</b> .....	15.99
Peameal bacon and cheddar cheese	
<b>Chicken and Waffle Benny</b> .....	16.99
2 mini-belgian waffles topped with poached eggs and crispy chicken strips covered in hollandaise sauce	
<b>Montreal Benny</b> .....	14.99
Shaved corn beef and swiss cheese	
<b>Mexican Benny</b> .....	15.99
Avocado, tomato, cheese and house made pico de gallo	
<b>Amber Benny</b> .....	18.99
Smoked salmon, red onions and capers	
<b>Florentine Benny</b> .....	15.99
Baby spinach, sliced tomato and mozzarella cheese	
<b>Meat Lover’s Omelet Benny</b> .....	17.99
Bacon, sausage, ham and cheddar omelette on english muffin topped with hollandaise sauce	
<b>Crepe Benny</b> .....	16.99
2 small crepes filled with bacon, spinach and cheddar cheese served with poached eggs and hollandaise sauce	
<b>Steak Manhattan Benny</b> .....	19.99
6 oz New York steak grilled to your liking, served with 3 poached eggs topped with hollandaise sauce	

## HEALTHY O CANADA BREAKFAST

Served with cottage cheese, fruit cup and multigrain toast

<b>Spinach and Mushroom</b> .....	17.99
Spinach, tomato, mushroom and egg whites frittata	
<b>Chicken and Roasted Pepper</b> .....	17.99
Chicken, roasted pepper, mushroom and egg whites frittata	
<b>Smoked Salmon, Tomato and Healthy Poached</b> .....	19.99
3 poached eggs, smoked salmon, red onions, capers and tomato	





## BREAKFAST SANDWICHES

Choice of whole wheat, white or rye bread and add a side of our famous home fries or fruit cups for 3.99

<b>Fried Egg and Cheddar</b> .....	<b>7.99</b>
<b>Monte Cristo</b> .....	<b>9.99</b>
Shaved ham and melted swiss cheese on french toast	
<b>Western</b> .....	<b>9.99</b>
Ham, onion and cheese	
<b>P.L.T</b> .....	<b>9.99</b>
Peameal bacon, tomato and lettuce	
<b>Vegetarian</b> .....	<b>9.99</b>
Onion, peppers, tomato, mushroom and spinach	
<b>B.L.T</b> .....	<b>7.99</b>
Bacon, lettuce and tomato	
<b>B.E.L.T</b> .....	<b>10.99</b>
Bacon, egg, lettuce and tomato	
<b>Grilled Cheese</b> .....	<b>8.99</b>
Gourmet grilled	
<b>Grilled Cheese with</b> .....	<b>11.99</b>
Choice of 1 item: bacon, sausage or ham	

## TEENA SWEET CREPES

<b>Strawberry or Banana Nutella</b> .....	<b>15.99</b>
Filled with nutella and freshly sliced strawberries or bananas	
<b>Strawberry and Banana Nutella</b> .....	<b>17.99</b>
Filled with nutella and fresh strawberries and fresh bananas	
<b>California Sunset</b> .....	<b>18.99</b>
Filled with fresh fruits, ice-cream and honey	



## TEENA CLASSIC CREPES

All crepes are served with our famous home fries

<b>Ham and Swiss</b> .....	<b>16.99</b>
Filled with ham, swiss cheese and topped with hollandaise sauce	
<b>Montreal Style</b> .....	<b>18.99</b>
Filled with bacon, sausage, cheddar cheese and hollandaise sauce	
<b>Mediterranean</b> .....	<b>16.99</b>
Filled with fire -roasted peppers, spinach, feta and hollandaise sauce	

## KIDS BREAKFAST

12 years and under only (sorry, no exceptions)

**Kids Combo**..... 9.99

Pancake or french toast with 2 eggs and choice of 1 item: bacon, ham or sausage served with home fries

**Kids Waffle with Fruits**..... 6.99

(Add bacon, ham, or sausage for 2.99)

**Kids Pancakes or Kids French Toast** ..... 8.99

2 pieces of pancakes or 2 pieces of french toast served with fresh strawberries and bananas

**Kids Nutella Pancake or French Toast** ..... 8.99



## FRENCH TOAST

**Homemade Thickcut French Toast** ..... 10.99

Add fresh fruits for 3.99

**Nutella Stuffed French Toast** ..... 16.99

Stuffed with nutella and topped with chocolate sauce, powdered sugar and fruit cup

**Sweet and Salty French Toast** ..... 18.99

Triple decker french toast served with double layer nutella and bacon with a side of home fries



## PANCAKES

**3 Large Fluffy Buttermilk Pancakes** ..... 10.99

Add chocolate chip or blueberry for 2.99

**Strawberry, Nutella and Banana Pancake**.... 16.99

**Banana, Apple and Nuts Pancake** ..... 18.99

Topped with bananas, apple, roasted walnuts, almonds and honey

## WAFFLES

**Belgian Waffle**..... 10.99

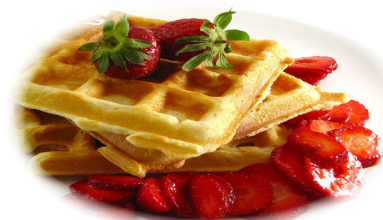
Add fresh fruit for 3.99

**Chocolate Waffle**..... 16.99

Chocolate waffles, fresh strawberries, chocolate sauce, and vanilla ice cream

**Fried Chicken and Cheddar Bacon Waffles**..... 19.99

Cheddar cheese, bacon, guacamole topped with sweet chilli crispy chicken tenders served with home fries and ranch dressing





## SKILLETS

All skillets are made with home fries, served with eggs, toast and hollandaise sauce

- Teena House Skillet** ..... 18.99  
bacon, ham and sausage a blend of mozzarella and cheddar cheese
- Chicken Supreme Skillet** ..... 17.99  
grilled chicken, onion, pepper, mushroom, tomato with blended cheese
- Vegetarian Skillet** ..... 16.99  
spinach, mushrooms, onion, pepper, tomato with blended cheese
- Steak Skillet** ..... 17.99  
Philly steak, onion, mushroom, peppers with blended cheese
- Oppah Skillet** ..... 16.99  
Gyro onion, mushroom, peppers, feta cheese

## OMELETTES

All omeletts are made with 5 large eggs served with our famous home fries and toast  
Additional toppings \$1.25

- Western Omelette** ..... 14.99  
Chopped onion, ham and cheese
- Philly Cheese Omelette** ..... 15.99  
Choice of beef, chicken, or ham sauteed mushrooms, peppers, onions and cheddar cheese
- Meat Lover's Omelette** ..... 17.99  
Bacon, ham, sausage, cheddar and mozzarella cheese topped with hollandaise sauce
- Bacon, ham, or sausage and Cheese Omelette** 13.99
- Cheese Omelette** ..... 12.99  
Blend of cheddar and mozzarella cheese
- Canadian Omelette** ..... 14.99  
Peameal bacon, tomatoes, onion and cheese
- Vegetarian Omelette** ..... 14.99  
Onion, pepper, mushrooms, tomato, spinach and cheese
- Greek Omelette** ..... 14.99  
Spinach, tomatos, olives and feta
- Smoked Salmon Omelette** ..... 17.99  
Hot pepper, onion, cheese and hollandaise sauce



**SIDES**

Sliced Tomatoes .....	2.99
Extra Egg.....	1.99
Avocado .....	4.99
Smoked Salmon .....	8.99
Side Hollandaise .....	3.99
Cottage Cheese .....	3.99
Bacon, Ham or Sausage .....	4.99
Real Maple Syrup .....	3.99

Peameal Bacon.....	5.99
Fruit Cup .....	4.99
Nutella .....	2.49
Toast and Jam .....	3.99
Bagel and Cream Cheese.....	4.99
Pancake or French Toast .....	3.99
Homes Fries.....	4.99
Guacamole .....	3.99

**BEVERAGES**

Milk Shakes .....	4.99
Chocolate, vanilla or strawberry	
Coffee or Tea.....	2.49
Herbal Tea .....	2.99
Perrier.....	3.99
Bottled Water.....	1.99
Juice.....	3.99
Orange, apple, grapefruit, tomato, cranberry, pineapple or mango	
Milk.....	3.99
White or chocolate	
Iced Tea.....	2.99
Lemonade .....	3.49
World Famous Chai.....	3.99



Ask your server for more details about our smoothies and desserts