



# Welcome to Reflections Hiawatha

Canada' s Harness Racing Show Place

Available Year Around for all your  
special events.

Call 519-542-5543 for more information.

Open Seven Days a Week.  
Open at 9:00am Monday through Saturday.  
Open at 10:00am Sundays.

## Appetizers

### Garlic Cheese Bread

Hoagie loaf, garlic butter and a blend of cheeses baked to perfection - 4.49

### Grilled Quesadillas

Filled with grilled chicken, cheese, chopped tomatoes, green onions and bell peppers. Served with salsa and sour cream - 10.99  
Vegetarian - 8.99

## Hearty Soups & Salads

### Soup of the Day

Made fresh daily. Served piping hot with soda crackers - 3.99

### Market Salad

Seasonal greens topped with fresh tomatoes, cucumbers, carrots and green peppers. Served with your choice of Thousand Island, Ranch, French or Italian dressing - 7.49  
Side Market Salad - 5.49



### Chicken Taco Salad

A golden fried tortilla bowl filled with seasoned grilled chicken, mixed greens, sliced black olives, sliced mushrooms, green onions, tomatoes, shredded cheese and ranch dressing - 9.99

### Classic Caesar Salad

Romaine lettuce tossed with real bacon bits, parmesan cheese, herbed croutons and a creamy Caesar dressing - 7.99



### Classic Chicken Caesar Salad

Romaine lettuce tossed with slices of grilled chicken breast, real bacon bits, parmesan cheese, herbed croutons and a creamy Caesar dressing - 10.99

All wraps available in flour or whole wheat tortilla.

## Sandwiches & Wraps

Served with fries and coleslaw, soup or market salad.

### Philly Steak

Shaved beef steak topped with fried onions, green peppers and Swiss cheese. Served on a grilled hoagie roll - 11.49  
Sandwich only - 7.49



### Traditional Clubhouse

It's a handful. A triple decker with bacon, turkey, lettuce, tomatoes and mayo - 9.99  
Sandwich only - 5.99

### Almond Chicken Wrap

Strips of grilled chicken, lettuce, tomatoes, toasted almonds and a honey mustard sauce wrapped in your choice of a white or whole wheat tortilla - 9.99  
Wrap only - 7.89

### Soup & Sandwich Combo

Your choice of half a Clubhouse, Egg Salad, Tuna Salad or Grilled Cheese sandwich, served with a bowl of piping hot soup - 7.49

### Chicken Caesar Wrap

Strips of grilled chicken, bacon, romaine lettuce, parmesan cheese and a creamy Caesar Dressing 9.99  
Wrap only 7.89

### Classic Sandwiches

Your choice of any of the following sandwiches.

Egg Salad - 3.99 Tuna Salad - 4.29  
BLT - 3.95 Grilled Cheese - 3.69  
Classic Western - 4.99

Add your choice of fries and coleslaw, soup or market salad - 3.49



### Reuben

Sliced corned beef and sauerkraut grilled to perfection with Swiss cheese and Thousand Island dressing. Served on marble rye - 9.99  
Sandwich only - 6.99

### Ham & Swiss Wrap

Sliced Black Forest ham, lettuce, tomatoes, red sweet onions and Swiss cheese wrapped in your choice of white or whole wheat tortilla - 9.99  
Wrap only - 7.49

### Turkey Cranberry Wrap

Oven roasted turkey, lettuce, red onion and a cranberry mayo wrapped in your choice of white or whole wheat tortilla 9.99  
Wrap only - 6.99



House Favourites  
Licensed under the L.C.B.O.  
All prices plus applicable taxes.

## Entrées

Served with your choice of mashed, fries or baked potato, market vegetable, roll and butter, unless specified otherwise.

### Chicken Parmesan

Chicken breast lightly breaded, topped with a rich tomato sauce and mozzarella cheese, then baked - 12.95



### Crispy Shrimp

Eight large shrimp lightly breaded.  
Served with fries and coleslaw - 12.59



### English Style Fish & Chips

Haddock lightly battered and deep fried to a golden brown. Served with fries, coleslaw, a wedge of lemon and tartar sauce - 10.95  
Add a piece - 4.25

### Spaghetti and Meatballs

Spaghetti noodles tossed in a rich tomato sauce with meat balls. Finished with parmesan cheese. Served with garlic toast - 9.99

### Chicken Fingers

Seasoned and breaded chicken fingers. Served with fries, coleslaw and your choice of BBQ or plum sauce - 10.89

### Pan Fried Pickerel

Pickerel fillet dredged in lightly seasoned flour and pan fried to a golden brown - 13.99

### Oriental Chicken Stir Fry

Grilled chicken, stir fried vegetables splashed with an Asian garlic ginger sauce. Served over a bowl of hot lo mein noodles - 12.99 Vegetarian - 9.49



### Liver & Onions

Tender beef liver lightly seasoned and topped with sautéed onions - 10.49

### New York Strip Steak

A 6oz. New York strip steak lightly seasoned and char-broiled the way you like - 13.99

### Captains Seafood Platter

For true seafood lovers! Lightly battered haddock, shrimp and breaded scallops. Served with fries and coleslaw, cocktail sauce, tartar sauce and a wedge of lemon - 14.99

Desserts  
Ask your server for  
today's selection!

## Burgers

Served on a soft kaiser roll with fries and coleslaw.

### Crunchy Chicken Burger

A crunchy chicken breast topped with sliced tomatoes, lettuce, pickles and mayonnaise - 10.49  
Burger only - 6.89



### Classic Steak House Burger

A quarter pound steak house pattie char-broiled and topped with tomatoes, lettuce and pickles - 8.95  
Steak House Burger Only - 4.69  
Add Cheese or Bacon - .99 each

## Beverages

Fountain Pop | Pepsi, Diet Pepsi, Gingerale, Iced Tea, Lemonade  
Large - 2.49 | Small - 1.75

Bottled Water - 1.49, V8 - 2.59

Tea or Coffee - 1.49

Hot Chocolate or French Vanilla Cappuccino - 1.59

Milk | White or Chocolate - 2.29



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# Welcome to Reflections

## Breakfast

Available Monday thru Wednesday, Friday and Saturday 9:00am to 11:30am.  
Thursday 9:00am to 2:00pm  
Sunday 10:00am to 2:00pm



### Classic Breakfast

Two eggs any style with your choice of bacon, sausage or peameal. Served with seasoned homefries and your choice of whole wheat, white toast or marble rye - 6.49

### French Toast

Three slices of bread dipped in a mixture of beaten egg, cinnamon and milk. Griddled to a golden brown and served with whipped cream, syrup and butter - 4.49

## Omelettes

Made with three eggs and served with homefries and your choice of whole wheat, white toast, or marble rye.

### Western

Ham, cheese, green peppers and onions - 7.49

### Ham and Cheese

Diced ham, cheese and onion - 7.49

### Country Style

Sausage or bacon, cheese, green peppers and onions. - 7.49

## On the Side

### Side Dishes

Fresh Baked Muffins - 1.69  
Colossal Cinnamon Roll - 2.29  
Bagel & Cream Cheese  
Plain, Blueberry, Cinnamon Raisin - 2.29  
Toast | White or Whole Wheat - 1.49  
Marbled Rye - 1.59  
One Egg - 99¢  
Peameal Bacon - 2.99  
Bacon or Sausage - 1.69  
Fruit Salad - 1.95

### Beverages

Tea or Coffee - 1.49  
Hot Chocolate or French Vanilla Cappuccino - 1.59  
Milk | White or Chocolate - 2.29  
Large Juice | Apple, Orange, Kiwi Strawberry, Pineapple Mango,  
Grapefruit or Cranberry - 2.49  
Small Juice | Cranberry, Orange or Grapefruit - 1.49  
V8 - 2.59



**The**  
**Range**  
at  
**Hiawatha**

**F1**  
**Karting**  
at  
**Hiawatha**

Thanks for visiting Reflections! Please come again.