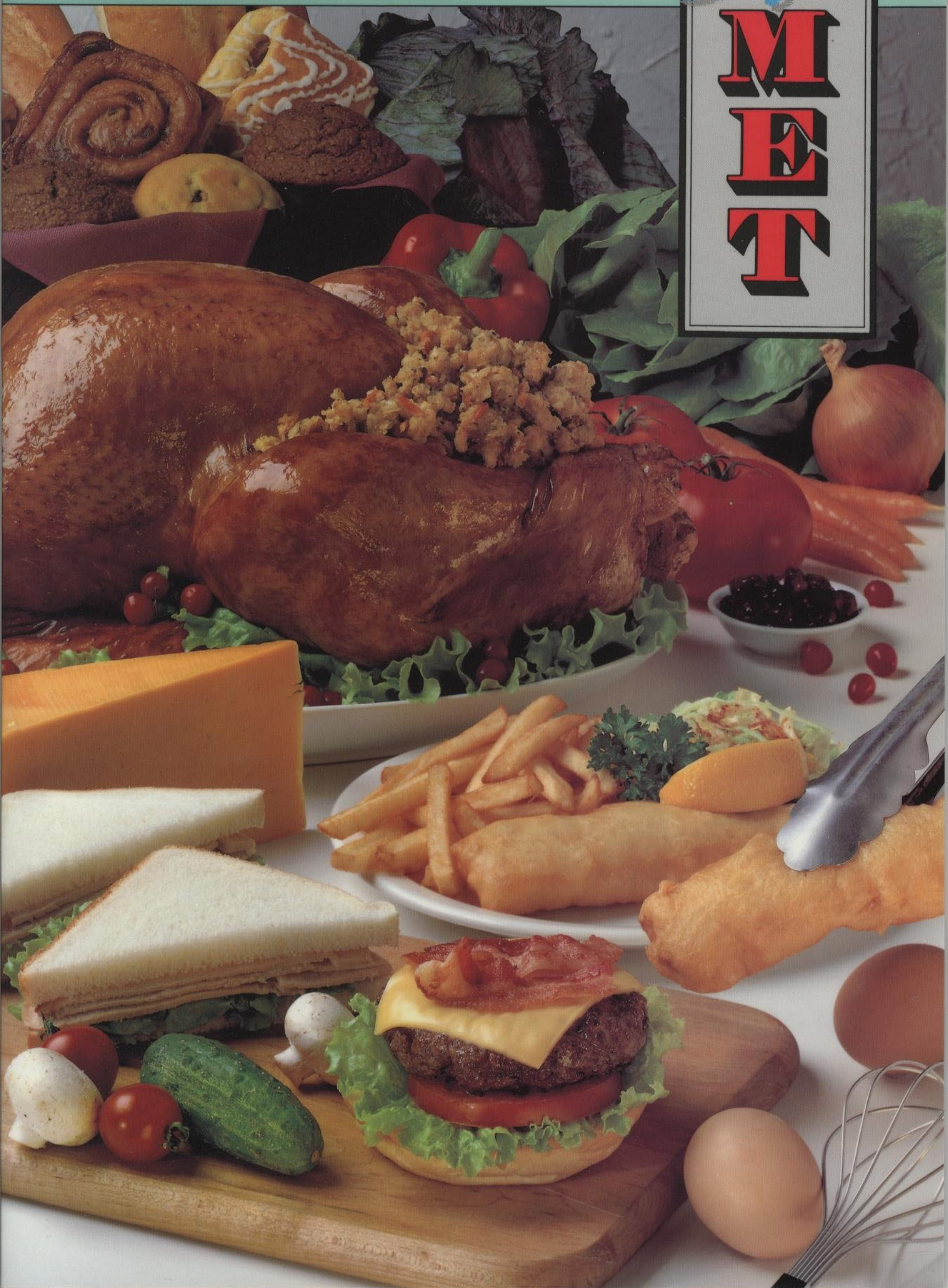
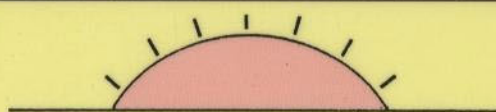


A RETURN TO TRADITIONAL VALUE

Cafe
**M
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Traditional Favourites



All Day Breakfast 3.50

Two eggs any style, served with crisp bacon strips, hash brown potatoes and buttered toast.

Today's Soup

Bowl 1.75
Crock 2.25

Start your meal with a bowl of piping hot freshly prepared soup of the day served with soda crackers.

Sandwiches

All sandwiches are prepared to order. Served toasted or plain on fresh white or whole wheat bread.

	Sandwich	Platter
Bacon, Lettuce and Tomato	2.50	4.25
Turkey Salad	2.50	4.25
Egg Salad	2.35	4.10
Golden Grilled Cheese	2.30	4.05
Double Fried Egg	2.30	4.05
Cold Roast Turkey	2.75	4.50
Western Denver	2.65	4.40
Top Your Choice: With cheese or bacon	.40	Both cheese and bacon .65

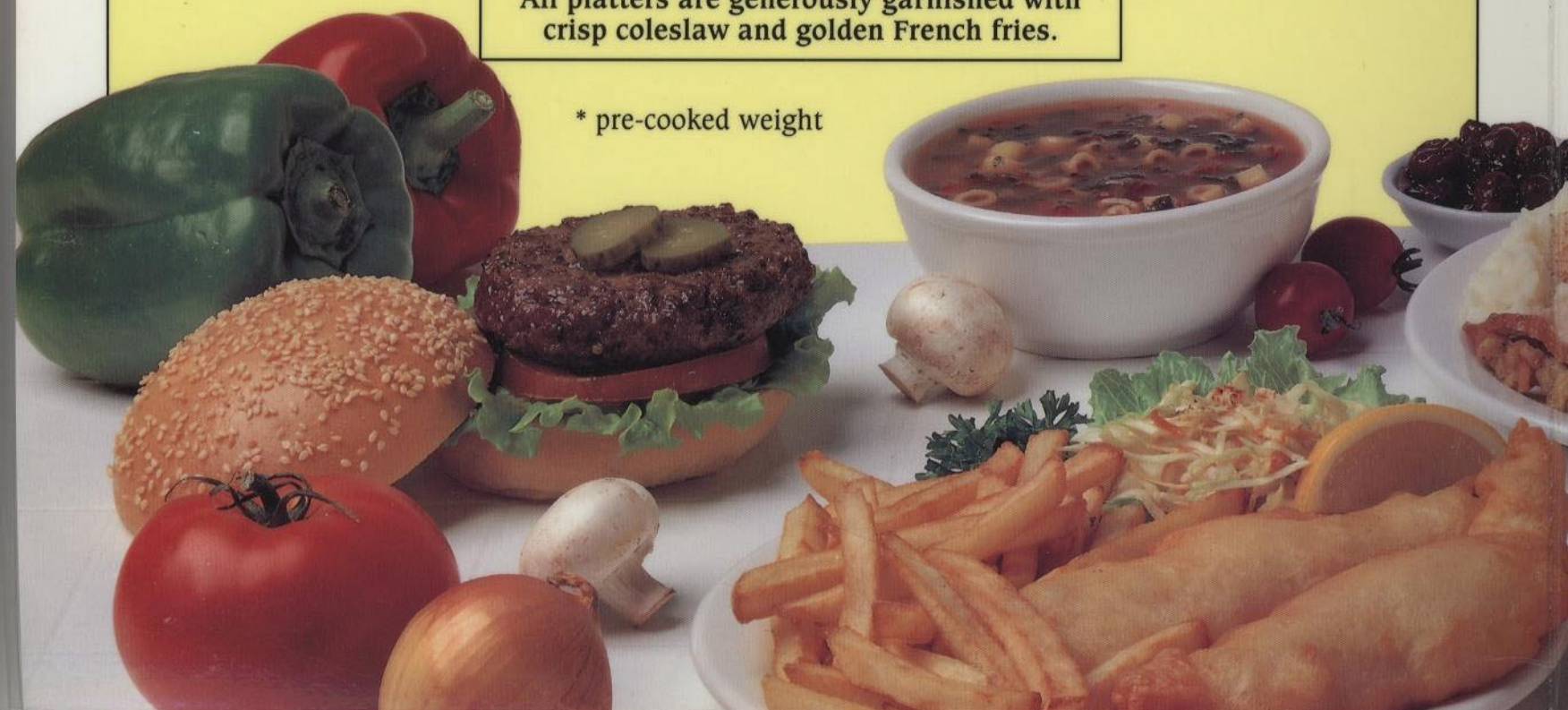
Burgers Plus

Purchased locally, our fresh ground beef contains no additives or preservatives. Burgers and hamburger steaks are formed daily to ensure quality.

Hamburger Steak		5.25
Grilled *6 oz. ground beef steak topped with fried onions and smothered in rich brown gravy. Garnished generously with fries or mashed potatoes and hot vegetables.		
Hot Hamburger Sandwich		4.85
Smothered with gravy in a closed sandwich the old fashioned way. Served with choice of potato and vegetable of the day.		
	Burger	Platter
*1/4 lb. Hamburger	2.35	4.10
Jumbo Burger *6 oz. beef patty	2.85	4.60
Double Burger	3.45	5.20
made with two *1/4 lb beef patties		
Chicken Burger	3.45	5.20
All white meat breaded and garnished with lettuce, tomato and mayonnaise		
Jumbo Hot Dog	1.95	3.70
*A quarter pound favourite		
Regular Hot Dog	1.40	3.15
Top Your Choice: With cheese or bacon	.40	Both cheese and bacon .65

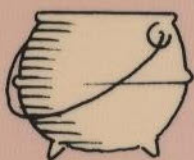
All platters are generously garnished with crisp coleslaw and golden French fries.

* pre-cooked weight



A Return to Traditional Value

*We take this opportunity to welcome you
to our restaurant and*



***A RETURN TO
TRADITIONAL VALUE.***

*Cafe Met traditional value begins
with fresh quality ingredients.
The golden brown turkey
freshly roasted in our ovens is
used to prepare your choice
of dinner or sandwich.*



*Purchased locally, our fresh lean
ground beef contains no additives or
preservatives. Burgers and hamburger
steaks are formed daily to ensure quality.*



*It's no wonder that our Olde
English Style Fish and Chips
have become the number one
choice. Each fillet of ocean perch
is freshly dipped in our own special batter,
deep fried and served the
traditional way.*

*At Cafe Met "fresh"
matters to us because
it matters to you.*



Our Fresh Roast Turkey

All turkey features are prepared with freshly roasted turkey from our own ovens to bring you the true taste of traditional value.

Turkey Dinner	5.50
Slices of fresh roast turkey served with all the trimmings. Includes dressing, rich gravy, cranberry sauce, hot vegetables and choice of potatoes.	
Turkey Sandwich Platter	2.75 4.50
Slices of roast turkey stacked on your choice of white or whole wheat bread with lettuce and mayonnaise. Served plain or toasted.	
Hot Turkey Sandwich	4.95
A traditional favourite served with rich gravy, cranberry sauce, hot vegetables and choice of potatoes.	
Turkey Salad Sandwich Platter	2.50 4.25
Diced turkey mixed with celery and mayonnaise. Served on your choice of bread.	

Turkey features served with white meat only .75 extra

The Clubhouse

5.65

Fresh roast turkey, crisp bacon, tomato and lettuce all combined in this traditional favourite three decker sandwich. Served with a generous portion of crisp golden French fries.

Sides

French Fries	jumbo 1.95	regular 1.50	Try our Frings Friends Half & Half	2.25
Onion Rings		1.65	French Fries and Onion Rings Combo	
Coleslaw		.95	Gravy	.40

• Olde English Style Fish and Chips

4.95

Ocean perch fillets dipped in our own special batter, deep fried until golden brown. Served as a traditional favourite with crisp French fries, coleslaw, lemon and tartar sauce.

Plus applicable taxes



N.A. — A.C. Café

Treats, Snacks and Desserts

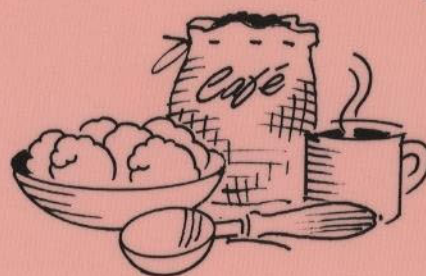
Beverages

*Sweeten your day...
from our dessert tray*

Old Fashioned Apple Pie Topped with ice cream	1.50 1.95
High Top Meringue Pie Simply irresistible	1.95
Assorted Fresh Baked Muffins	.90
A New Taste Sensation Apple-Cranberry Pie Topped with ice cream	1.95 2.40
Jumbo Cinnamon Sticky Bun	1.75
Double Dip Sundae Chocolate, strawberry or caramel topped with whipped cream	2.45
Single Scoop Sundae	1.45



Assorted Juices	1.25
2% Milk	regular 1.10 large 1.50
Chocolate Milk	regular 1.20 large 1.60



Milkshakes	2.25
Made the old fashioned way - chocolate, strawberry, vanilla	
Soft Drinks	regular 1.00 large 1.25

We serve our special blend coffee and
premium orange pekoe tea

Plus applicable taxes

