2 Eggs Bacon or Ham or Sausage Toast, home fries & beans \$12.39

2 Eggs Smoked Meat Toast, home fries & beans \$17.99

#3 Bagette

2 Eggs, bacon & cheese, served inside the bagel center with home fries & beans \$17.99

All **2 Eggs** below: served with a choice of bacon or ham or sausage

2 Eggs, 2 Pancakes \$17.99 with fresh cut fruit \$19.99

2 Eggs, 2 French Toast \$18.59 with fresh cut fruit \$20.49

2 Eggs, 2 Crêpes \$18.99 with fresh cut fruit \$21.99

2 Eggs, Waffle with English Cream \$22.69 with fresh cut fruit \$28.99

Canadian Traditional Breakfast 2 Eggs, toast, home fries, beans, peameal bacon \$17.99

Eggs Benedict

Two large eggs on toasted English muffin, smothered in hollandaise sauce. All eggs benedicts are served with fresh cut fruit & home fries

Ham or Spinach \$22.59 Swiss & Asparagus \$22.99

Back Bacon or Smoked Lox \$22.99

Western Style \$22.99

Topped with sautéed onions, peppers, mushrooms & ham Montreal Style \$24.99

Served on a bagel topped with smoked salmon, cheese, diced red onions & capers

Farmer's Style \$25.99 Topped with grilled chicken, spinach, onions, mushrooms, peppers, tomatoes & mixed cheese

Sterling Ford

www.BiggsDeli.ca

We make it easy at Sterling Ford

Simplement pour vous chez Sterling Ford

All Day **BIGG's** Breakfast Menu

Holidays Excluded

\$20.69

\$20.69

\$20.69

\$20.69

\$20.69

\$21.99

\$19.99

\$21.99

\$21.99

\$21.99

\$25.69

\$18.99

\$17.99

\$3.99

Herbal Tea

fresh lemon

\$20.69

All omelets served with home fries & toast

Mushrooms & Swiss Cheese 🔊 🔀

Smoked Meat & Swiss Cheese 🔈 🌌

Ham, Spinach & Swiss Cheese \$21.99

Bacon & Swiss Cheese

Western 🥌 🥬 🧀

#4 Pancakes

#5 French Toast

Ask your server for sugar free syrup

Plain

Plain

Meat

Meat or

Fresh Cut Fruit

Fresh Cut Fruit

Egg Wrap

Bigg's Baguette

2 Fried eggs on grilled baquette

bun, topped with ham or bacon,

swiss cheese & tomatoe. Served

with home fries & fruit \$21.99

scrambled eggs, bacon, tomatoes,

lettuce & mixed cheese. Served

with home fries & fruit \$21.99

Made with tortilla bread, with

Ham, onions, mushrooms & peppers

Spinach & Feta Cheese 🧆 🙈

Five Veggies 🥬 🦝 🐞 🐟

Benedict Omelet 🥌 🥙 🧼

Bigg's Cajun 🌈 🙉 🥬 🍘

Onions, mushrooms, tomatoes, spinach & peppers

Mish Mash 🚗 🍝 🤲 🥟 🍘

Made with ham & two cheese, smothered in hollandaise sauce

Cajun chicken, mushrooms, onions, peppers & two cheese

\$17.99 Blueberry

\$20.49 Apple Cinnamon

or **Chocolate** Chip

\$17.99 Raisin French Toast **\$20.69**

\$20.99 French Toast & Crêpes **\$23.69**

Breakfast Club

S.w. fresh cut fruit & english cream

Triple decker sandwich, fried eggs,

70, Ch. Montréal, Ottawa (Vanier)

613-747-6878 friendsbingo.ca

ham, cheese, tomatoes, lettuce

& mayonnaise. Served with

home fries & fruit \$21.99

Oatmeal Club

Plain oatmeal \$11.99

With fruit **\$17.99**

mushrooms, mixed peppers & low fat feta cheese served

with fresh cut fruit & grains toast (home fries not included)

Served with butter & syrup

Served with butter & syrup

\$21.99

Sausage, ham, bacon, onions, mushrooms & peppers

Asparagus & Swiss Cheese \(\mathbb{N}\) = \(\mathbb{N}\)

Mixed Cheese (%)

BREAKFAST SPECIAL

2 Eggs, Home Fries with a choice of Bacon or Sausage or Ham, Toast & Coffee \$12.49

Served from 7am to 11am

SUNRISE

Fresh Cut Mixed Fruit, Muffin, Cottage Cheese or Yogurt & Orange Juice \$22.99

Fresh Cut Fruit

Cup of Fresh Cut Fruit \$12.99 With cottage cheese or vogurt

Bowl of Fresh Cut Fruit \$15.99 \$17.49 With cottage cheese or yogurt

Bowl of Crunch Cereal \$16.99 Mixed with fresh cut fruit, yogurt & english cream

Plate of Fresh Cut Fruit \$17.99 With cottage cheese or yogurt

\$13.99

\$15.99

Side of Fresh Cut Fruit Side of Strawberries, **Bananas**, Honey

grains toast & orange juice

\$3.79

Chocolate

Healthy Breakfast

Southern Breakfast

Side of blueberry crêpe \$15.99

Coffee

2 Large eggs any style, served with fresh cut fruit,

Seasoned diced potatoes topped with scramble eggs,

grilled onions, crispy chicken strips, two cheese smothered in

hollandaise sauce, served with fresh cut fruit & muffin \$24.99

Hot Beverages & Fruit Cocktails

\$3.19 \$3.19 \$7.69 \$7.69

ADDITIONS

CARPORTS

COTTAGES

AND MORE...

• DECKS

Tea Strawberry Mango Pina



\$22.69

Colada Strawberry

WORLD LEADER IN

Dan Kelly info.ottawa@technometalpost.com

TECHNOMETALPOST.COM • 613-818-6505

Chocolate, Bananas & Strawberries \$24.49 Scrambled Eggs Crêpe Ham & three cheese \$22.49 **Apple Spice**, Three Cheese,

Bigg's Crêpe

Ham, Spinach & Swiss Crêpe \$22.99

asparagus, black olives & two cheese \$22.99 Side of chocolate, strawberries & banana crêpe \$16.99

California Breakfast Cinnamon bun dipped in french toast batter stuffed with custard

served with fresh cut fruit & yogurt or cottage cheese

Poutine Breakfast \$17.99 Made with seasoned diced potatoes, cheese curds & smothered in hollandaise sauce

+ \$4.99 **Mushrooms, Onions & Peppers** Bacon, Ham & Sausage + \$7.99 **Crispy Chicken Strips** + \$10.29

Cold Beverages Sm. 10oz **\$4.99** Lg. 14oz **\$4.99**



Ottawa

French Crêpes

All crêpes are served with fresh cut fruit & vanilla yogurt

Cinnamon & english cream \$22.99

Grilled Chicken, Spinach, Mushrooms,

Onions & three cheese \$22.99

Scramble eggs, spinach, ham, onions, three cheese & hollandaise sauce \$22.99

Veggie Crêpe

Made with onions, tomatoes, mushrooms, peppers, spinach,

Country Breakfast \$22.69 1/2 Lb 100% beef patty, 2 eggs any style served with home fries,

MONA FORTIER

grilled tomatoes, fried onions, toast & beans \$24.49 **Western** Breakfast

2 eggs western sandwich (ham, onions, mushrooms, peppers & cheese) s.w. fresh cut fruit & seasoned diced potatoes \$23.99

#8 Monte Cristo Sandwich

Bagel & Cream Cheese \$8.99

Served with fresh cut fruit & cheddar cheese

Bagel Egg Sandwich \$20.99

3 eggs, home fries, beans & toast \$42.99

Big Man Breakfast

toast & bacon or ham or sausage \$24.39

#7 Hungry Man Breakfast

Fried egg on a toasted english muffin topped

served with 3 eggs, home fries, sautéed onions,

Cajun Chicken & Eggs

10oz grilled seasoned chicken filet

mushrooms & toast \$28.49

2 Eggs, 1 pancake, 1 french toast, home fries, beans,

Steak & Eggs

Bigg's Muffin

Bagel with Cream Cheese & Fruit \$17.99

Bagel with Bacon, Lettuce & Tomatoes \$17.99

Served with garden salad, onions, tomatoes, cucumbers & capers

Made with fried egg, swiss cheese, tomatoes, lettuce, onions & bacon

or ham served with seasoned diced potatoes & fresh cut fruit

3 Eggs, home fries, toast, beans, bacon, ham or sausage \$24.39

with back bacon & cheese served with home fries \$18.99

Two slices of french bread dipped in french toast batter served with grilled ham, melted swiss cheese, fresh mixed fruit & english cream \$22.99

Bigg's Delight 2 eggs, bacon or ham or sausage, toast,

cottage cheese, served with fresh cut fruit \$22.99 **Quesadilla** Breakfast

3 eggs, scrambled served with green peppers, onions, mushrooms mixed cheese **\$21.99** Add meat (bacon or ham or sausage) **\$23.99**

TOP QUALITY BELGIAN WAFFLE

Bigg's Waffles

english cream or syrup

Plain \$17.99

Bagels

Mountain of Fresh Cut Fruit \$25.49 Mountain of Bananas & Strawberries \$26.59 **Custard**, Bananas, Strawberries

& Whipped Cream \$26.99 **Bagel** with Cream Cheese & Smoked Lox \$23.99

Sides

\$5.99

Home

Fries

\$8.99

Smoked Meat

or Salmon



\$3.99 Bigg's Jumbo Muffin



\$6.29

Bacon (6 Strips).

Ham or Sausage

(4 Slices)



\$2.99

\$7.99

\$3.59

Bagel or

English Muffin



\$5.29

Crêpe Shell

\$7.79 Bigg's Muffin

Sandwich

More Sides

Toast & Jam \$3.99 **Cream Cheese** or English Cream \$3.99 Hollandaise Sauce \$3.99 **Cottage Cheese** or Vanilla Yogurt \$3.99 **Pure Maple** Syrup \$3.99 **Grilled** Onions or Mushrooms \$1.99

Breakfast for Kids Under the age of 12 Served with juice or milk or chocolate milk or hot chocolate

One Egg, Pancake or French Toast Home fries, bacon or ham or sausage \$12.99

Cereal with Fresh Cut Fruit \$12.99

Waffle with fresh bananas, strawberries, whipped cream & chocolate syrup \$18.49 **Pancake** or French Toast Served with fresh cut fruit \$13.99

Substitutions are Extra ·

Fruit for **Home Fries** \$4.99 Muffin for **Toast** Smoked Meat for **Meat \$4.99** Coffee or Tea Bagel, Rye, English Muffin **\$1.99** for **Herbal Tea**

Glutten Free Toast **Free Delivery**

FRANGIAN
A Family of Pharmacies **Easy Online Refills Shop Online** Donald St. Pharmacv

336 Donald St. 613.567.1212

613.830.1212 Bank St. Pharmacy 2531 Bank St.

Orléans Pharmacy 4275 Innes Rd. 613.837.4747 613,739,1212

www.FRANGIAN.com

Un carrefour de vie active sans but lucratif pour les 50 ans + francophones de la région d'Ottawa 164, rue Jeanne Mance, Vanier, ON K1L 6M3 www.lecpc.ca

1425, CH. OGILVIE RD., OTTAWA, ON KIJ 7P3

613 741-3720

Centre Pauline-Charron

HELICAL PILE FOUNDATIONS

ACTIVITÉS • EXERCISES • SPECTACLES • CONFÉRENCES PERFECTIONNEMENT ET DÉVELOPPEMENT PERSONNEL



613.741.0562 Cuisine

Blackburn Pharmacy

2575 Innes Rd





\$0.99



RESIDENTIAL • COMMERCIAL • INDUSTRIAL 🐖 RECREATIONAL

techno Metal Post.