

#1 2 Eggs Bacon
or Ham or Sausage
Toast, home fries & beans **\$12.89**

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

#3 Bagelette
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 **\$20.99**

2 Eggs, 2 French Toast \$18.99
with fresh cut fruit **\$21.99**

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

2 Eggs, Waffle with English Cream \$22.99
with fresh cut fruit **\$25.99**

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 \$22.99

Swiss & Asparagus \$22.99

Back Bacon or Smoked Lox \$23.29

Western Style \$23.29
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

www.BiggsDeli.ca

Four Eggs Omelet

All omelets served with home fries & toast

Mixed Cheese \$17.99

Ham & Mixed Cheese \$20.99

Mushrooms & Swiss Cheese \$20.99

Bacon & Swiss Cheese \$20.99

Smoked Meat & Swiss Cheese \$20.99

Spinach & Feta Cheese \$20.99

Asparagus & Swiss Cheese \$20.99

Ham, Spinach & Swiss Cheese \$21.99

Western \$21.99
Ham, onions, mushrooms & peppers

Five Veggies \$19.99
Onions, mushrooms, tomatoes, spinach & peppers

Mish Mash \$22.99
Sausage, ham, bacon, onions, mushrooms & peppers

Benedict Omelet \$21.99
Made with ham & two cheese, smothered in hollandaise sauce

Bigg's Cajun \$22.99
Cajun chicken, mushrooms, onions, peppers & two cheese

Athletic Omelet \$25.99
Made with fresh egg white only, spinach, onions, tomatoes,
mushrooms, mixed peppers & low fat feta cheese served
with fresh cut fruit & grains toast (home fries not included)

#4 Pancakes
Served with butter & syrup

Plain \$17.99

Meat or \$20.99

Fresh Cut Fruit \$21.99

Blueberry \$19.29

Apple Cinnamon \$19.29

or Chocolate Chip

#5 French Toast
Served with butter & syrup

Plain \$17.99

Raisin French Toast \$20.99

Meat \$20.99

French Toast & Crêpes \$23.99

Fresh Cut Fruit \$21.99

S.w. fresh cut fruit & English cream

Ask your server for sugar free syrup

Bigg's Baguette
2 Fried eggs on grilled baguette
bun, topped with ham or bacon,
swiss cheese & tomatoe. Served
with home fries & fruit **\$22.39**

Egg Wrap
Made with tortilla bread, with
scrambled eggs, bacon, tomatoes,
lettuce & mixed cheese. Served
with home fries & fruit **\$22.39**

Breakfast Club
Triple decker sandwich, fried eggs,
ham, cheese, tomatoes, lettuce
& mayonnaise. Served with
home fries & fruit **\$22.39**

Oatmeal Breakfast
Plain oatmeal **\$11.99**
With fruit **\$17.99**

All Day BIGG's Breakfast Menu

Holidays Excluded

BREAKFAST SPECIAL

Holidays Excluded

2 Eggs, Home Fries with a choice of Bacon or Sausage or Ham, Toast & Coffee \$12.69

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 yogurt

Bowl of Fresh Cut Fruit \$15.99
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

Side of Fresh Cut Fruit \$13.99

Side of Strawberries, Bananas, Honey \$15.99

ALL FRUIT ARE SEASONAL

Healthy Breakfast \$22.99
2 Large eggs any style, served with fresh cut fruit,
grains toast & orange juice

Southern Breakfast
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**

Side of blueberry crêpe \$15.99

Hot Beverages & Fruit Cocktails

Cold Beverages

Sm. 10oz \$4.99 Lg. 14oz \$5.99

Milk

Chocolate Milk

Pure Orange

Cranberry

Apple

Grape Fruit

Pineapple

Tomato

Herbal Tea \$3.99
Hot water, fresh lemon \$1.25

Hot Chocolate \$3.79
w/real whipped cream

Coffee \$3.19

Tea \$3.19

Strawberry \$7.69

Mango \$7.69

Pina Colada \$7.69

Banana Strawberry \$7.69



French Crêpes

All crêpes are served with fresh cut fruit & vanilla yogurt

Chocolate, Bananas & Strawberries \$24.99

Scrambled Eggs Crêpe Ham & three cheese \$22.99

Apple Spice, Three Cheese, Cinnamon & English cream \$22.99

Grilled Chicken, Spinach, Mushrooms, Onions & three cheese \$22.99

Bigg's Crêpe
Scramble eggs, spinach, ham, onions, three cheese
& hollandaise sauce **\$22.99**

Ham, Spinach & Swiss Crêpe \$22.99

Veggie Crêpe
Made with onions, tomatoes, mushrooms, peppers, spinach,
asparagus, black olives & two cheese **\$22.99**

Side of chocolate, strawberries & banana crêpe \$16.99

California Breakfast \$22.99
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

Mushrooms, Onions & Peppers + \$4.99

Bacon, Ham & Sausage + \$7.99

Crispy Chicken Strips + \$7.99

#8 Monte Cristo Sandwich
Two slices of french bread dipped in french toast batter
served with grilled ham, melted swiss cheese, fresh mixed fruit
& English cream **\$22.99**

#9 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 **\$22.69**
Add meat (bacon or ham or sausage) & home fries **\$25.69**

#6 Big Man Breakfast
2 Eggs, 1 pancake, 1 french toast, home fries, beans,
toast & bacon or ham or sausage **\$24.99**

#7 Hungry Man Breakfast
3 Eggs, home fries, toast, beans, bacon, ham & sausage **\$24.99**

Bigg's Muffin
Fried egg on a toasted english muffin topped
with back bacon & cheese served with home fries **\$18.99**

Cajun Chicken & Eggs
10oz grilled seasoned chicken filet
served with 3 eggs, home fries, sautéed onions,
mushrooms & toast **\$28.59**

Country Breakfast
1/2 Lb 100% beef patty, 2 eggs any style served with home fries,
grilled tomatoes, fried onions, toast & beans **\$24.99**

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

#9 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 **\$22.69**
Add meat (bacon or ham or sausage) & home fries **\$25.69**

Bagel & Cream Cheese \$8.99

Bagel with Cream Cheese & Fruit \$17.99

Bagel with Bacon, Lettuce & Tomatoes \$17.99

Bagel with Cream Cheese & Smoked Lox \$23.99
Served with garden salad, onions, tomatoes, cucumbers & capers

Bagel Egg Sandwich \$20.99
Made with fried egg, swiss cheese, tomatoes, lettuce, onions & bacon
or ham served with seasoned diced potatoes & fresh cut fruit

Steak & Eggs
12oz AAA Sirloin steak served with
3 eggs, home fries, beans & toast **\$42.99**

#6 Big Man Breakfast
2 Eggs, 1 pancake, 1 french toast, home fries, beans,
toast & bacon or ham or sausage **\$24.99**

#7 Hungry Man Breakfast
3 Eggs, home fries, toast, beans, bacon, ham & sausage **\$24.99**

Bigg's Muffin
Fried egg on a toasted english muffin topped
with back bacon & cheese served with home fries **\$18.99**

Cajun Chicken & Eggs
10oz grilled seasoned chicken filet
served with 3 eggs, home fries, sautéed onions,
mushrooms & toast **\$28.59**

Country Breakfast
1/2 Lb 100% beef patty, 2 eggs any style served with home fries,
grilled tomatoes, fried onions, toast & beans **\$24.99**

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

#9 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 **\$22.69**
Add meat (bacon or ham or sausage) & home fries **\$25.69**

Bagels



TOP QUALITY BELGIAN WAFFLE

Bigg's Waffles

All waffles served with
english cream or syrup

Plain \$17.99

Mountain of Fresh Cut Fruit \$25.99

Mountain of Bananas & Strawberries \$26.99

Custard, Bananas, Strawberries

& Whipped Cream \$28.59

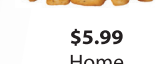
Sides



\$3.99
Cinnamon
Bun



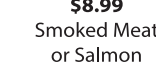
\$3.99
Bigg's Jumbo
Muffin



\$3.59
Bagel or
English Muffin



\$5.49
Crêpe Shell



\$5.99
Pancake
or French Toast
(2 Slices)



\$2.99
Baked
Beans



\$7.49
Single
Egg Benedict



\$8.99
Smoked Meat
or Salmon



\$6.49
Bacon (6 Strips),
Ham or Sausage
(4 Slices)



\$7.99
Peameal
Bacon



\$7.99
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

Smoked Meat for Meat \$4.99

Bagel, Rye, English Muffin & Grains Toast \$1.99

Muffin for Toast \$0.99

Coffee or Tea \$0.99

for Herbal Tea \$0.99

Gluten Free Toast \$1.99

www.FRANGIAN.com

FRANGIAN
A Family of Pharmacies

Blackburn Pharmacy
2575 Innes Rd
613.830.1212

Bank St. Pharmacy
2531 Bank St.
613.739.1212

Donald St. Pharmacy
336 Donald St.
613.567.1212

Orléans Pharmacy
4275 Innes Rd.
613.837.4747

Free Delivery
Easy Online Refills
Shop Online

www.FRANGIAN.com

We make it easy at Sterling Ford
Simplement pour vous chez Sterling Ford

Sterling Ford

1425, CH. OGILVIE RD., OTTAWA, ON K1J 7P3

613 741-3720
www.sterlingford.ca

Friends' BINGO

Since / Depuis 1989

70, Ch. Montréal, Ottawa (Vanier)
613-747-6878 **friendsbingo.ca**

RESIDENTIAL • COMMERCIAL • INDUSTRIAL • RECREATIONAL

techno Metal Post

WORLD LEADER IN HELICAL PILE FOUNDATIONS

Ottawa

Dan Kelly info.ottawa@technometalpost.com
TECHNOMETALPOST.COM • 613-818-6505

L'HONORABLE / THE HONOURABLE
MONA FORTIER
Députée / Member of Parliament
Ottawa-Vanier

Bureau de circonscription / Constituency Office
233, chemin Montréal Road, Ottawa, ON K1L 6C7
Communiquiez avec nous! Contact us!

Mona.Fortier@parl.gc.ca
613-998-1860
MonaFortier.libparl.ca

[@EquipeTeamMona](https://www.facebook.com/EquipeTeamMona)
[@MonaFortier](https://www.facebook.com/MonaFortier)
[@MonaFortier](https://www.facebook.com/MonaFortier)

FRANGIAN
A Family of Pharmacies

Blackburn Pharmacy
2575 Innes Rd
613.830.1212

Bank St. Pharmacy
2531 Bank St.
613.739.1212

Donald St. Pharmacy
336 Donald St.
613.567.1212

Orléans Pharmacy
4275 Innes Rd.
613.837.4747

Free Delivery
Easy Online Refills
Shop Online

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

Centre Pauline-Charron

ACTIVITÉS • EXERCISES • SPECTACLES • CONFÉRENCES
PERFECTIONNEMENT ET DÉVELOPPEMENT PERSONNEL



613.741.0562

