

BREAKFAST AVAILABLE UNTIL 4:00 PM  
DÉJEUNER DISPONIBLE JUSQU'À 16H00

**ALL DAY BREAKFAST**



\$5.99

All day! Everyday

**BIG BEN'S BREAKFAST**  
3 eggs any style with bacon, ham, or sausage, homefries, baked beans, toast & fruit slices. 15.99

**ROCKLAND SLAM**  
3 eggs, bacon, ham and sausage, with pancake or french toast, homefries, toast, & fruit slices. 19.99

**STEAK AND EGGS**  
AAA Top sirloin, 3 eggs served with homefries, toast, & fruit slices. 23.99

**TWO EGGS ANY STYLE**  
Bacon, ham, or sausage, fruit slices, homefries & toast. 10.99

**TWO EGGS ANY STYLE**  
Smoked meat, fruit slices, homefries & toast. 15.99

**BELGIUM WAFFLE WITH FRUIT**  
Served with seasonal fruit & whipped cream. 16.99

**FRENCH TOAST**  
3 large pieces of egg bread served with syrup. 13.99

**ADD FRUIT 3.99**

**BREAKFAST POUTINE**  
Egg any style, bacon, ham, sausage and cheese curds piled and smothered with Hollandaise sauce. 17.99

\$5.99

All day! Everyday

**SANDWICHES/3 EGG OMELETTES**

ALL BREAKFAST SANDWICHES ARE SERVED WITH HOMEFRIES AND FRESH FRUIT SLICES.

**WESTERN SANDWICH 15.99**  
2 eggs scrambled with onion, green pepper & ham.

**BREAKFAST CLUB 16.99**  
Egg, bacon, lettuce, tomato, cheese & mayo on your choice of bread.

**PANCAKES**

**CLASSIC GOLDEN PANCAKES**  
3 large pancakes served with syrup. 14.99

**BENNY'S PANCAKES**  
Chocolate chips, bananas & whipped cream. 16.99

**BANANANUTS PANCAKES**  
Bananas, almonds, Nutella & whipped cream. 16.99

ADD Nutella \$1.99

**BENNY'S / SIDES**

**FLORENTINE BENEDICT**  
2 poached eggs, ham & spinach on a toasted english muffin with Hollandaise sauce home fries & fruit slices. 19.99

**SMOKED SALMON BENEDICT**  
2 poached eggs and smoked salmon on a toasted english muffin with Hollandaise sauce, home fries & fruit slices. 19.99

**EGGS BENEDICT**  
2 poached eggs & ham on a toasted english muffin with Hollandaise sauce, home fries & fruit slices. 17.99

**SMOKED MEAT BENEDICT**  
2 poached eggs and smoked meat on a toasted english muffin with Hollandaise sauce, home fries & fruit slices. 19.99

**MEDITERRANEAN BENEDICT**  
2 poached eggs, avocado spread on a toasted english muffin, topped with black olives, feta cheese & hollandaise sauce. 19.99

**CHICKEN & WAFFLE BENEDICT** 2 poached eggs, on top of our Belgian waffle, crispy chicken strips & hollandaise sauce 23.99

ALL OMELETTES ARE PREPARED WITH 3 EGGS, SERVED WITH HOMEFRIES, TOAST, AND FRESH FRUIT SLICES.

**SMOKED MEAT OMELETTE**  
Heaps of our tender juicy smoked meat. 17.99

**VEGETARIAN OMELETTE**  
Chunks of tomato, mushroom, onions, green pepper & melted cheddar cheese. 17.99

**WESTERN OMELETTE**  
A classic...filled with onions, green pepper and ham. 17.99

**SPINACH & GOAT CHEESE OMELETTE 17.99**

**MEAT LOVER'S OMELETTE**  
Think meat and more meat... chunks of smoked meat, ham, bacon and sausage. 17.99

**HEALTHY CORNER**

**POACHED EGG ON TOAST**  
Served with yogurt & a healthy portion of fresh fruit. 14.99

**FRESH FRUIT, GRANOLA & YOGURT 13.99**

**MORNING WRAP**  
Scrambled eggs, red onions, lettuce, tomatoes, cheddar on a whole wheat tortilla, served with baked beans & fresh fruit. 16.99

**SOUTHWEST EGG & AVOCADO ON TOAST**  
Any style egg served on pumpernickel toast, topped with salsa, cheddar & hot sauce. 10.99

**SMOKED SALMON & AVOCADO TOAST**  
Avocado spread, capers, red onions. Olive oil on (2) pumpernickel toast 20.99

**BREAKFAST SIDES**

Fresh Fruit	Sm. 3.99	Lg. 6.99	Bagel	3.99
Baked Beans	4.99	Pancake (single)	3.99	
Homefries	6.99	French Toast (single)	4.99	
Tomato Slices	2.99	Maple Syrup	1.49	
Bacon • Ham • Sausage	4.99	Hollandaise	3.99	
Smoked Meat	7.99			
Toast	2.99			

**Smoothies 6.99**

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**PASTA**

**LASAGNA..... 18.99**  
Baked with smoked meat & cheese or Chez Georges style.

**CARUSSO..... 18.99**  
Baked with smoked meat & cheese or Chez Georges style.

**SPAGHETTI with meat sauce ..... 14.99**

**SPAGHETTI ALFREDO ADD CHICKEN 6.99 ..... 16.99**

**CHICKEN PARMIGIANA..... 23.99**

**BREAD**

**GARLIC BREAD..... 4.99** **GARLIC BREAD W/CHEESE .. 7.99**

Taxes not included

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• Fertilization of lawns, trees and shrubs  
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# APPETIZERS

- ZUCCHINI STICKS .....12.99
- CHICKEN WINGS .....15.99
- ONION RINGS.....8.99
- SWEET POTATO FRIES.....9.99
- CHEESE STICKS .....12.99
- SMALL GRAVY 1.99 LARGE GRAVY 5.99
- NACHOS SUPREME..... 17.99  
Cheese, tomatoes, green onions & jalapeños, salsa.
- ADD CHICKEN ..... 6.99
- FRENCH FRIES ..... 6.99
- FAMILY SIZE ..... 11.99

## ONLY \$34.99 - BENNY'S ONE POUND SPECIAL

TAKE HOME OUR TENDER, JUICY HAND CARVED SMOKED MEAT

### 1LB. SMOKED MEAT

- RYE BREAD • PICKLE • COLESLAW
- FRENCH FRIES



## BENNY'S BURGERS 80% ANGUS BEEF

ALL BENNY'S BURGERS ARE SERVED WITH FRIES, COLESLAW & A CRISP PICKLE. (SUBSTITUTE YOUR FRIES FOR SOUP OR GARDEN SALAD \$2.99)

- HAMBURGER .....15.99
- VEGGIE BURGER...❤️.....15.99
- CRISPY CHICKEN .....16.99
- GRILLED CHICKEN.....16.99
- JUMBO HOT DOG .....13.99

### JUST PICK ONE OF OUR FAVOURITES !

- THE BENNY CLASSIC** ..... 18.99  
Bacon, fried mushrooms, Swiss cheese.
- THE DOUBLE DOUBLE**.... 19.99  
Double bacon & double cheese.
- THE LAURIER** ..... 18.99  
Mustard, relish, fried onions, American cheese, coleslaw on a grilled bun.
- THE TEXAS**..... 19.99  
BBQ sauce, bacon & onion ring.
- THE HEAVY WEIGHT**..... 23.99  
Two all beef patties, special sauce, lettuce, American cheese, pickles & fried onions.
- THE REUBEN** ..... 19.99  
Our juicy burger topped with smoked meat, Swiss cheese, sauerkraut, pickle & thousand island dressing.
- MEXICAN BURGER** ..... 19.99  
A touch of sour cream, salsa, cheddar cheese, lettuce, hot peppers & fried onions.

SMALL GRAVY 1.99 LARGE GRAVY 5.99 EXTRA ALL BEEF PATTY 9.99

Taxes not included

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# DELICIOUS Pizza DELICIEUSE

	S/P	M/M	L/G
PLAIN .....	14.99	19.99	24.99
1 INGREDIENT .....	15.99	20.99	25.99
ALL DRESSED (Pepperoni, mushrooms & green peppers.) .....	16.99	22.99	27.99
HAWAIIAN (Ham & pineapple.) .....	16.99	22.99	27.99
POLYNESIAN (Ham, pineapple & bacon.).....	17.99	23.99	28.99
ROCKLAND SPECIAL .....	18.99	25.99	32.99
Pepperoni, mushrooms, green peppers, bacon, olives & onions.			
VEGETARIAN .....	18.99	25.99	32.99
Mushrooms, green peppers, olives, onions & tomatoes.			
BENNY'S SPECIAL .....	18.99	25.99	32.99
Pepperoni, mushrooms, green peppers, ham, tomatoes, bacon & onions.			



## SMOKED MEAT SANDWICHES

Hand cut from select briskets & cured with our blend of Montreal spices, every smoked meat sandwich served Montreal style.

- SMOKED MEAT SANDWICH ONLY ..... 10.99  
Just the right size for a smaller appetite.
- HUGE SMOKED MEAT SANDWICH ONLY ..... 15.99  
Our smoked meat lovers size!
- JUMBO SMOKED MEAT PLATTER ..... 19.99  
Served with coleslaw, pickle & hand cut French fries.
- REUBEN ..... 21.99  
Smoked meat sandwich on pumpernickle with sauerkraut & Swiss cheese, coleslaw & a pickle. Served with hand cut French fries.

## FRESH SALADS

- GARDEN SALAD SM 8.99 LG 14.99  
Seasonal mixed greens, shredded carrots, tomatoes & spring onions.
- GRILLED CHICKEN CAESAR .. 19.99  
Our signature Caesar dressing tossed with Crisp romaine, homemade garlic herbed croutons, parmesan & real bacon crumble.
- GREEK SALAD..... 16.99  
Kalamata olives, tomatoes, cucumbers, peppers & red onions sprinkled with crumbled feta.

All salads served with your choice of dressing.

### ADDITIONS:

- CHOPPED EGG .....3.99
- SMOKED SALMON .....8.99

### A HEALTHY CHOICE!



- COBB SALAD..... 19.99  
Grilled chicken chunks, green onions, tomatoes, cucumbers, eggs, bacon, & cheddar cheese on a bed of lettuce, choice of dressing, served on the side.
- GRILLED SALMON SALAD .. 19.99  
Baby mixed greens, topped with tomatoes, julienned red peppers, cucumber, fresh cilantro.

- CHICKEN BREAST ..... 6.99

Taxes not included

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	S/P	M/M	L/G
MEAT LOVER'S .....	18.99	25.99	32.99
Pepperoni, fresh ground beef, bacon, sausage & ham.			
THE DELI .....	18.99	25.99	32.99
Montreal smoked meat & pizza sauce.			
CLUB HOUSE (Chicken, tomatoes & bacon.) .....	18.99	25.99	32.99
EXTRA INGREDIENT .....	2.00	3.00	4.00
EXTRA CHEESE .....	3.99	5.99	6.99
CHICKEN or SMOKED MEAT .....	3.99	5.99	6.99
GLUTTEN FREE DOUGH - Medium size only Add 7.00			

UPGRADE Your Fries to POUTINE 3.99 or ONION RINGS for only 2.99

## SANDWICHES

All Sandwiches served with fries, coleslaw & a pickle. (Substitute your fries for soup or garden salad \$2.99)

- CLASSIC CLUB ..... 17.99  
Chicken breast, bacon, cheddar cheese, lettuce & tomato Served on white bread.
- SMOKED MEAT CLUB ..... 19.99  
Smoked meat, Swiss cheese, lettuce & tomato, served on rye bread.
- PHILLY CHEESE STEAK ..... 19.99  
Served with melted cheddar cheese, fried onions & shaved roast beef on a hoagie bun.
- CRISPY BUFFALO CLUB ..... 19.99  
Crispy Buffalo chicken, bacon, Swiss cheese, lettuce & tomato served on a toasted bun.
- CHICKEN CAESAR WRAP ..... 19.99  
Crispy chicken, loaded with bacon and Caesar salad, wrapped in a fresh tortilla
- CLUB WRAP ..... 19.99  
Grilled chicken, tomato, lettuce, bacon & mayo, wrapped in a fresh tortilla.

## BENNY'S POUTINES

- BENNY'S POUTINE ..... 12.99
- SMOKED MEAT POUTINE ..... 15.99
- HOT DOG POUTINE ..... 14.99
- BACON POUTINE ..... 15.99
- PHILLY CHEESE STEAK POUTINE ..... 15.99
- REUBEN / with Swiss & sauerkraut ..... 15.99
- THREE CHEESE POUTINE ..... 15.99
- VEGGIE POUTINE ..... 15.99
- "THE WORKS" ..... 15.99  
Just sour cream, bacon, spring onion & cheddar cheese
- EXTRA CHEESE ..... 3.99

## HEARTY Meal CLASSICS

- CHICKEN FINGERS ..... 18.99
- FISH & CHIPS ..... 21.99
- HOT SANDWICHES ..... 18.99
- HAMBURGER STEAK ..... 19.99
- BABY BEEF LIVER ..... 19.99
- CHICKEN BROCHETTE ..... 21.99
- 10 BABY TAILS ..... 25.99
- FILLET OF SOLE ..... 20.99
- SALMON FILLET ..... 25.99  
Substitute onion rings or sweet potato fries 2.99

Taxes not included



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