# MHOO 

Fall/Winter Menu

## New Biscuits

Flaky buttermilk biscuits that satisfy any craving.

## BUTTERMILK BISCUIT \&

 GRAVY COMBOWarm \& flaky buttermilk biscuit served with country gravy, 2 eggs*, 2 pork sausage links, 2 crispy bacon strips \& hash browns

## CHICKEN BISCUIT SANDWICH

Warm \& flaky buttermilk biscuit filled with crispy chicken breast, hash browns, pickle chips \& country gravy. Served with choice of hash browns, French fries, 2 buttermilk pancakes, or seasonal fresh fruit.

FRESH STRAWBERRIES \& CREAM BISCUIT
Warm \& flaky buttermilk biscuit split \& filled with cheesecake mousse, fresh strawberries, a drizzle of our Old-Fashioned syrup, whipped topping \& powdered sugar.

## FRESH STRAWBERRIES \&

## CREAM BISCUIT COMBO

Fresh Strawberries \& Cream Biscuit with 2 eggs*, 2 crispy bacon strips or pork sausage links \& hash browns.

## BREAKFAST BISCUIT SANDWICH

Warm \& flaky buttermilk biscuit filled with 2 fried eggs*
Processed cheese, 2 strips of crispy bacon \& cheese sauce Served with choice of hash browns, French fries, 2 buttermilk pancakes, or seasonal fresh fruit

## Waffles

Crispy edges, fluffy insides.

CHICKEN \& WAFFLES
Golden-brown Belgian waffle topped with 4 crispy chicken strips \& served with choice of sauce.

## BELGIAN WAFFLE V

Our traditional golden-brown Belgian waffle topped with whipped real butter.

## NEW NASHVILLE HOT

## CHICKEN \& WAFFLES (b)

Golden-brown Belgian waffle topped with
4 crispy chicken strips tossed in spicy Nashville hot sauce \& served with a side of ranch dressing.

NEW OREO COOKIE CRUMBLE
Golden-brown Belgian waffle filled with OREO ${ }^{*}$ cookie pieces \& topped with creamy cheesecake mousse, more OREO ${ }^{\star}$ cookie pieces \& whipped topping.

## World-Famous Pancakes

Light \& fluffy world-famous buttermilk pancakes griddled fresh to order.

## CINN-A-STACK®

THE FAN FAVOURITE IS BACK
4 pancakes layered with cinnamon roll filling \& topped with cream cheese icing

## STRAWBERRY BANANA V

4 pancakes filled with fresh banana slices. Topped with glazed strawberries \& more banana slices.

## DOUBLE BLUEBERRY V

4 pancakes filled with blueberries \&
topped with blueberry topping.

## NEW YORK CHEESECAKE $\boldsymbol{V}$

4 pancakes filled with cheesecake bites \& topped with glazed strawberries.

MEXICAN TRES LECHES
4 pancakes layered with vanilla sauce \& dulce de leche caramel sauce.

## CHOCOLATE CHOCOLATE

## CHIP V

4 chocolate pancakes filled with
chocolate chips \& topped with chocolate drizzle. Available in buttermilk.

## CUPCAKE

4 pancakes filled with rainbow sprinkles. Topped with cupcake icing.

ORIGINAL BUTTERMILK $\vee$
5 world-famous buttermilk pancakes topped with whipped real butter.

ORIGINAL GLUTEN-FRIENDLY GF ©
4 fluffy gluten-friendly pancakes
topped with whipped real butter.

## Protein Pancakes

Made with whole grain rolled oats, barley, rye, chia \& at least 37 grams of protein in a 4 -stack.

## LEMON RICOTTA MIXED BERRY

 PROTEIN V4 protein pancakes loaded with
blueberries, topped with lemon ricotta
\& seasonal mixed berry topping. Add a squeeze of lemon for an extra zing!

## STRAWBERRY BANANA

 PROTEIN V4 protein pancakes filled with fresh banana slices. Topped with glazed strawberries \& more banana slices

## PROTEIN POWER V

4 protein pancakes topped with whipped real butter.

## Choose Your

Syrup
Free from high-fructose corn syrup. Availability

Choose from:
Blueberry
Strawberry
Butter Pecan

## Thick 'N Fluffy French Toast

STRAWBERRY BANANA 2 slices topped with glazed strawberries, fresh banana slices \& powdered sugar.

## LEMON RICOTTA

## MIXED BERRY

2 slices topped with lemon ricotta seasonal mixed berry topping \& powdered sugar.

## CLASSIC

2 slices topped with whipped real butter \& powdered sugar.

## CINNAMON BUN

## Sweet \& Savoury Crepes

Thin, delicate, French-style pancakes made with real eggs \& griddled to order.

2 crepes filled \& rolled with
cheesecake mousse, drizzled with cinnamon bun filling \& cream cheese icing, topped with fresh strawberries \& powdered sugar.

## BANANA WITH NUTELLA

4 crepes topped with Nutella ${ }^{\circledR}$ The Original Hazelnut Spread ${ }^{\circledR}$ \& freshly sliced bananas.

## BREAKFAST

2 crepes filled \& rolled with scrambled eggs $\ddagger$, crispy bacon, crispy hash browns, white cheese sauce \& Jack \& Cheddar cheeses.

## CHICKEN PESTO

2 crepes filled \& rolled with grilled chicken, nut-free pesto, Jack \& Cheddar cheeses \& roasted cherry tomatoes.

## LEMON RICOTTA

 MIXED BERRY 2 delicate crepes filled with lemon ricotta, topped with seasonal mixed berry topping, more lemon ricotta \& powdered sugar. Add a squeeze of lemon for an extra zing!
## FRESH BERRY V

4 crepes folded \& topped with fresh strawberries. Add a squeeze of lemon for an extra zing!

## Eggs Benedict

Creamy hollandaise, poached eggs, toasty English muffin.
Served with Hash Browns v. Substitute Seasonal Fresh Fruit v.


## CANADIAN CLASSIC

Canadian-style peameal bacon on an english muffin, 2 poached eggs \& hollandaise.

## SPICY POBLANO

Fire-roasted poblano peppers, red bell peppers \& onions, shredded beef, chopped serrano peppers, poached eggs* \& poblano hollandaise on a toasted English muffin.

## Make it a Griddle Combo

## NEW WAFFLE COMBO

Choice of Belgian,
Strawberry Cheesecake or OREO ${ }^{\circ}$ Cookie Crumble Waffle, 2 eggs* your way, 2 bacon strips or pork sausage links \& hash browns.

## THICK 'N FLUFFY FRENCH TOAST COMBO

Choice of 1 slice of Classic, Strawberry Banana or Lemon Ricotta Mixed Berry Thick ' $N$ Fluffy French Toast, 2 eggs*, 2 bacon strips or pork sausage links \& hash browns.

## WORLD-FAMOUS

 PANCAKE COMBOChoice of any 2 same-flavoured pancakes, 2 eggs*, 2 bacon strips or pork sausage links \& hash browns.

Make it with Original Gluten-Friendly Pancakes! ©

## CREPE COMBO

Choice of 1 Fresh Berry,
1 Lemon Ricotta Mixed Berry, 1 Cinnamon Bun Crepe or 1 Banana Nutella Crepe, 2 eggs* 2 bacon strips or pork sausage links \& hash browns.


TRY OUR NEW BUTTERMILK BISCUITS

## Omelettes

Made with a splash of buttermilk \& wheat pancake batter to make our omelettes light \& fluffy!

Served with choice of 3 Buttermilk Pancakes ( ) Hash Browns © or Buttered Toast. Substitute 3 Flavoured Pancakes from pancakes section or Seasonal Fresh Fruit. (V. Excludes Pesto Egg White Veggie Omelette, which is served as described.

## BIG STEAK

Steak, hash browns, green peppers, onions, mushrooms, tomatoes \& Cheddar cheese. Served with salsa.

## SPICY POBLANO (6)

Fire-roasted poblano peppers, red bell peppers \& onions, shredded beef, Jack \& Cheddar cheeses, avocado, poblano cream \& chopped serrano peppers.

## CHICKEN FAJITA

Grilled chicken breast with fire-roasted poblano \& red bell peppers, onions \& Jack \& Cheddar cheeses. Served with salsa,
sour cream \& a grilled serrano pepper.

## SPINACH \& MUSHROOM

Sautéed spinach, mushrooms, onions, tomatoes,
hollandaise \& Jack \& Cheddar cheeses.

## COLORADO

Bacon, shredded beef, pork sausage, ham, green peppers, onions \& Cheddar cheese. Served with salsa.

## BACON TEMPTATION

Chopped crispy bacon, Jack \& Cheddar cheeses,
tomatoes \& white cheese sauce.

## PESTO VEGGIE EGG WHITE GF $\boldsymbol{V}$

Egg white omelette with sautéed mushrooms, roasted
cherry tomatoes, nut-free pesto \& avocado.
Served with seasonal fresh fruit.

WHOLESOME SUBSTITUTIONS Egg whites

## Build Your Own Omelette

BUILD YOUR OWN OMELETTE
CHOOSE YOUR CHEESE
Processed
Jack \& Cheddar $\boldsymbol{V}$
Cheddar
Three-Cheese Blend $\boldsymbol{V}$

## CHOOSE YOUR ADD-INS

Bacon
Pork Sausage
Nut-Free Pesto (V)
Ham
Extra Cheese
Sautéed Mushrooms
Sautéed Green Peppers \& Onions (V)
Hash Browns $\mathbf{V}$
Roasted Cherry Tomatoes
Fresh Tomatoes
Sautéed Spinach
Fresh Avocado $V$

## Breakfast Combos

## WHOLESOME SUBSTITUTIONS

Egg Whites | Turkey Bacon.

## BREAKFAST SAMPLER

2 eggs*, 2 bacon strips, 2 pork sausage links, 2 pieces of ham, hash browns \& 2 buttermilk pancakes.

## SIRLOIN TIPS* \& EGGS

Sautéed with onions \& mushrooms, served with 2 eggs*, hash browns \& 2 buttermilk pancakes

## SMOKEHOUSE COMBO

1 jumbo smoked sausage link cut in half, 2 eggs*, hash browns \& 2 buttermilk pancakes.

## $2 \times 2 \times 2$

2 eggs*, 2 bacon strips or 2 pork sausage links \& 2 buttermilk pancakes.

## SOUTHWEST SCRAMBLE

Scrambled eggs ${ }^{\ddagger}$ with Jack \& Cheddar topped with salsa \& avocado. Served with red potato pepper \& onion hash or hash browns \& side choice of toast or 2 buttermilk pancakes.

SPLIT DECISION BREAKFAST
2 eggs*, 2 bacon strips, 2 pork
sausage links, 2 buttermilk pancakes \&
1 slice of our Classic Thick 'N Fluffy
French Toast.

## COUNTRY FRIED

## STEAK \& EGGS

Smothered in country gravy. Served with 2 eggs*, hash browns \&
2 buttermilk pancakes.

## NEW PLANT-BASED SAUSAGE POWER COMBO V

2 sausage patties made from plants, scrambled Egg whites, seasonal fresh fruit \& choice of 2 protein pancakes or multigrain toast.

## CHICKEN \& PANCAKES

4 crispy chicken strips \& 3 buttermilk pancakes. Served with choice of sauce.

## QUICK 2-EGG BREAKFAST

2 eggs*, hash browns, 2 bacon strips
or 2 pork sausage links \& toast.

## T-BONE STEAK \& EGGS

10 oz. T-Bone steak* served with 3 eggs* \& 3 buttermilk pancakes.

## AVOCADO TOAST V

Grilled multigrain bread topped with freshly sliced avocado \& roasted cherry tomatoes. Served with choice of seasonal fresh fruit or hash browns. Seasonal availability may vary.

Top it off with 2 eggs
Top it off with 2 eggs
\& 2 bacon strips.

## BREAKFAST BURRITO

## OR BOWL

Scrambled eggs $\ddagger$, bacon or sausage, Jack \& Cheddar cheeses, hash browns \& a side of salsa. Served either wrapped in a warm tortilla or scrambled in a bowl. Served with a choice of 2 buttermilk pancakes,
hash browns, buttered toast or French fries. Add avocado

## SOUTHWEST CHICKEN BURRITO OR BOWL

Grilled chicken, scrambled eggs $\ddagger$, bacon pieces, green peppers \& onions, tomatoes, queso sauce, Jack \& Cheddar cheeses, hash browns, avocado \& a side of salsa. Served either wrapped in a warm tortilla or scrambled in a bowl. Served with a choice of 2 buttermilk pancakes, hash browns, buttered toast or French fries.


# Ultimate Steakburgers \& Chicken Sandwiches 

Served with choice of French Fries $\boldsymbol{\nabla}$, Onion Rings $\mathbb{V}$ or 2 Buttermilk Pancakes $\mathbb{V}$. Substitute Fresh Fruit or Side Salad $\mathbf{V}$.

## Choose Your Protein

100\% Canadian Angus Beef

Crispy
Chicken Breast
Made with all-natural chicken.

Seasoned Grilled Chicken Breast
Made with all-white meat chicken

Burger Patty $\mathbf{V}$
Made from plants for meat lovers.

Upgrade your cheese to a three-cheese crisp made with sharp Cheddar, swiss, fontal \& gruyère. Add 2.99 (2.24 USD)

## JALAPEÑO KICK (.)

Now with a three-cheese crisp. Spicy blend of sautéed jalapeños, serrano peppers \& onions, crispy bacon, three-cheese crisp, lettuce, tomato \& mayo.

## COWBOY BBQ

Onion rings, crispy bacon, Processed cheese, lettuce, tomato \& tangy BBQ sauce.

## BOURBON BACON JAM

Bourbon bacon jam, crispy bacon,
Processed cheese, lettuce \& mayo.

## THE CLASSIC

Processed cheese, lettuce, tomato, red onion, pickles \& $\mathrm{HHOP}^{\oplus}$ sauce.

Make it a double steakburger with cheese.

## BIG BRUNCH

Crispy bacon, fried egg*
Processed cheese \& 1 HOP ${ }^{\circledR}$ sauce.

## THE CLASSIC WITH BACON

Crispy bacon, Processed cheese, lettuce,
tomato, red onion, pickles \& $1 \mathrm{HOP}{ }^{\circledR}$ sauce
Make it a double steakburger with cheese.


## Hand-Crafted Melts

Served with choice of French Fries $\mathbb{V}$, Onion Rings $\boldsymbol{\checkmark}$ or 2 Buttermilk Pancakes $(\mathbb{}$.
Substitute Fresh Fruit or Side Salad $\mathbf{V} 2.99$ (2.24 USD).

## NEW NASHVILLE HOT CHICKEN MELT (3)

Crispy chicken breast strips tossed in Nashville hot sauce, with mayo, pickles, three-cheese blend \& Processed cheese on grilled, thick-cut bread. Served with a side of ranch dressing.

## CALI ROASTED TURKEY MELT

All-natural roasted turkey breast, crispy bacon, three-cheese blend, roasted cherry tomatoes, fresh avocado \& mayo on grilled multigrain bread.

PHILLY CHEESESTEAK STACKER
Grilled sirloin steak, onions \& Processed cheese. on a grilled roll.

## BLTA

6 bacon strips, lettuce, tomato, avocado \& mayo on grilled sourdough.

## HAM \& EGG MELT

Sliced ham, fried egg* \& processed cheese
on grilled, thick-cut bread.

## Fresh Salads

## FRESH BERRY SALAD

Choice of grilled or crispy chicken, fresh strawberries red onions \& fresh avocado on a bed of lettuce. Substitute Atlantic Salmon ©f

## CHOPPED CHICKEN SALAD

Choice of grilled or crispy chicken, crispy bacon, freshavocado, tomatoes, three-cheese blend


## 55+ Menu

Special value for guests age 55+

55+ BREAKFAST SAMPLER
1 egg*, 1 bacon strip, 1 pork sausage link, 1 thick-cut piece of ham, hash browns \& 1 buttermilk pancake.

## 55+ RISE 'N SHINE

2 eggs*, hash browns, 2 bacon strips or 2 pork sausage links \& toast.

## 55+ THICK 'N FLUFFY

## FRENCH TOAST

1 slice of Classic Thick 'N Fluffy
French Toast \& 2 crispy bacon strips or 2 pork sausage links.

## 55 + CHEESE OMELETTE

Made with Cheddar \& a splash of buttermilk \& wheat pancake batter Served with 2 buttermilk pancakes

## WHOLESOME SUBSTITUTIONS <br> Egg Whites I Turkey Bacon

## Appetizers

## JALAPEÑO CHEESE BITES

6 golden, crispy jalapeño \& Cheddar cheese bites served with buttermilk ranch for dipping.

## CHICKEN QUESADILLA

Diced grilled chicken breast, fire-roasted poblano \& red bell peppers, onions \& melted Jack \& Cheddar cheeses in a warm, grilled tortilla. Served with salsa, pickled jalapeños \& sour cream.

## MOZZA STICKS

6 mozzarella cheese sticks with a crispy outside \& a gooey inside. Served with marinara.

## APPETIZER SAMPLER

Mozza sticks, onion rings \& crispy
chicken strips served with marinara
\& choice of sauce.

## CINNAMON DIPPERS

Donut holes tossed in cinnamon sugar.
Served with cream cheese icing
\& dulce de leche caramel sauce.


## Kid's Menu

12 \& under

Kids Drinks

## SILVER 5

5 silver dollar pancakes,
1 scrambled egg \&
1 bacon strip.

## HAPPY FACE

 PANCAKE COMBOChocolate or buttermilk happy face pancake with 1 scrambled egg, 1 bacon strip \& 1 pork sausage link.

## JR. CUPCAKE

 PANCAKE COMBOWith 1 scrambled egg, 1 bacon strip \& 1 pork sausage link.

## JR. CHICKEN \&

## WAFFLES

2 crispy chicken breast strips
\& 2 Belgian waffle quarters.
JR. MAC \& CHEESE
Served with MOTT'S Applesauce.

## JR. CHICKEN STRIPS

## DINNER

Served with MOTT'S® Applesauce or French fries \& a side of ranch.

## JR. CHEESEBURGER

100\% Canadian Angus Beef steakburger served with MOTT'S® Applesauce.

## GRILLED CHEESE

 SANDWICHServed with MOTT'S* Applesauce.

NOTICE: SOME ITEMS MAY CONTAIN RAW OR UNDERCOOKED INGREDIENTS. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

## Entrées <br> All entrées served with choice of 2 sides.

## ATLANTIC SALMON

6 oz. salmon fillet grilled to perfection.

## SIRLOIN STEAK TIPS

A hearty portion of tender sirloin steak tips* sautéed with mushrooms \& onions.

ALL-NATURAL ROASTED TURKEY
All-natural roasted turkey breast topped with turkey gravy.

## COUNTRY FRIED STEAK

A golden-battered beef steak smothered in country gravy.

## T-BONE STEAK

10 oz. tender, juicy T-Bone steak* grilled to perfection.

## Sides

Yellow \& Green Beans V with garlic butter
Steamed Fresh Broccoli $\mathbf{V}$ with garlic butter
Side Salad V
Rice Medley V
Sharp Cheddar Mac \& Cheese
Red Skin Mashed Potatoes V
French Fries V
2 Buttermilk Pancakes V
Add an additional side to your entrée


# Beverages 

๔๐ All beverages are gluten-friendly except OREO milkshake.

## Coffee, Tea, Juice, Milk, Fountain Drinks \& More

NEW VANILLA CREAMY COLD FOAM COLD BREW 100\% Arabica Iced Cold Brew sweetened with vanilla \& topped with a vanilla creamy cold foam.

## INTERNATIONAL

HOUSE ROAST ${ }^{\circ}$ COFFEE
Free Refills. Regular or Decaf.

## ICED COLD

BREW COFFEE
Naturally smooth, never bitter. 100\% Arabica.

## SPECIALTY COFFEE

Cappuccino or Latte.
ESPRESSO
HOT CHOCOLATE
FRUIT JUICES
Orange Juice and Apple Juice.

TEA \& LEMONADE
Lemonade, Iced Tea or Hot Tea.

MILK
2\% or Chocolate Milk.

## FOUNTAIN DRINKS

Pepsi, Diet Pepsi, Root Beer or 7-UP.

MIMOSA
Sparkling wine and
Orange Juice.

BEER
Ask for selections.

## THE GREAT ONE

Ask your server about the truly Canadian specialty coffee.

## IHOP Splashers

## NEW STRAWBERRY

LEMONADE SPLASHER
A blend of lemonade, 7-UP \& strawberry syrup.
Topped with fresh blueberries \& strawberries.

## BLUE RASPBERRY

LEMONADE SPLASHER
A blend of lemonade, 7-UP \& blue raspberry syrup. Topped with fresh blueberries \& strawberries.

## MANGO LEMONADE

## SPLASHER

A blend of lemonade, 7-UP \& mango syrup.
Topped with fresh blueberries \& strawberries

# House-Made Milkshakes OREO COOKIE CHOCOLATE 

STRAWBERRY
Made with real fruit.

VANILLA

## Desserts

## ULTIMATE CHOCOLATE

 CAKE VA decadent slice of chocolate cake layered with velvety chocolate mousse on a chocolate cookie crust with chocolate ganache.

## CINNAMON DIPPERS

Donut holes tossed in cinnamon sugar. Served with cream cheese icing \& dulce de leche caramel sauce.

## NEW WAFFLE SUNDAE

Golden-brown Belgian waffle quarter topped with vanilla ice cream, chocolate syrup, whipped topping \& choice of fresh strawberries or dulce de leche caramel sauce.

## NEW FRESH STRAWBERRIES

 \& CREAM BISCUITWarm \& flaky buttermilk biscuit split \& filled with cheesecake mousse, fresh strawberries, a drizzle of our OldFashioned syrup, whipped topping \& powdered sugar.

