

ALL OUR FOOD IS HOMEMADE FRESH

BURGERS

All burgers served with fries, coleslaw & a dill pickle

Veggie Burger	\$17.99
Soya protein burger topped with lettuce, tomato, onions & cucumber	
Hamburger Platter	\$18.99
Half pound all beef patty topped with relish, onions, tomato & lettuce	
Cheeseburger Platter	\$19.99
Half pound all beef patty topped with cheese, relish, onions, tomato & lettuce	
BIGG'S Burger	\$21.99
Half pound all beef patty topped with swiss cheese, bacon, relish, onions, tomato & lettuce	
Garlic Mushroom Melt	\$21.99
Half pound all beef patty topped with swiss cheese, relish, garlic fried mushrooms, lettuce, tomato & onions	
Philly Steak Burger (8" sub bun)	\$26.99
Sliced striploin grilled with bigg's sauce, onions, mushrooms, peppers, topped with swiss cheese, lettuce & tomato	
Chicken Burger	\$23.99
Grilled marinated boneless chicken breast with cheddar cheese, lettuce, tomato & served with a side of mayo	
Super Ranch Burger	\$23.99
Half-pound all-beef patty topped with fried onions, mushrooms, peppers, swiss cheese, lettuce, tomato & ranch dressing	

Substitute your fries for your choice of salad or onion rings for only \$4.99
Add homemade gravy to your fries \$2.99 or make your fries into a poutine for \$4.99

PASTAS

All pastas served with 2 slices of garlic bread

Spaghetti au Gratin with Meat Sauce	\$22.99
Topped with green peppers, onions, mushrooms, baked with mixed cheese	
BIGG'S Spaghetti au Gratin	\$23.99
Topped with our homemade meat sauce & diced smoked meat baked with mixed cheese	
Spaghetti & Meatballs	\$20.99
Pile of spaghetti noodles smothered in meat balls and our homemade meat sauce	
Spaghetti with Tomato or Meat Sauce	\$18.99
Pile of spaghetti noodles topped with our homemade sauce	
BIGG'S Spaghetti	\$20.89
Topped with our homemade meat sauce & diced smoked meat	
Baked Lasagna	\$20.89
Lasagna noodles with meat sauce, pepperoni, mushrooms & peppers baked to perfection with mixed cheese	
Vegetarian Lasagna	\$19.79
Lasagna noodles baked with tomato sauce, peppers, olives, onions, tomato, mushrooms, spinach, feta & mixed cheese	
Fettuccine Alfredo with mushrooms	\$19.99
Fettuccine noodles tossed with our homemade alfredo sauce (add grilled chicken for \$5.99)	
Fettuccine & Shrimp	\$25.89
Fettuccine noodles loaded with shrimp tossed in our homemade creamy sauce	
Baked Shrimp, Feta Penne	\$27.99
Penne tossed in a creamy tomato sauce loaded with shrimp, feta, sauteed onion, peppers, mushrooms, baked with mixed cheese	

Add caesar or house salad for only \$4.99
Add Greek salad to any pasta for only \$5.99

Les Gouttières

HOULE

Seamless Eavestroughing & Gutter Clean

5" & 6" SEAMLESS EAVESTROUGH PROFESSIONALLY INSTALLED

rhoule@houleseamlesstroughs.com

WWW.HOULESEAMLESSTROUGH.COM

613.488.3270 1515, Ch. du Golf, Clarence Creek ON K0A 1N0 Cell.: 613.880.3574

• ADDITIONS RESIDENTIAL • COMMERCIAL • INDUSTRIAL RECREATIONAL

• DECKS

• CARPORTS

• COTTAGES

• AND MORE...

techno Metal Post™

Ottawa

WORLD LEADER IN HELICAL PILE FOUNDATIONS

Dan Kelly info.ottawa@technometalpost.com

TECHNOMETALPOST.COM • 613-818-6505

ALL OUR FOOD IS HOMEMADE FRESH

FAJITAS

Sizzling fajitas served with diced tomatoes, lettuce, shredded cheese, sour cream, salsa & tortilla shells (add guacamole \$2.50 extra)

	for one	for two	Family(4)
Chicken	\$29.19	\$51.99	\$66.79
AAA Beef	\$29.19	\$51.99	\$65.99
Vegetable	\$25.99	\$48.99	\$61.99
Shrimp	\$30.29	\$53.99	\$67.79

Add a side of ribs for only \$10.99

SURF

All items below are served with steamed vegetables & rice or fries. Add a salad \$5.99

Fish'n Chips (home made)	\$27.99
Lightly battered cod fish served with tartar sauce & lemon	
Filet of Sole	\$27.99
Lightly breaded filet of sole served with lemon garlic butter	
Atlantic Salmon	\$35.99
8 oz grilled filet of salmon served with lemon garlic butter	
Salmon & Shrimp	\$42.99
8 oz salmon filet & baked shrimp	
Shrimp Platter	\$35.99
Three skewers of charbroiled shrimp served with rice & seafood sauce	

Substitute your fries for onion rings \$3.99 - add homemade gravy to your fries \$2.99 - make your fries into poutine \$4.99
Add shrimp to any plate for only \$5.99

STIR-FRY

All stir-fries are served with rice or pasta noodles. Add a salad \$5.99

Veggie Stir-fry	\$27.99
Chicken Stir-fry	\$32.79
Beef Stir-fry	\$32.79
Shrimp Stir-fry	\$35.79

Ontario TRANSMISSION

Since / Depuis 1957

- Repairs to All Makes & Models
- Exchange Units
- Licensed Technicians

• Owner : Manny

299 Montgomery Street
Ottawa • Ontario • K1L 7W8

613-746-3006

www.ontariotransmission.com

FORAGE

PORTELANCE

CUTTING & CORING

MATT BÉLANGER

CONCRETE SCANNING | IMAGING | DRILLING & CUTTING

Call or Text 613-822-3000

matt@portelancecutting.com www.portelancecutting.com



SCAN ME

A Cut Above the Rest

Mona Fortier
Députée | MP, Ottawa-Vanier

613-998-1860

Mona.Fortier@parl.gc.ca

monafortier.libparl.ca

233, ch. Montréal Rd.
Ottawa ON K1L 6C7



LES PRODUCTIONS Monte Cristo
Depuis l'année 1983 613 239-3838

THE IGS GROUP
Lamination
613-746-6954
theigsgroup.ca

BIGG'S

BAR & GRILL

Weekly Luncheon Specials

All Our Food is Homemade Fresh

ALL DAY

BREAKFAST

ALL DAY



613-746-5040

1099 St. Laurent Bl.
Ottawa, Ont. K1K 3B1

www.biggssdeliandbar.ca

ALL OUR FOOD IS HOMEMADE FRESH

SOUPS & STARTERS

Side Of Fries	\$6.99
Potato Skins	\$14.69
<i>Loaded with mixed cheese, bacon, onion, pepper, tomatoes & sour cream</i>	
French Onion Soup	\$10.49
<i>Baked with mozzarella cheese & our homebaked croutons</i>	
Garlic Bread	\$9.49
Garlic Cheese Bread	\$13.99
<i>Four big slices of garlic baguette baked with two cheeses</i>	
Poutine	\$15.99
<i>Topped with cheese curds & our homemade gravy (add meat sauce for \$2.00)</i>	
Veggie Quesadillas	\$16.99
<i>Grilled tortilla bread with mozzarella, cheddar, diced seasonal vegetables served with sour cream & salsa sauce (add chicken or beef for \$5.99)</i>	
Chicken Fingers Platter	\$18.99
<i>Five golden brown fingers with a side of plum sauce, fries & coleslaw</i>	
Cheese Sticks	\$12.99
<i>Seven golden brown cheese sticks served with tomato sauce dip</i>	
Nacho Platter	\$20.99
<i>Topped with tomatoes, onions, green olives, salsa sauce & peppers served with a side of sour cream (add chicken or beef for \$5.99)</i>	
BIGG's Wings 10 for \$17.99 15 for \$21.99 20 for \$25.99	
<i>Jumbo wings served in your choice of mild, hot, suicide or honey garlic sauce with a side of cool ranch or sour cream</i>	
Onion Rings	\$10.99
<i>Basket of golden brown beefeater rings</i>	
Zucchini Sticks	\$12.99
<i>A pile of homemade deep-fried zucchini sticks served with a garlic dip or sour cream</i>	
Perogies . \$14.99 . . with bacon & grilled onion \$16.99	
<i>Nine golden brown perogies served with a side of sour cream dip</i>	
Poppers	\$14.59
Calamari	\$15.59

Make your perogies into poutine for only \$3.99 extra

SALADS

Served with 2 pieces of garlic loaf

Garden Salad	\$17.59
<i>Fresh mixed greens with tomato, cucumber, onions, peppers & your choice of dressing</i>	
Greek Salad	\$19.99
<i>Romaine lettuce with tomato, cucumber, peppers, black olives, feta cheese & balsamic vinaigrette (add chicken for \$5.99)</i>	
Club House Salad	\$21.99
<i>Fresh mixed greens with tomato, real bacon, croutons, cucumber sliced cheddar cheese, steaming strips of grilled chicken & our homemade ranch dressing</i>	
Caesar Salad	\$17.59
<i>Romaine lettuce tossed with our homemade caesar dressing, real bacon, baked croutons & parmesan cheese</i>	
Grilled Chicken Caesar	\$22.39
<i>Our famous caesar salad topped with steaming strips of grilled chicken breast</i>	
Market Salad	\$23.79
<i>Fresh garden salad with tomato, cucumber, peppers & onions topped with steaming strips of grilled chicken & balsamic vinaigrette</i>	
BIGG's Salad	\$22.69
<i>Fresh garden salad with tomato, peppers & cucumbers, topped with ham, cheese, smoked meat, chicken & served with our house dressing</i>	
Herb Crusted Tilapia & Shrimp Salad	\$24.99
<i>Fresh mixed greens with tomato, peppers, cucumber, onions topped with shrimp, marinated tilapia & a tangy oriental vinaigrette</i>	

ALL OUR FOOD IS HOMEMADE FRESH

ENTRÉES

All entrées are served with steamed vegetables & rice or fries or greek potatoes. Add a salad \$5.99

Striploin Steak with Onion Rings	\$42.99
<i>AAA 12 oz striploin on a toasted garlic loaf, topped with onion rings & gravy</i>	
Steak & Pasta (not served with rice or fries)	\$41.99
<i>AAA 12 oz striploin served with a side of fettuccine alfredo or spaghetti & veggies</i>	
Baby Beef Liver Steak	\$32.99
<i>Topped with grilled onions, bacon & our homemade gravy</i>	
Chicken Souvlaki Platter	\$31.99
<i>Two skewers of marinated grilled chicken souvlaki & rice served with tzatziki sauce</i>	
Hamburger Steak	\$31.99
<i>1 lb of chopped sirloin steak topped with grilled onions & our homemade gravy</i>	
Boneless Chicken Breast	\$31.99
<i>10 oz boneless marinated chicken breast grilled to perfection, served with rice & tzatziki sauce</i>	
Chicken or Veal Parmesan (not served with rice or fries) .	\$32.99
<i>Boneless chicken breast or veal baked with ham, swiss cheese, mixed cheese & mixed cheese, served with a side of fettuccine alfredo, or spaghetti</i>	
Chicken or Veal Cordon bleu (not served with rice or fries) .	\$32.99
<i>Boneless chicken breast or veal baked with ham, swiss cheese, mixed cheese & our homemade tomato sauce, served with a side of fettuccine alfredo or spaghetti</i>	
Steak & Shrimp	\$46.99
<i>12 oz New-York steak & baked shrimp</i>	
Chicken & Shrimp	\$39.99
<i>10 oz Boneless chicken breast and baked shrimp, served with rice</i>	

Add shrimp to any of your plate for only \$5.99

B.B.Q. RIBS & CHICKEN

All items below are served with rice or fries. Add a salad \$5.99

Whole Rack of Ribs	\$40.99
<i>Full rack of pork baby back ribs, grilled in our own bigg's sauce (half rack \$22.99)</i>	
BIGG's Wing Platter	\$35.99
<i>12 jumbo wings tossed in your choice of mild, hot, suicide or honey garlic sauce served with fries & coleslaw</i>	
Ribs & Wings	\$38.99
<i>Half a rack of ribs in bigg's sauce & five jumbo wings in your choice of mild, hot, suicide or honey garlic sauce</i>	
Chicken & Ribs	\$37.99
<i>Half a rack of baby back pork ribs & boneless chicken breast grilled in bigg's sauce</i>	

PIZZA

Pizza is available in one size, 11"

Classic Cheese	\$16.99
Pepperoni	\$17.99
Bacon & Pepperoni	\$18.99
Vegetarian	\$18.99
<i>Green peppers, mushrooms, onions, olives & tomato</i>	
Classic Combo	\$20.79
<i>Pepperoni, green peppers & mushrooms</i>	
BIGG's Special	\$21.39
<i>Pepperoni, green peppers, mushrooms & diced smoked meat</i>	
The Greek	\$21.39
<i>Tomatoes, black olives, onions, peppers, feta cheese & oregano</i>	
Cajun Chicken	\$21.39
<i>Topped with chicken, green peppers, mushrooms & cheese</i>	
The Hawaiian	\$19.79
<i>Topped with ham, pineapple & cheese</i>	
Shrimp Pizza	\$22.79
<i>Topped with shrimp, mushrooms, cheese, tomato, onions & hot peppers</i>	
Bacon Double Cheese Burger	\$25.29
<i>Pizza sauce, mozzarella, cheddar, lean ground beef, smokey bacon, tomato, onion & mushrooms</i>	
Combo Meat	\$23.29
<i>Bacon, ham, sausage, pepperoni and smoked meat</i>	

Any extra veg. topping for \$2.99 ♦ Any extra meat or cheese topping for \$4.29

ALL OUR FOOD IS HOMEMADE FRESH

SANDWICHES

Sandwiches are served with coleslaw, fries & a dill pickle unless otherwise specified

Smoked Meat Sandwich (not served with fries or coleslaw) .	\$12.79
<i>Old-fashioned smoked meat piled high on rye bread with mustard, pickles</i>	
Jumbo Smoked Meat Sandwich	\$25.79
<i>The biggest smoked meat sandwich in town, served with coleslaw, fries & a dill pickle on rye bread with mustard</i>	
Smoked Meat Platter (build your own)	\$27.79
<i>1 lb thin sliced Montreal style smoked meat, pickles, rye bread served with fries & coleslaw</i>	
Montreal Classic Reuben	\$27.79
<i>Deli classic on grilled rye bread with smoked meat, swiss cheese, russian dressing, sauerkraut served with fries & coleslaw</i>	
Chicken Club	\$20.99
<i>Mile-high three-decker sandwich, with bacon, lettuce, tomato served with fries & coleslaw</i>	
Grilled Chicken Clubhouse	\$20.99
<i>Grilled marinated chicken breast, in a three-decker sandwich with lettuce, bacon, tomato served with fries & coleslaw</i>	
BIGG's Clubhouse	\$20.99
<i>Another three decker with smoked meat, tomato, bacon, lettuce served with fries & coleslaw</i>	
Spicy Chicken Clubhouse	\$20.99
<i>Cajun blackened chicken breast topped with lettuce, tomato, bacon served with fries & coleslaw</i>	
BIGG's Healthy Sandwich (not served with fries or coleslaw) .	\$20.99
<i>Grilled boneless chicken breast topped with lettuce, tomato, swiss cheese served with house salad and mayonnaise</i>	
Hot Chicken or Hot Burger Sandwich	\$18.99
<i>Served with hot mixed vegetables & fries smothered in our homemade gravy</i>	
Chicken Parm Baguette	\$20.99
<i>8 oz chicken parm on a toasted baguette served with fries & a pickle</i>	
Buffalo Chicken Baguette	\$20.99
<i>8 oz Buffalo chicken on a toasted baguette with lettuce, tomato, swiss cheese served with fries & a pickle</i>	

Side order of dill pickles for \$3.99

WRAPS

Wraps are served in a grilled 12" tortilla bread with choice of fries or rice & a dill pickle

Vegetarian Wrap	\$17.49
<i>Wrapped with swiss cheese, mixed greens, tomato, cucumber, onion, olives, peppers & tzatziki sauce</i>	
Fajita Wrap	\$20.89
<i>Your choice of chicken or beef, wrapped with lettuce, grilled onions, peppers, tomatoes, salsa & sour cream</i>	
Crispy Chicken Caesar Wrap	\$20.89
<i>Crispy strips of chicken, romaine lettuce, parmesan cheese, real bacon, croutons & caesar dressing</i>	
Chicken Greek Wrap	\$20.89
<i>Romaine lettuce, tomato, cucumber, black olives, peppers, onion, feta cheese with a greek vinaigrette</i>	
Chicken Souvlaki Wrap	\$20.89
<i>Tender strips of grilled chicken wrapped with lettuce, tomato, onions & tzatziki sauce</i>	
Grilled Chicken Club Wrap	\$20.89
<i>Steaming strips of grilled chicken with tomato, lettuce, real bacon & mayonnaise</i>	
Buffalo Chicken Wrap	\$20.89
<i>Crispy Buffalo strips with lettuce, tomato, cheese & ranch dressing</i>	
Tuna Wrap	\$20.89
<i>Fresh made tuna salad wrapped with lettuce, tomato & onion</i>	
Tex Mex Wrap	\$20.89
<i>(AAA) strips of beef, onion, peppers, lettuce, tomato, hot peppers & mixed cheese, fries & sour cream</i>	
BIGG's Wrap	\$20.89
<i>Made with smoked meat, lettuce, tomato and swiss cheese</i>	

Substitute your fries for your choice of salad or onion rings for \$3.99
Add homemade gravy to your fries for \$2.99 or make your fries into poutine for \$4.99

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



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

613 741-3720

www.sterlingford.ca



www.OttawaProperty.com

Genevieve Landry - **Chris Blenkiron**
BROKER OF RECORD / SALES REPRESENTATIVE
COURTIER RESPONSABLE / AGENT IMMOBILIER
Cell: 613.913.4375 / Cell: 613.913.4665
Gen@OttawaProperty.com / Chris@OttawaProperty.com

4366 Innes Rd.,
Orleans ON
K4K 3W3



ACTIVITÉS • EXERCICES • SPECTACLES • CONFÉRENCES
PERFECTIONNEMENT ET DÉVELOPPEMENT PERSONNEL



Centre Pauline-Charron

Un carrefour de vie active sans
but lucratif pour les 50 ans + francophones
de la région d'Ottawa



613.741.0562



164, rue Jeanne Mance, Vanier, ON K1L 6M3 www.lecpc.ca