



All Day Breakfast & Lunch

The
EGGSPERTS
agree...

Eggs are a key part of your healthy diet!

TRADITIONAL BREAKFAST

All eggs prepared to your liking.

All include classic side: homefries, or house salad, or tomatoes. Substitute fruit: \$2.99.

3 Eggs With A Classic Side With Toast & Jam... \$6.49 680 cal

3 Eggs With Bacon, Or Ham, Or Sausage With Toast & Jam... \$8.89 840-1440 cal

3 Eggs With Peameal Bacon With Toast & Jam... \$9.49 830 cal

3 Eggs With Turkey Bacon With Toast & Jam... \$9.49 841 cal

3 Eggs With Turkey Sausage With Toast & Jam... \$9.99 1040 cal

Chris' Poached With Cottage Cheese With Toast & Jam... \$9.49 630 cal

A poached egg on toast, with cottage cheese and fresh fruit.

Stay Young & Strong... \$8.99 320 cal

Fava beans & chick peas, seasoned with fresh lemon, garlic & olive oil. Served with green onions, cucumber, tomatoes & a whole wheat pita.



Corned Beef Hash With Toast & Jam... \$9.49 830 cal

Served with 3 eggs.

Healthy Lite Breakfast With Toast & Jam... \$8.99 635 cal

2 eggs, prepared any style, with yogurt & small fresh fruit salad.

8oz Steak & 3 Eggs With Toast & Jam... \$15.49 1120 cal

Lite Breakfast With Toast & Jam... \$7.99 415 cal

1 egg, prepared any style, small fresh fruit salad.

Grilled Chicken Breast & 3 Eggs With Toast & Jam... \$12.99 965 cal

French Toast Special... \$11.49 1140 cal

3 eggs, 3 bacon strips, 2 sausages, 2 french toast and classic side.

Waffle Special... \$12.49 1200 cal

3 eggs, 3 bacon strips, 2 sausages, with classic side, a waffle with whipped cream & strawberry preserves



Super French Toast... \$11.49 560 cal

2 slices of french toast, one slice with an egg and 3 strips of bacon, the other with a mountain of fruit.

Pancake Special... \$12.49 1040 cal

3 eggs, 3 bacon strips, 2 sausages, 2 pancakes with classic side.



EGGS BENEDICT

Classic sides: homefries, or house salad, or tomatoes. Substitute fruit: \$2.99.

Regular Eggs Benedict... \$11.99 1040 cal

3 poached eggs, peameal bacon, topped with hollandaise sauce, over an English muffin, with classic side.

Asparagus Eggs Benedict... \$11.99 950 cal

3 poached eggs, over English muffins, asparagus topped with hollandaise sauce, served with classic side.

Steak Benedict... \$16.99 1380 cal

8oz steak with 3 eggs, topped with hollandaise sauce, over an English muffin, and classic side.

Nate's Portobello Benedict... \$12.99 800 cal

3 poached eggs, Swiss cheese, topped with hollandaise sauce, over English muffins with a classic side.

Vegetarian Eggs Benedict... \$11.99 1025 cal

3 poached eggs, fresh spinach, topped with hollandaise sauce, over English muffins, with fresh fruit.



Jessie's Eggs Benedict With Smoked Salmon... \$13.99 1250 cal

3 poached eggs, topped with hollandaise sauce, on fresh spinach, over English muffins, served with classic side.



Breakfast Skillet... \$13.49 1570 cal

With corned beef or as meat lover's. Homefries with mushroom, onion, green peppers, 3 eggs with cheese, drizzled with hollandaise sauce.

EARLY BIRD SPECIALS

Available until 10am Monday-Friday, excluding holidays. Includes homefries or tomatoes. Fruit add \$2.99.

3 EGGS WITH 3 BACON, OR HAM, OR SAUSAGE
INCLUDES TOAST & JAM \$5.99 730-1180 cal

WESTERN SANDWICH
2 EGGS WITH HAM AND ONION \$5.99 680 cal

BLT SANDWICH \$5.99 550 cal

CLASSIC OMELETTES

All include classic side: homefries, or house salad, or tomatoes. Substitute fruit: \$2.99.
Substitute egg whites: \$2. Extra cheese: \$2.

Hercules Omelette... \$12.99

Bacon, ham, sausage, peameal bacon, green onions, tomatoes & mushrooms with cheddar or Swiss. With toast & jam.
Garlic is optional
1690 cal



English Omelette... \$11.99

Bacon, green onions, asparagus and cheese
1015 cal

Smoked Salmon Omelette... \$12.99

With spinach, onion and dill. Toast & jam.
830 cal

Ham & Cheese Omelette... \$10.99

Served with toast & jam.
940 cal

Zesty Omelette... \$11.99 890 cal

Dill, green onions & garlic with cheddar or Swiss, toast & jam.

Create Your Own Omelette... \$11.99

Choose any 4 ingredients:

Cheddar, Swiss, feta, ham, mushrooms, green peppers, onions, spinach, zucchini, tomatoes, garlic.

Above 4 ingredients, \$1.69 each.

800-1200 cal

Aliyah's Portobello Omelette... \$11.99

Dill, onions, mushrooms and cheese. Toast & jam.
880 cal

Vegetarian Omelette... \$11.99

Fresh dill, onions, mushrooms, tomatoes & zucchini. Toast & jam.
Garlic is optional
880 cal

Chris' Omelette... \$11.99 880 cal

Onions, mushrooms & tomatoes with cheddar or swiss. Toast & jam.

Kennedy's Breakfast Special... \$10.99

4 scrambled eggs with tomatoes and onions. Toast & jam.
850 cal

Peggy's Favourite Omelette... \$11.99

Spinach, green onion, fresh dill with goat cheese. Toast & jam.
880 cal

Damian's Sunshine Omelette... \$11.99 800 cal

Spinach, onions, tomatoes, mushrooms & feta cheese. Toast & jam. Garlic is optional

Spinach & Cheese Omelette... \$10.99

Served with toast & jam. 850 cal



Green Omelette... \$11.99

Dill, zucchini & green peppers with cheddar or Swiss. Toast & jam.
890 cal

Western Omelette... \$11.49 840 cal

Ham, onions & tomatoes or green peppers, with toast & jam.

PANCAKES & WAFFLES



5 Pancakes or 3 French Toast or 1 Waffle... \$7.99 220-430 cal

WITH STRAWBERRIES, STRAWBERRY PRESERVE & WHIPPED CREAM

\$11.49 320-560 cal

3 Whole Wheat or 3 Multigrain Pancakes... \$8.99 275 cal



Pancakes or Waffles With Assorted Fruit & Whipped Cream... \$11.49 320-560 cal

KIDS MENU

12 year olds and under. All entrees served with 2% milk or chocolate milk.



GRILLED CHEESE
SERVED WITH HOMEFRIES OR FRENCH FRIES.

FRIED EGG SANDWICH
SERVED WITH HOMEFRIES OR FRENCH FRIES.

FRENCH TOAST

MINI PANCAKES

MINI M&M PANCAKES

FRESH SQUEEZED ORANGE JUICE

KIDS 2% MILK OR CHOCOLATE MILK

\$5.49

50 cal

\$5.49

480 cal

\$5.49

460 cal

\$5.49

155 cal

\$5.99

190 cal

\$3.99

115 cal

\$1.99

105-205 cal



EGGS 4 LIFE KIDS SPECIAL

2 EGG ANY STYLE, 2 STRIPS OF BACON, OR SAUSAGE, OR HAM, WITH HOMEFRIES, TOAST & JAM.

SUPER KIDS OMELETTE

OMELETTE WITH MEAT, VEGETABLES, TOAST & JAM.

CHOCOLATE CHIP PANCAKE

2 PANCAKES WITH CHOCOLATE CHIPS & WHIPPED CREAM.

CHICKEN FINGERS

3 CHICKEN FINGERS SERVED WITH FRENCH FRIES.

KIDDIE BURGER

SERVED WITH FRENCH FRIES.



\$5.99

550 cal

\$5.99

680 cal

\$5.99

700 cal

\$5.99

610 cal

\$5.99

590 cal



LUNCH MENU

Served on a bun, or your choice of whole wheat, white or rye bread.

Burger With Cheddar Or Bacon... \$10.99 930-966 cal

100% ground beef served with lettuce, tomatoes, pickles & red onions, served with french fries.



Classic Burger... \$9.89 700 cal

Served with french fries.

Deluxe Burger... \$11.99 1160 cal

100% ground beef with cheese and bacon, served with lettuce, tomatoes, pickles & red onions. Side salad or homefries, or french fries.



Philly Burger... \$12.49 1060 cal

100% ground beef, green pepper, mushrooms, onion, bacon, tomato, cheese and pickle, served with fries.

Fish & Chips... \$11.99 900 cal

Two fillets of fish, served with fries and creamy tartar sauce.

Tuna Sandwich or Wrap in a Tortilla... \$8.49 570 cal

Served with carrot sticks or french fries.

Club House Sandwich... \$12.49 640 cal

Chicken breast, peameal bacon with lettuce & tomatoes and french fries.

Tuna Melt Sandwich... \$9.99 450 cal

Tuna with cheddar or Swiss cheese, tomatoes & lettuce. Served with garden salad or carrot sticks.

Steak On A Bun With Cheese... \$15.49 1180 cal

8oz. steak served with lettuce & tomatoes and french fries.

Peameal Bacon With Cheese Sandwich... \$10.49 920 cal

Served with lettuce and tomatoes and french fries.

Falafel Supreme On A Pita... \$9.89 700 cal

Falafels with grilled eggplant & zucchini, tomatoes, lettuce and pickles, served with salad or french fries.



Egg Salad Sandwich

Or Wrap... \$8.49 425-790 cal

Served with lettuce, tomatoes, carrot sticks or french fries.

Chicken Shawarma Sandwich... \$11.99 493 cal

Marinated chicken breast served in a whole wheat pita, tsaziki sauce with garden salad & carrot sticks, or french fries.

Grilled Chicken Breast On A Bun Or Tortilla... \$10.49 838 cal

Served with lettuce and tomatoes and french fries.

Monte Cristo Sandwich... \$9.99 800 cal

Ham and melted Swiss cheese, between french toast.



Bagel With Cream Cheese

& Smoked Salmon... \$13.49 540 cal

Bagel with cream cheese, smoked salmon, onions and capers, served with garden salad or french fries.

EGGS 4 LIFE SANDWICHES

Served with carrot sticks and your choice of whole wheat, white or rye.

2 FRIED EGG SANDWICH

\$4.99
310 cal

2 FRIED EGG SANDWICH WITH CHEESE

\$5.49
390 cal

2 FRIED EGG SANDWICH WITH BACON

\$5.99
455 cal

WESTERN SANDWICH

\$6.49
480 cal

GRILLED CHEESE SANDWICH

\$5.49
620 cal

GRILLED CHEESE SANDWICH WITH BACON

\$6.99
765 cal

CLASSIC BLT

\$6.49
800 cal



72 Copper Creek Dr.
Markham, On
L6B 0P2
905.201.9660

REVIEW OUR



MARKHAM LOCATION

115 First Commerce Dr.
Aurora, On
L4G 0G2
905.841.3496

REVIEW OUR



AURORA LOCATION

www.eggs4life.ca

Franchise opportunities: eggs4liferestaurant@yahoo.ca 416.875.3119

FRESH FRUIT & YOGURT

Eggs 4 Life Yogurt... \$7.25 500 cal
Yogurt with granola, strawberries & honey.

Small Fresh Fruit Salad... \$5.49
100 cal

Small Yogurt With Honey & Granola... \$5.99
530 cal

Large Fresh Fruit Salad... \$7.89
180 cal

Hot Oatmeal With Brown Sugar & Toast... \$5.99
WITH AN EGG \$7.25
370-560 cal



Tonia's Yogurt With Granola & Fresh Fruit... \$9.49 500 cal
Blueberries, banana, strawberries and strawberry preserves.

SALADS & SOUP

Served with your choice of white, whole wheat or rye toast.

Soup Of The Day... \$4.99



Chicken Caesar Salad... \$12.49 600 cal
Romaine lettuce, grilled chicken breast, Parmesan, red onion, tomato, garlic croutons, bacon & caesar dressing

Caesar Salad... \$7.99 310 cal

Greek Salad With Chicken Breast... \$11.99 540 cal

Chicken B.L.T. Salad... \$13.49 470 cal
Mixed lettuce, cucumber, tomatoes, red onions, green peppers, grilled chicken breast, bacon, covered with cheddar cheese & honey mustard

Greek Salad... \$8.49 170 cal
Iceberg lettuce, cucumber, tomatoes, red onions, green peppers, olives & feta cheese topped with Tonia's salad dressing

Mediterranean Salad With 5 Falafels... \$10.49 490 cal
Mixed lettuce, cucumber, tomatoes, red onions, green peppers, olives & feta cheese.



Steak & Swiss Cheese Salad... \$14.99 1000 cal
Mixed lettuce, cucumber, tomatoes, red onions, green peppers, beef steak, covered with Swiss cheese & honey mustard

Large Tuna Salad Plate... \$10.49 250 cal
Large house salad, topped with tuna, and your choice of dressing.



House Salad... lg sm
\$7.99 / 6.49
Iceberg lettuce, cucumber, tomatoes, red onions, green peppers & your choice of salad dressing 35-70 cal

ADD-ONS FOR SALADS

Grilled Chicken... \$4.99 +280 cal
Tuna Salad... \$4.99 +75 cal
Grilled Steak... \$8.29 +440 cal

BAGELS, TOAST & SIDE ORDERS

TOASTED BAGEL WITH CREAM CHEESE

BAGEL WITH JAM

TOAST WITH JAM

EGGS (EACH)

TOMATOES OR FRIED TOMATOES

\$3.49
290 cal

\$1.99
290 cal

\$1.99
290 cal

\$1.25
70 cal

\$1.99
48 cal

BACON (5), OR HAM (4), OR SAUSAGE (4)

PEAMEAL BACON (3)

FRENCH TOAST (2)

PANCAKES (1/2/3)

HOMEFRIES OR FRENCH FRIES

\$4.99
180-480 cal

\$5.99
210 cal

\$4.99
270 cal

\$2.99 / \$ 3.99 / \$4.99
73-219 cal

\$2.99 / \$3.99
345-500 cal

BEVERAGES

Freshly Squeezed Orange Juice, Lemonade, or Grapefruit Juice...	\$3.99
96-135 cal	
Milk- 2% Or Chocolate...	\$2.49
103-209 cal	
Bottled Juice...	\$2.49
160 cal	
Bottled Water...	\$1.99
5 cal	
Canned Pop...	\$1.99
144 cal	
Bottled Pop...	\$2.79
197 cal	
Iced Tea, Minute Maid Juices (Orange, Apple, Cranberry)...	\$2.89
Fresh Brewed Coffee Or Tea...	\$2.25
5 cal	
Herbal Tea...	\$2.99
0 cal	
Hot Chocolate...	\$2.25
195 cal	
Hot Chocolate With Whipped Cream...	\$3.49
230 cal	

SMOOTHIES

Strawberry & Banana...	\$3.25
330 cal	
Mango & Banana...	\$3.25
330 cal	
For kids...	\$1.95
115-175 cal	

WE CATER!



Assorted Sandwiches

Markham: 905.201.9660

Aurora: 905.841.3496

The logo for Eggs4Life is centered in a yellow oval with a green swoosh. The word "Eggs" is in white script, the "4" is in red script, and "Life" is in green script.

Eggs4Life

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