

TEENA
FAMILY



RESTAURANT
BREAKFAST~LUNCH~DINNER~BAR

STARTERS & APPETIZERS

Homemade Soup of the Day 5.50

Tempting and irresistible homemade soup to perfection to enlighten your day

French Onion Soup 7.00

Slow simmered in a deep, rich broth with toasted croutons and baked with blend of cheese & dinner roll

Spring Rolls 12.00

Crisp and flaky veggie rolls served with plum sauce

Popcorn Shrimp 12.00

A starter portion of breaded shrimps, served with a side of cocktail sauce

Cheese Sticks 11.00

Six mouth-watering, breaded mozzarella cheese sticks served with salsa

Garlic Bread (plain) 11.00 **with cheese** 14.00 **add bacon** 2.99

Garlic bread topped with a blend of cheddar and mozzarella

Battered Mushrooms 12.00

Crispy battered mushrooms served with Ranch

Calamari 15.00

Lightly breaded, golden-brown rings served with tzatziki

Garlic Shrimp 14.00

2 shrimp's skewers, sauteed in garlic butter with parmesan & garlic Bread

Pierogies 13.00

6 potato and cheddar pierogies topped with fried onions and real bacon served with sour cream

Potato Skins 13.00

Fried unpeeled potato halves dressed in bacon, cheese and green onion served with sour cream

VEGGIE NACHOS 16.00

Nachos / hot peppers / cheese / tomato / green onions / salsa & sour cream.... add Chicken 7.00

APPETIZER PLATTER 25.00

Spring rolls / popcorn shrimp / cheese sticks / battered mushrooms / garlic bread & cheese / potato skins, Served with veggies & a variety of dips

Extra salsa or Sour Cream .75 Extra specialty dips 1.25



SALADS

All our salads are served with Garlic bread. Ask your server about the variety of dressings, all salads are meal size

Add a grilled (large) chicken or shrimp 7.00

Grilled steak or salmon 9.00

Garden Salad S/ 9.00 L/ 12.00

Iceberg lettuce, tomato, red onion, cucumber, red cabbage and carrot with your choice of dressing

Caesar Salad S/ 10.00 L/ 13.00

Romaine lettuce mixed with our Caesar dressing and topped with croutons, parmesan cheese and bacon

Greek Salad S/ 11.00 L/ 14.00

Iceberg lettuce with our homemade Greek dressing, topped with tomato, cucumber, red onion, oregano, kalamata olives and feta cheese

Julienne Salad 18.00

Our garden salad loaded with turkey, ham, beef, mixed cheese and hard boiled eggs

Club Salad 18.00

Turkey, or Chicken, bacon, lettuce, tomato, cheese & choice of dressing

Strawberry Spinach & Chicken Salad 19.00

Baby spinach topped with fresh strawberries, red onions, roasted cashews, grilled chicken breast & balsamic vinaigrette



CHICKEN BURGERS

Choice of 1 side: French fries, house salad, daily soup or coleslaw

Chicken Burger..... Breaded or Grilled..... 14.00

Breaded or Grilled chicken Breast topped with lettuce, tomato, onion, pickle and mayo

SOUTHERN CHICKEN BURGER 18.00

Southern style fried chicken breast with bacon, cheese, lettuce, tomato & spicy mayo

Mediterranean Chicken Burger 16.00

Grilled chicken breast topped with feta cheese, spinach, tomato and side of Pesto mayo

Roasted Red Pepper Chicken Burger..... 16.00

Grilled chicken breast, topped with red pepper, bacon, mozzarella cheese and Side of Pesto mayo



BURGERS

Teena's 8 oz burger dressed with lettuce, tomato, onion, pickle, mustard and relish

EXCLUDING PREMIUM / MELTS.

Choice of 1 side: French fries, house salad, daily soup or coleslaw

Add cheese1.50 Add Bacon3.00

Burger 13.00

Bacon & Cheese Burger 16.00

Mushroom Swiss Burger..... 16.00

French Onion Burger 17.00

Crispy onions / bacon / Swiss cheese

Pizza Burger 16.00

Pepperoni / mozzarella cheese / mushroom / marinara

Hawaiian Burger 16.00

Pineapple / ham / Swiss cheese

Grand Slam Burger..... 20.00

Double sirloin burger topped with sautéed mushroom, fried onion, cheddar and Swiss cheese

Loaded Swiss Patty Melt..... 17.00

Smoked bacon, sautéed mushroom, fried onion and Swiss cheese

Impossible Veggie Burger 16.00

Grilled mushroom, Avocado and cheese

Canadian Burger 16.00

Peameal bacon, and cheddar cheese



TEENA CLASSIC POUTINERIE



Classic Poutine 11.00

LARGE portion of fries, gravy & cheese

Meat Lovers Poutine 14.00

Fries / bacon / sausage / cheese / gravy

Crispy Chicken Poutine 15.00

Fries / crispy chicken / cheese / gravy / ranch

SANDWICHES

ADD SIDE FRIES \$4/ COLESLAW \$4/SOUP \$4/ GARDEN SALAD \$5

P.L.T 11.00

Peameal bacon/ lettuce/ tomato / mayo

B.L.T 10.00

Smokey bacon/ lettuce/ tomato/ mayo

Western..... 11.00

3 eggs/ ham/ onion/ cheese

Monte Cristo 11.00

Ham /Swiss cheese/ Thick cut French toast

Chicken Salad Sandwich.....10.00

Chicken/ celery/ mayo/ lettuce

Tuna Salad 10.00

Tuna/ celery/ mayo/ lettuce

Corned Beef on Rye 10.00

Thinly sliced corned beef / mustard

Roasted Turkey10.00

Oven roasted turkey breast / lettuce/ mayo

Grilled Cheese10.00

Add any one for meat: ham/ bacon/ sausage2.99



OUR PREMIUM SANDWICH SPECIALS

Choice of 1 side : French fries, house salad, daily soup, or coleslaw

PULLED Pork On a Bun17.00

BBQ PULLED PORK/CRISPY ONIONS/MIX CHEESE

Classic Reuben 16.00

Corned beef / sauerkraut / mustard / Swiss cheese

French Beef Dip 17.00

Shaved roast beef / Swiss cheese / hot au jus

Steak and Swiss 19.00

NY steak / sautéed mushroom / fried onion / Swiss cheese

Philly Steak 18.00

PHILLY beef / sautéed mushroom / bell peppers / onion / cheese



TEENA TRIPLE DECKERS

Choice of 1 side : French fries, house salad, daily soup, or coleslaw



Turkey Club	16.00
Homemade oven roasted turkey breast / bacon / cheese / lettuce / tomato / mayo	
Chicken Club	16.00
Roasted chicken breast / cheese / lettuce / tomato / bacon / mayo	
Canadian Club	17.00
Peameal bacon / Fried eggs / tomato / lettuce / mayo / mozzarella cheese	

HOT SANDWICHES

Our hot sandwiches are served closed faced and covered in homemade gravy including vegetables, and your choice of potato.

Hot turkey	17.00
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Made with a mixture of white and dark meat (All white +3)

Hot beef	16.00
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Homemade roast beef

Hot hamburger	17.00
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Our house sirloin burger patty

Hot meatloaf	16.00
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Homemade meatloaf with Lean ground beef



WRAPS

Choice of 1 side : French fries, house salad, daily soup, or coleslaw

Chicken Caesar Wrap	16.00
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Crispy breaded chicken /or grilled chicken / romaine lettuce / parmesan cheese / bacon / Caesar dressing

Philly Steak Wrap	17.00
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Philly Beef / mushroom / onion / pepper / cheese / mayo

Turkey Club Wrap	16.00
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Roasted homemade turkey breast / bacon / lettuce / tomato / cheese / mayo

Chicken Avocado Wrap	18.00
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Grilled chicken / avocado/ bacon/ lettuce/ tomato/ mixed cheese/ranch dressing

Veggie Wrap	15.00
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Lettuce /falafal / tomato / red onion / cheese / ranch dressing



PITAS

Our pitas are wrapped with tomato, shredded lettuce, onion and tzatziki sauce served with a choice of 1 item: soup, French fries, Coleslaw or salad

Chicken Souvlaki Pita 16.00

Marinated pieces of chicken breast

Chicken Club Pita.....16.00

Lettuce, tomato, bacon, mayo

Falafel in a Pita 15.00

An organic combination of chickpeas and soybeans.

Gyros in a Pita 15.00

Spiced beef and lamb



TEENA FAVOURITES

Served with French fries & coleslaw



Old Fashioned Perogies..... 17.00

Cheese perogies / onion/ bacon/ green onion/ sour cream

Chicken Finger Dinner 19.00

5 pieces of breaded chicken tenders served with plum sauce

Plain Jumbo Dog 11.00

Cheddar Bacon Dogs..... 13.00

Beef dog / cheese / bacon / onion

Quesadillas Include Fries, Salsa & Sour Cream extra dip .75each

Veggie Quesadilla..... 13.00

Spinach, mushrooms, peppers, onions & cheese, salsa & sour cream

PHILLY Beef or Chicken Quesadilla..... 17.00

sauteed mushroom, peppers and onions

TEENA SOUVLAKI SPECIALTIES

Served with Greek salad, Rice, tzatziki , pita bread & choice of potato

Chicken Souvlaki..... 22.00

Marinated chicken breast

Shrimp Souvlaki 21.00

Served with 3 skewers of shrimp

Chicken & Shrimp Souvlaki..... 24.00

Gyro Pita Platter..... 19.00



OLD FASHIONED SPECIALS

Served with vegetables & your choice of potato

Mom's Meatloaf18.00

Lean ground beef and secret spices served with homemade gravy

Baby Beef Liver18.00

Tender liver with bacon, onion and gravy

Veal Cutlet Dinner19.00

Topped with onions, mushroom & gravy

Southern Fried Chicken18.00

Mashed Potato topped with a fried chicken breast, cheese and corn & a side Caesar Salad



TEENA SIGNATURE SPECIALS

Served vegetables, and your choice of potatoes.

Steak Dinner23.00

Specially marinated AAA New York beef tenderloin cooked just the way you like it served with sautéed mushrooms, onions & gravy

Full Rack of Ribs28.00

Ribs have a choice of BBQ or Honey garlic sauce

½ RACK OF RIBS19.99

Hawaiian Honey Garlic Chicken23.00

Marinated charbroiled boneless chicken breast with ham / pineapple / honey garlic sauce / cheese

BBQ Grilled Chicken Dinner24.00

Boneless chicken breast topped with bacon, onion, mushroom & cheese



SUPER BROASTED

COMBO30.00

1/2 rack of ribs, 2 pieces broasted chicken, grilled or fried shrimp.

SEAFOOD SPECIALS

Lakes and Oceans



Halibut Fish and Chips (1pc) 21.00

Halibut Fish and Chips (2pc)..... 30.00

Golden fried and served with choice of potato & coleslaw

Halibut Fish and Shrimp 24.00

Jumbo fried or grilled shrimp served with potato and coleslaw

2 Filets Pan Seared Atlantic Salmon 22.00

Lemon pepper & garlic butter seasoned served with rice, potato, veggie

Jumbo Fried or Grilled Shrimp 20.00

Choice of 10 jumbo fried shrimp or 15 grilled shrimp served with fries, slaw

Fisherman Platter..... 28.00

Halibut, salmon & jumbo shrimp or grilled shrimp served with fries, coleslaw

PASTA

All our pasta dishes are served with a side garden salad or soup & garlic bread

Add chicken or Shrimp ...7.00 Add Salmon....9.00

Fresh Fettuccine Alfredo 19.00

Creamy homemade Alfredo sauce with fettuccine pasta

Classic Spaghetti 17.00

Spaghetti topped with meat sauce

Add Meatballs 4.00

Baked Chicken or Veal Parmesan 23.00

Choice of tender breaded chicken breast or veal cutlet topped with marinara sauce and Italian cheese served with Fettuccine Alfredo

Baked Big Mac N Cheese 17.00

A large portion baked with 4 cheese

Roasted Red Pepper & Mushroom Penne 22.00

Chicken, roasted red pepper, mushroom, spinach, tomato, cheese & creamy garlic sauce



KIDS MEALS

12 years and under only (sorry, no exceptions)

Junior Hamburger and Fries	9.00
Grilled cheese and Fries	8.00
Fish and Chip	10.00
Chicken Tenders and Fries	10.00
Spaghetti with Meat Sauce.....	10.00
Alfredo Penne	10.00
Mac n Cheese	10.00



SIDES



Basket Onion Rings.....	12.00
Includes Chipolte Dip	
Mashed Potatoes and Gravy.....	4.00
Rice	4.00
Coleslaw	4.00
Hot Vegetables	5.00
Basket Sweet Potato Fries.....	12.00
Includes Chipolte Dip	

Gravy..... 1.50

Sm Fries.....8.00.....LG Fries.....11.00

Sautéed Mushroom

3.00

Extra Salad Dressing.....

1.25

Side Dinner Roll.....

1.00

BEVERAGES

Coffee or Tea.....2.50

including Green Tea

Fountain Drinks (Pepsi, Diet Pepsi, 7UP, Gingerale, Rootbeer).....2.99

Juice Bottle.....

3.99

Orange, apple, grapefruit, tomato, cranberry, pineapple or mango

Milk.....

3.99

White or chocolate

Lemonade

3.99

Ice Tea

3.99

Bottled Pop

3.99



BROASTED CHICKEN FAMILY DINNERS

Includes choice of Potato, Large Gravy, Rolls & a Garden Salad & Dressing or Slaw

6 piece.....	33.00
10 piece.....	48.00
15 piece	59.00
20 piece	69.00



BROASTED CHICKEN MIXED

Includes choice of Potato, Slaw & Roll

All White Meat Upgrade is 3.00 *per 3 pc

2 pieces Mixed Broasted Chicken	16.00
3 pieces Broasted Chicken Dinner	18.00
4 pieces Broasted Chicken Dinner	21.00
Broasted Wing Dinner	18.00

CHICKEN ONLY

6 piece.....	24.00
10 piece.....	34.00
15 piece	44.00
20 piece	56.00

We Look forward to helping you with any events you need catered. Please feel free to speak to us about larger orders and allow us to meet your needs for your event/party.

