



Rookies Family Restaurant

ROOKIE'S ALL DAY BREAKFAST

ROOKIE'S FAVORITE 10.95

Two eggs done any style, bacon, ham or sausage, hashbrowns and your choice of white, brown or rye toast.

TWO EGGS 8.45

Two eggs done any style, hashbrowns and your choice of white, brown or rye toast.

PLAIN OMELETTE 9.50

Three eggs blended to perfection. Served with hashbrowns and your choice of white, brown or rye toast.

Make it a Cheese Omelette for an additional 1.50

Make it a Western Omelette for an additional 2.50

PANCAKES 10.50

Three pancakes served with your choice of bacon, ham or sausage.

FRENCH TOAST 10.75

Three large pieces of Rookie's delicious french toast served with your choice of bacon, ham or sausage.

ROOKIE'S WAFFLE 10.75

One waffle served with strawberries and whipped cream. Comes with your choice of bacon, ham or sausage.

STEAK & EGGS 18.95

6 oz. steak done just the way you like. Served with two eggs done any style, hashbrowns and your choice of white, brown or rye toast.

ROOKIE'S BREAKFAST BAGEL 12.95

Grilled bagel topped with ham, two eggs done any style, and cheddar cheese, served with hashbrowns.

EGGS BENEDICT 12.95

Two poached eggs served on an english muffin and topped with your choice of ham or bacon and hollandaise sauce. Served with hashbrowns.

THE ROOKIE'S EXPERIENCE

Three eggs done any style, two strips of bacon, two sausage links, and two slices of ham. Served with hashbrowns and your choice of white, brown or rye toast.

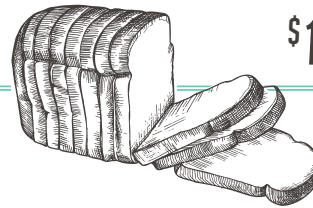
\$15.95



THE ROOKIE'S SCRAMBLER

Hashbrown, scrambled egg, bacon, sausage, green onion, and hollandaise sauce. Baked with mozza and a sprinkle of cheddar cheese. Served with your choice of white, brown or rye toast.

\$13.95



Delicious FRUIT SPRITZER

Mixed Berry Fruit Puree
Over Sprite.

\$3.95

BEVERAGES

COFFEE OR TEA 2.50

POP 2.95

Pepsi, Diet Pepsi, 7-up, Gingerale,
Brisk Ice Tea, Mugs Root Beer

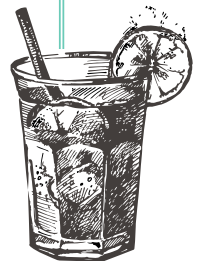
JUICE 2.95

Orange, Apple, Tomato

HERBAL TEA 2.75

MILK OR CHOCOLATE MILK 3.25

HOT CHOCOLATE 2.95



SOUPS, SALADS & MORE

Ask your server for today's soup of the day.

SOUP OF THE DAY 4.95
Served with a dinner bun.

CAESAR SALAD 12.95
Fresh, crisp romaine lettuce tossed with homemade croutons, parmesan cheese and our creamy dressing.
Served with garlic toast.

Add Chicken 4.50
Add Shrimp 5.50

ROOKIE'S HOUSE SALAD 8.95
Garden salad topped with tomatoes and cucumbers, served with a dinner bun and your choice of salad dressing.

Add Chicken 4.50
Add Shrimp 5.50

TACO SALAD 15.95
Garden salad topped with tomatoes, green peppers, green onions, cheddar cheese and your choice of ground beef or chicken spiced with taco seasonings. Served with homemade tortilla chips, salsa, sour cream and your choice of dressing.

THE RANCHER SALAD 19.95
Medium-rare grilled steak sliced and served over garden salad with tomatoes, green peppers, mushrooms, red onions and cheddar cheese. Served with honey mustard sauce and garlic toast.

GREEK SALAD 14.95
Romaine lettuce mixed with feta cheese, black olives, red onions, tomatoes, cucumbers and our special greek dressing.
Served with garlic toast.

CHIPOTLE RANCH CHICKEN CRUNCH SALAD 16.95
Crisp garden salad with red onion, tomatoes, cucumbers, green peppers, bacon bits, cheddar cheese, topped with a chipotle ranch dressing and sliced crispy chicken strips.
Served with garlic toast.

A ROOKIE'S SALAD 16.95
Crisp garden salad topped with Rookie's spiced chicken breast, julienne ham, sliced tomatoes, cucumbers, hard boiled egg, and a sprinkle of mozza and cheddar cheese.
Served with your choice of dressing and a dinner bun.

ROOKIE'S STARTERS

BASKET OF RIBS 12.95
Served with your choice of dipping sauce.

CRAB RANGOON 11.95
Deep fried wontons filled with crab and cream cheese.
Served with honey dill dipping sauce.

ULTIMATE NACHOS 11.95
Green peppers, jalapenos, black olives, tomatoes, green onions, sour cream, salsa and cheddar cheese on a base of tortilla chips.

Add Taco Beef or BBQ Shaved Pork 3.00

CHEESE BREAD 7.95
A generous portion of homemade bread, garlic butter, topped with cheddar cheese and mozza cheese, and then baked. Served with ranch dressing or marinara sauce on the side.

CHICKEN WINGS 14.95
Sixteen delicious chicken wings your choice of flavour.
(Ask your server for flavours)

POTATO SKINS 8.95
Potato skins, green onions, bacon bits, cheddar cheese and a side of sour cream.

SPINACH DIP 10.95
Our homemade spinach dip served with warm soft pretzel twists.

COMBO PLATTER *to Share*

Dry ribs, deep-fried pickles, chicken wings sauced how you like, homemade cheese bread and cactus cut fries with a sprinkle of jalapeno bottle caps. Served with marinara, plum sauce and our homemade ranch dressing to dip.

\$25.95

ROOKIE'S TOP PICKS

All of our top picks come with your choice of soup, tossed salad, caesar salad, french fries, or mashed potatoes.

BACON CHEESE BURGER12.95

Seasoned hamburger patty, topped with bacon and cheddar cheese. Served with mayo, relish, lettuce and tomato.

Try it loaded!

Add an extra patty, bacon and fried onions3.95

MOZZA MUSHROOM BURGER12.95

Seasoned hamburger patty topped with mushrooms and mozza cheese. Served with mayo, relish, lettuce, and tomato.

So Good!

ROOKIE'S ULTIMATE BURGER19.95

Two grilled cheese sandwiches are the bun for this massive burger. Two patties, more cheese, bacon, a couple of onion rings and a fried egg.

Spicy Goodness!

THE JALAPENO POPPER BURGER13.95

Our take on a classic appetizer. A hamburger patty, cream cheese jalapeno pepper spread and melted cheddar cheese.

CHICKEN BURGER13.95

A grilled or crispy chicken breast served on a hamburger bun with lettuce, tomato, and mayo. One of our favourites!

BLT10.95

A delightful, toasted sandwich made with bacon, lettuce, tomato, mayo and your choice of white, brown or rye bread.

ALSO AVAILABLE IN A WRAP!

CHICKEN CAESAR WRAP12.95

Sliced grilled chicken, romaine lettuce, parmesan cheese and our creamy caesar dressing all bundled up in a tortilla.

DRY RIBS & CAESAR SALAD

Dry ribs and a generous portion of our fabulous caesar salad. Served with garlic toast and your choice of dipping sauce.

\$16.95

ROOKIE'S BBQ CRUNCH

CHICKEN WRAP12.95

Chicken tenders tossed in BBQ sauce with cheddar cheese, tomato, lettuce, and ranch dressing wrapped in a tortilla.

ROOKIE'S SINGLE CLUB12.95

Your choice of white, brown or rye toasted bread with sliced ham and turkey, crispy bacon, lettuce, tomato, and mayo.

ALSO AVAILABLE IN A WRAP!

CHICKEN BACON SWISS13.95

Seasoned grilled chicken breast, bacon and swiss cheese, served on herbed mini bread with lettuce, tomato and ranch dressing.

CHICKEN CAESAR WRAP12.95

Sliced grilled chicken, romaine lettuce, parmesan cheese and our creamy caesar dressing all bundled up in a tortilla.

DENVER SANDWICH11.95

Classic with eggs, ham and green onions served toasted or not on your choice of white, brown or rye bread.

ROOKIE'S VEGGIE LOVER WRAP9.95

Sliced tomatoes, cucumbers, mushrooms, red onions, and shredded lettuce with a dill cream cheese spread on a tortilla.

BEEF DIP13.95

Roast beef served on a sub bun with a side of au jus.

Have it smothered with fried onions, mushrooms and mozza cheese3.95

FOR THE SENIOR ROOKIE

All of these dishes are served with the vegetable of the day, a starter soup or salad, and your choice of french fries, mashed potatoes, baked potato (only after 4pm), rice pilaf, or a stuffed potato.

BABY BEEF LIVER13.95

BREADED PORK CUTLETS12.95

CHICKEN FINGERS13.95

FILET OF SOLE14.95

FISH'N'CHIPS12.95

TERIYAKI CHICKEN BREAST13.95

ROOKIE'S PASTA

All of our pasta sauces are house made and each dish is served with garlic toast.

Add a starter soup or salad to any pasta 3.95

BAKED CHICKEN MILANO 16.95

Chicken breast served in a creamy marinara sauce over penne noodles.

BAKED SPAGHETTI & MEATBALLS 18.95

Spaghetti served with our fabulous meatballs and meat sauce.

ROOKIE'S TRADITIONAL BAKED LASAGNA 18.95

Lasagna noodles layered with meat sauce and baked with mozza cheese.

BAKED FETTUCCINE ALFREDO 15.95

Fettuccine noodles smothered in our flavourful alfredo sauce.

Add Chicken 4.50

BAKED SEAFOOD ALFREDO PENNE ... 19.95

This delicious pasta dish is served with crab, baby shrimp, scallops, green onions and creamy alfredo sauce, served over penne noodles with parmesan and mozza cheese. Then baked till golden brown.



PANINIS

Comes with choice of soup, tossed salad, caeser salad, french fries or mashed potatoes.

ROOKIE'S PIZZA 12.95

This tasty panini is grilled on your choice of white, brown or rye bread with pepperoni, mushrooms, green peppers, pizza sauce, and mozza cheese.

REUBEN 14.95

Grilled on rye bread with corned beef, sauerkraut and swiss cheese. Served with thousand island dressing and mustard.

GREEK CHICKEN CLUB 14.95

A chicken breast marinated with greek seasonings, feta cheese, tomato, red onions and grilled on your choice of white, brown, or rye bread.

BBQ SHAVED PORK 12.95

Shaved BBQ roast pork, red onion and cheddar cheese. Grilled on your choice of white, brown, or rye bread.

ROOKIE'S ULTIMATE GRILLED CHEESE 12.95

A unique grilled cheese sandwich filled with homemade macaroni and cheese with delicious strips of bacon. Served on your choice of white, brown, or rye bread.

ON THE SIDE

BACON (4), HAM (3), OR SAUSAGE (3) 4.95

TOAST & PRESERVES 2.95

HASHBROWNS 4.95

ONE EGG 2.50

OATMEAL 4.95

BRAN MUFFIN 3.95

CINNAMON BUN 3.95

TOASTED BAGEL 3.95

Served with cream cheese.

FRUIT BOWL 4.50

FRENCH FRIES 5.95

CACTUS FRIES 6.95

SWEET POTATO FRIES 6.95

Served with chipotle mayo dip.

ONION RINGS 5.95

GARLIC TOAST 2.50

CHEESE TOAST 3.50

SIDE OF GRAVY 1.50

TOMATO SLICES 2.50

FROM ROOKIE'S GRILL

All of these dishes are served with a dinner bun, a starter soup or salad, and your choice of french fries, mashed potatoes, baked potato (only after 4pm), rice pilaf, or stuffed potato and vegetable of the day.

MOZZA MUSHROOM CHICKEN21.95

Two grilled chicken breasts, smothered with Rookie's special sauce and topped with mushrooms and mozza cheese melted to perfection.

FILET OF SOLE20.95

Two lightly breaded sole filets deep fried until golden brown. Served with tartar sauce.

CHICKEN FINGER DINNER19.95

Three chicken filets served with your choice of dipping sauce.

PORK CUTLETS19.95

Two house made pork cutlets grilled to perfection and smothered in gravy.

6 OZ. STEAK SANDWICH18.95

Charbroiled just the way you like it. Served on garlic toast.

10 OZ. STRIPLOIN22.95

Charbroiled just the way you like it. Served with sautéed mushrooms.

POUTINE

CHILI POUTINE9.95

Our classic french fries topped with our homemade chili and cheese curds.

PIZZA POUTINE9.95

French fries topped with pizza sauce, cheese curds and pepperoni, then baked in the oven.

BREAKFAST POUTINE11.95

Hashbrowns topped with real cheese curds, bacon, green onion and our house made gravy. Topped with a fried egg. Makes for a unique poutine experience.

SWEET POTATO POUTINE9.95

If you like sweet potato fries, you will love this poutine. Made with real cheese curds and our house made gravy. This is a poutine you will remember!

ROOKIE'S OWN RACK OF RIBS

Full rack of ribs basted with our secret house sauce, then tossed in oregano and lemon juice.

Sure to become a favourite.

\$22.95



CHICKEN CORDON BLEU22.95

Chicken breast stuffed with ham and swiss cheese topped with our creamy mushroom sauce.

BABY BEEF LIVER18.95

Two 4 oz. portions grilled perfectly and topped with sautéed onions and bacon.

FISH'N'CHIPS18.95

Lightly battered fish filet deep fried until just right. Served with tartar sauce.

CHICKEN FLORENTINE22.95

Two seasoned chicken breasts, topped with spinach, mushrooms, feta cheese and finished with marinara sauce.

½ RACK OF RIBS & CHICKEN22.95

Half rack of ribs and a chicken breast done either BBQ or greek style.

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French fries topped with pizza sauce, cheese curds and pepperoni, then baked in the oven.

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If you like sweet potato fries, you will love this poutine. Made with real cheese curds and our house made gravy. This is a poutine you will remember!

PUB POUTINE

Cactus cut fries, ground beef, cheese curds and gravy. Topped with tomatoes, green onions, shredded lettuce, pickles and a sprinkle of cheddar cheese.

\$13.95



MAC & CHEESE POUTINE9.95

Macaroni and cheese on top of our delicious french fries, house made gravy, real cheese curds and topped with green onions and bacon. The best of both worlds!

REGULAR POUTINE7.95

Our delicious french fries topped with real cheese curds and our house made gravy. Nothing wrong with a classic poutine.

ROOKIE'S PIZZA MENU

Toppings: Green Peppers, Black Olives, Pineapple, Tomatoes, Mushrooms, Onions, Jalapenos, Ham, Bacon, Pepperoni, Salami

Add Vegetable Topping..... 1.75 each
Add Meat Topping 4.25 each
Add Extra Cheese..... 4.25 each

1. CHEESE	17.50
(mozza, cheddar and parmesan cheese)	
2. PEPPERONI	19.00
(classic pepperoni)	
3. HAWAIIAN	19.00
(ham and pineapple)	
4. HONEY GARLIC CHICKEN	20.00
(honey garlic sauce, chicken and pineapple)	
5. LOADED	22.00
(ham, pepperoni, salami, green peppers, mushrooms, onion and pineapple)	
6. ROOKIE'S SPECIAL	19.00
(pepperoni, mushrooms, bacon and green peppers)	
7. TACO	20.00
(your choice of ground beef or chicken spiced with taco seasonings, cheddar cheese, tomato, lettuce and sour cream)	
8. ALL MEAT	22.00
(ham, pepperoni, salami and bacon)	
9. VEGETARIAN	19.00
(green peppers, mushrooms, onions and tomatoes)	
10. PEROGY PIZZA	19.00
(sour cream, cactus fries, bacon bits and green onions)	
11. CHICKEN BACON RANCH PIZZA	20.00
(ranch dressing, chopped chicken breast, bacon bits, mozza cheese and green onions.)	



Rookies
Family Restaurant