



**Welcome to Reflections, Hiawatha**  
Canada's Harness Racing  
Show Place  
Available year round for all your special events

**519-542-5543**  
Open Seven Days a Week  
9:00 am Monday through Saturday  
10:00 am Sundays



## Welcome to Reflections

### Breakfast

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



#### 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 - 7.49

#### Western

Ham, cheese, green peppers and onions.

#### Ham and Cheese

Diced ham, cheese and onions.

#### Country Style

Sausage or bacon, cheese, green peppers and onions.



### 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 - 1.99
- Juice
- Apple, Orange, Kiwi Strawberry, Pineapple Mango, Grapefruit or Cranberry - 2.29
- V8 - 2.59
- Small Juice
- Cranberry, Orange or Grapefruit - 1.49

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

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



House Favourites

Thanks for visiting Reflections! Please come again.

## Appetizers

### Grilled Quesadillas

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

### Garlic Cheese Bread

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

## Hearty Soups & Salads

### Soup of the Day

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

### 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, ranch dressing - 9.99

### 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 - 6.69  
Side Salad - 4.69

### Classic Caesar Salad

Romaine lettuce tossed with real bacon bits, parmesan cheese, herbed croutons and a creamy Caesar dressing - 7.49

### 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

## WRAPS

All wraps available  
in flour or  
whole wheat tortilla

## Sandwiches & Wraps

Served with fries and coleslaw or soup or market salad

### Philly Steak

Shaved beef steak topped with fried onions, green peppers and Swiss cheese. Served on a grilled hoagie roll - 10.89 Sandwich only - 7.49

### 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 a choice of fries and coleslaw, soup or market salad - 3.49

### Traditional Clubhouse

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

### 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

### 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

### 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

### 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

### Turkey Cranberry Wrap

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

### Chicken Caesar Wrap

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

## Entrées

### Chicken Parmesan

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



### 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



### Liver & Onions

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

### New York Strip Steak

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



### Crispy Shrimp

Eight large shrimp lightly breaded. Served with fries and coleslaw - 11.99

### 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

### 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

## 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 Burger

A quarter pound steak house patty charbroiled and topped with tomatoes, lettuce and pickles - 7.95  
Burger only - 4.50  
Add Cheese or Bacon - .99 each

## Beverages

Bottled Water - 1.49

V8 - 2.59

Tea or Coffee - 1.49

Fountain Pop:

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

Hot Chocolate or French Vanilla Cappuccino - 1.59

Milk

White or Chocolate - 1.99

Juice:

Apple, Orange, Kiwi Strawberry, Pineapple Mango, Grapefruit, Cranberry - 2.29

## DESSERTS

Ask your server for today's selection!



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