

TEENA
FAMILY



RESTAURANT
BREAKFAST ~ LUNCH ~ DINNER ~ BAR

STARTERS & APPETIZERS

Homemade Soup of the Day 4.99
 Tempting and irresistible homemade soup to perfection to enlighten your day

French Onion Soup 6.99
 Slow simmered in a deep, rich broth with toasted croutons and baked with blend of cheese

Spring Rolls 9.99
 Crisp and flaky veggie rolls served with plum sauce

Popcorn Shrimp 8.99
 A starter portion of breaded shrimps, served with a side of cocktail sauce

Cheese Sticks 8.99
 Six mouth-watering, breaded mozzarella cheese sticks served with salsa

Garlic Bread with Cheese 10.99
 Five slices of garlic bread topped with a blend of cheddar and mozzarella

Bruschetta 11.99
 Garlic bread with tomato, red onions, basil and garlic with mixed cheese or feta cheese

Calamari 13.99
 Lightly breaded, golden-brown rings served with spicy mayo

Perogies 11.99
 Five potato and cheddar perogies topped with red onions and real bacon served with sour cream

Basket of Sweet Potato Fries 8.99
 Large basket of sweet potatoes fries served with chipotle sauce

Basket of Onion Rings 7.99
 A basket full of golden-brown rings served with spicy ranch

Potato Skin 11.99
 Fried unpeeled potato halves dressed in bacon, cheese and green onion served with sour cream

SALADS

All our salads are served with a bread roll. Add a grilled or crispy chicken to any salad for 4.99

Garden Salad S/ 6.99 L/ 9.99
 Iceberg and romaine lettuce, tomato, red onion, cucumber, red cabbage and carrot with your choice of dressing

Caesar Salad S/ 7.99 L/ 10.99
 Romaine lettuce mixed with our caesar dressing and topped with croutons, parmesan cheese and bacon

Greek Salad S/ 8.99 L/ 11.99
 Iceberg and romaine lettuce mixed with our homemade greek dressing, topped with tomato, cucumber, red onion, oregano, kalamata olives and feta cheese

Julienne Salad 17.99
 Our garden salad loaded with turkey, ham, beef, mixed cheese and hard boiled eggs

Club Salad 16.99
 Iceberg lettuce, turkey, bacon, croutons, tomato, cheese and cucumber dressing



Belt Salad 17.99

House salad mixed with cucumber dressing topped with egg, bacon and tomato

Traditional Chicken Greek Village Salad (Horiatiki) 18.99

Chicken, tomato, cucumber, red onion, oregano, kalamata olives and feta cheese toasted with greek dressing

CHICKEN BURGERS



Choice of 1 side: french fries, house salad, daily soup or coleslaw

Chicken Burger 11.99

Breaded fried chicken topped with our burger sauce and garnished with lettuce, tomato, onion and pickle

Mediterranean Chicken Burger 13.99

Grilled chicken breast topped with feta cheese, spinach, tomato and pesto mayo

Roasted Red Pepper Chicken Burger 14.99

Grilled chicken breast, topped with red pepper, bacon, mozzarella cheese and pesto mayo

BURGERS

Our 8 oz sirloin burger dressed with shredded lettuce, tomato, red onion, pickle, mustard and relish and choice of 1 side : french fries, house salad, daily soup or coleslaw

Chef Burger 14.99

Aged cheddar cheese and smoked bacon

Hawaiian Burger 14.99

Pineapple, ham and swiss cheese

Grand Slam Burger 17.99

17.99

Double sirloin burger topped with sautéed mushroom, fried onion, cheddar and swiss cheese

Loaded Swiss Patty Melt 14.99

Smoked bacon, sautéed mushroom, fried onion and swiss cheese

Impossible Veggie Burger 14.99

Grilled mushroom, guacamole and cheese

Canadian Burger 14.99

Peameal bacon, fried egg and cheddar cheese

Classic Hamburger 11.99

Add cheese for 1.50



TEENA CLASSIC POUTINERIE



Classic Poutine	7.99
Cheddar and mozzarella cheese, gravy	
Italian Poutine	9.99
homemade chilli, cheese and ranch dressing	
Montreal Poutine	8.99
Cheese curds and gravy	
Crispy Chicken Poutine	12.99
Fried chicken, green onion and chipotle ranch sauce	

Teena House Poutine	9.99
Fries or home fries, bacon and hollandaise sauce	

SANDWICHES

Choice of 1 side : french fries, house salad, daily soup, or coleslaw

The Canadian (P.L.T)	13.99
Peameal bacon, lettuce, tomato and cheese on texas toast	
The Americano (B.L.T)	12.99
Smokey bacon, lettuce, tomato and cheese on texas toast	
Western	10.99
3 eggs, ham, onion, and cheese on texas toast	
Classic Reuban	14.99
Montreal smoked beef, sauerkraut, mustard with swiss cheese on light rye bread	
French Beef Dip	16.99
Shaved roast beef piled high on a fresh ciabatta bun melted with swiss cheese and served with hot au jus	
Steak and Swiss	16.99
Topped with sautéed mushroom, onion and melted swiss cheese served with Italian bun	
Philly Steak	15.99
Thinly sliced roast beef, sautéed mushroom, bell peppers and onion with melted cheese	
Monte Cristo	13.99
Ham and melted cheese served with french toast	
Chicken Salad Sandwich	11.99
Chicken, celery, mayo, salt and pepper topped with lettuce	
Tuna Salad	12.99
Tuna, celery, mayo, salt and pepper topped with lettuce	
Corned Beef on Rye	12.99
Thinly sliced corned beef topped with mustard and pickle on the side	
Roasted Turkey	11.99
Oven roasted turkey breast served on texas toast with lettuce and mayo	
Grilled cheese	10.99
Add any one for meat: ham, bacon or sausage for 2.99	
Veal Cutlet	12.99
Hand breaded and fried veal cutlet tossed in homemade tomato sauce topped with mushroom and onion	
Egg Salad	11.99
Boiled egg, mayo, salt and pepper	



TEENA TRIPLE DECKERS

Served with French fries and coleslaw.

Traditional Club 14.99

Homemade oven roasted turkey breast with smoked bacon, cheddar cheese, lettuce, tomato and mayo

Chicken Club 14.99

Roasted chicken breast, cheddar cheese, lettuce, tomato, bacon and mayo

Canadian Club..... 14.99

Peameal bacon, tomato, lettuce, mayo and mozzarella cheese

Veggie Club..... 14.99

Homemade falafel patty, lettuce, tomato, cheese and mayo



HOT SANDWICHES

Our hot sandwiches are served closed faced and covered in homemade gravy including rice, vegetables, and your choice of potato. Add a cup of soup for 3.99 or side salad for 4.49

Hot turkey 15.99

made with a mixture of white and dark meat

Hot beef..... 15.99

Homemade roast beef

Hot hamburger 16.99

Our house sirloin burger patty

Hot meatloaf 15.99

Homemade meatloaf with Lean ground beef

Hot baby liver 16.99

With liver and onion



WRAPS

Choice of 1 side : French fries, house salad, daily soup, or coleslaw

Chicken Caesar wrap 13.99

Crispy breaded chicken with romaine lettuce, parmesan cheese, bacon, and Caesar dressing

Philly steak wrap 15.99

Shaved steak with mushroom, onion, pepper, cheese and mayo

Turkey club wrap 15.99

Roasted homemade turkey breast, bacon, lettuce, tomato, cheese and mayo

Chicken avocado wrap..... 17.99

Grilled chicken, avocado, bacon, lettuce, tomato, mixed cheese and ranch dressing

Veggie wrap..... 14.99

Lettuce, spinach, tomato, cucumber, red onion, bell pepper and cucumber dressing



Chicken or beef quesadilla..... 15.99

1 chicken or beef, onion, bell pepper and mixed cheese

Vegetarian quesadilla 13.99

Mushrooms, onion, bell pepper and mixed cheese

PITAS

Our pitas are wrapped with tomato, shredded lettuce, onion and tzatziki sauce served with a choice of 1 item: soup, french fries or salad

Chicken souvlaki pita 14.99

Marinated pieces of chicken breast

Pork souvlaki pita..... 14.99

Tender pieces of pork

Falafel in a pita 14.99

An organic combination of chickpeas and soybeans.

Gyros in a pita 13.99

Thinly sliced spiced beef and lamb



TEENA FAVOURITES

Served with French fries and coleslaw

Old fashioned perogies 16.99

cheese perogies with onion, bacon, green onion, and sour cream

Chicken finger dinner 18.99

6 pieces of breaded chicken tenders served with plum sauce

Coney dogs 13.99

2 All beef dogs covered with our chilli, onion and mustard

Cheddar bacon dogs 14.99

2 all beef dogs smothered in cheddar sauce, bacon and onion

TEENA SOUVLAKI SPECIALITIES

Served with greek salad, tzatziki sauce, pita bread and roasted potatoes

Chicken souvlaki 17.99

served with 1 skewer of marinated chicken breast

Pork souvlaki..... 16.99

served with 1 skewer of marinated tender pork

Shrimp souvlaki..... 17.99

served with 2 skewers of shrimp

Combo souvlaki 22.99

served with choice of 2 items: chicken, pork or shrimp

Served with rice, roasted potatoes, greek salad, pita bread and tzatziki

Falafel Platter..... 18.99

Gyros Platter..... 18.99

Meatball platter 17.99

OLD FASHIONED SPECIALS

Served with rice, vegetables, and your choice of potatoes. Add a cup of soup for 3.99 or side salad for 4.49

Roast turkey dinner 18.99

A mixture of white and dark meat on homemade stuffing and topped with homemade turkey gravy

Mom's meatloaf..... 17.99

Lean ground beef and secret spices served with homemade gravy

Baby beef liver 17.99

Tender liver with bacon, onion and gravy

Ground beef steak 17.99

Homemade all beef steak cooked to perfection and smothered in homemade gravy served with fried onions

Pick pork chops..... 17.99

3 grilled center cut boneless pork chops with red wine mushroom sauce

Veal cutlet dinner..... 18.99

Topped with onion, mushroom and gravy



TEENA SIGNATURE SPECIALS

Served with rice, vegetables, and your choice of potatoes. Add a cup of soup for 3.99 or side salad for 4.49

Steak Dinner 19.99

Specially marinated beef tenderloin cooked just the way you like it served with sautéed mushrooms and onions

Half rack of ribs 19.99

1/2 rack of ribs with choice of BBQ or Honey garlic sauce

Charbroiled Chicken 17.99

Marinated charbroiled boneless chicken breast

Chipotle or honey Dijon mustard chicken special..... 18.99

boneless chicken breast topped with homemade honey Dijon mustard sauce or chipotle sauce





SEAFOOD SPECIALS

lakes and oceans

- Halibut fish and chips** 18.99
golden fried and served with choice of potato, coleslaw and bread roll
- Halibut Fish and shrimp**.....23.99
jumbo fried or grilled shrimp served with potatoes and coleslaw
- Atlantic Salmon** 18.99
grilled and served with rice, vegetables and your choice of potato
- Grilled Asparagus Perch**..... 17.99
Fresh Lake Erie Perch Grilled in Our House seasoning served with rice or your choice of potato

PASTA

All our pasta dishes are served with garlic bread

- Fresh fettuccini Alfredo**..... 15.99
Creamy homemade Alfredo sauce with fettuccine pasta
- Classic spaghetti**14.99
spaghetti topped with your choice of homemade sauces (tomato or meat sauce)
- Baked parmesan**..... 19.99
choice of tender breaded chicken breast or veal cutlet topped with marinara sauce and Italian cheese served with spaghetti and homemade meat sauce



KIDS MEALS

12 years and under only (sorry, no exceptions) All kids meals include a small drink



- Junior Hamburger and fries**.....8.99
- Grilled cheese and fries**7.99
- Fish and chip**9.99
- Chicken tenders and fries**9.99
- Spaghetti with meat sauce or tomato sauce**.....8.99

SIDES

- Fries**6.99
- Mashed potatoes and gravy**.....4.99
- Rice**.....2.99
- Coleslaw**3.49
- Hot vegetables**.....4.99
- Dill pickles**2.99
- Gravy**1.29
- Sautéed mushroom**2.99
- Wings dipping sauce**.....1.50



BEVERAGES

Coffee or Tea	2.49
Herbal tea	2.99
Perrier	3.99
Bottled Water	1.49
Soft drinks	1.99
Juice	3.99
Orange, apple, grapefruit, tomato, cranberry, pineapple or mango	
Milk	3.99
White or chocolate	
Lemonade	2.99
Milk Shakes	4.99
Chocolate, vanilla or strawberry	
Red Bull	4.99

Ask your server for more details about our smoothies and desserts