

Good Morning!

Welcome to Checkers at the Best Western Sands Hotel!

We've been serving delicious breakfasts to hungry guests and locals alike for the past 50 years, and we aim to continue for the next 50 years. We're pleased to be introducing some healthy changes to our breakfast menu to reflect changing tastes and dietary habits.

More Options

We've created a delicious alternative to traditional hollandaise sauce, our **low-fat yogurt dill sauce** can go on your choice of eggs benedict and choose from a **white or whole-wheat english muffin** with your benny. We've also added some items that are easy to take **to-go** for those of you on the run in the mornings.

Turkey Sausage

All of our breakfast sausages have been replaced with delicious **turkey sausages**. Our new sausages are lighter, taste better, are far less greasy, have a quarter of the amount of fat and half the salt. You can enjoy these every morning and not feel guilty.

Certified Organic Coffee

Roasted right here in British Columbia by Kootenay Coffee. Truly delicious, fair-trade, certified organic, and locally roasted. What could be better?



\$5.99*

Breakfast Special

(2 eggs any style, toast, hashbrowns and your choice of bacon, turkey sausage or ham!)

Coffee, tea or juice must be purchased with this special.

Available Monday - Friday 7 am - 11:30 am

**no coupons or discounts can be used in conjunction with this special.*



Please make your server aware of any food allergies.
(prices do not include applicable tax or gratuity)

Bennys & Omelettes

All Bennys are served with your choice of white or whole wheat muffins with traditional hollandaise or our low-fat yogurt-dill sauce.

The Classic Benny

Two poached eggs and Canadian bacon topped with traditional hollandaise or low-fat yogurt-dill sauce and hashbrowns. **Full 10.95 Half 7.95**

Crab Cake Benny

Two poached eggs covering home-made crab-cakes and salsa. Served on an English muffin with either traditional hollandaise or low-fat yogurt-dill sauce and hashbrowns. **Full 13.95 Half 10.95**

The Denver Omelette

Ham, onions, peppers and mushrooms, served with hashbrowns and toast on the side. **11.95**

Eggs Florentine

Two poached eggs covering sauteed spinach and artichoke hearts on an English muffin. Topped with traditional hollandaise or low-fat yogurt-dill sauce, served with hashbrowns. **Full 11.95 Half 8.95**

Blackstone Benny

Two poached eggs covering bacon and sliced tomato on an English muffin. Topped with traditional hollandaise or low-fat yogurt-dill sauce, served with hashbrowns. **Full 10.95 Half 7.95**

Ham & Cheese Omelette

Ham and cheddar, served with hashbrowns and toast. **11.50**

Add a cup of fruit \$2.95

Eggs & Things

Steak & Eggs

Tender 6 oz. Alberta sirloin; broiled to your liking. Served with two eggs any style, hashbrowns and toast. **16.75**

The Bavarian Breakfast

Three pieces of grilled Bavarian smokies, two eggs, sauerkraut, hashbrowns and toast. Served with Dijon mustard on the side. **10.95**

The Sands Scramble

Scrambled eggs with diced ham, sausage, bacon, mushrooms, green onions, spinach, hashbrowns and toast. **12.25**

The Basic Breakfast

Two eggs any style, hashbrowns and toast. **7.95**

The Breakfast Ham & Egger

A simple favorite, one piece of savoury ham topped with one over-easy egg and melted cheddar cheese, served on a white or whole-wheat English muffin, served with hashbrowns. **6.95**

The Hungry-Man Breakfast

Two eggs any style, one turkey sausage, two strips of bacon, three buttermilk pancakes, hashbrowns on the side, and a large glass of orange juice to wash it all down. **14.75**

Checkers Croissant

A fresh butter croissant stuffed with ham, cheese, onions and scrambled eggs. Served with hashbrowns. **11.95**

The Canadian Eh!

Two eggs any style with your choice of Canadian bacon, maple smoked bacon, turkey sausage or ham, served with hashbrowns and toast. **9.95**

Add a cup of fruit \$2.95

Breakfast Menu is available

Monday to Friday from 7 am – 11:30 am & Saturday & Sunday from 7:30 am to 2 pm

From the Griddle

Belgian Waffle

Topped with hot apples or blueberries and whipped cream. **9.50**

Pancakes

Stacked three high, light and fluffy. **7.50**

Stacked two high. **5.95**

Blueberry Buttermilk. **8.50**

Stacked two high. **6.95**

From the Bakery

The Sands Continental

A fresh muffin or croissant, toast, fruit salad and your choice of a small juice, fresh coffee or tea. **11.95**

Fresh Muffins

Ask your server for today's selection. **2.95**

Toasted English Muffin

Choice of white or whole wheat. **2.95**

Toast

Your choice of white, whole-wheat, rye, sourdough or multigrain. **2.95**

Fresh Butter Croissant

Rich and flakey. **3.50**

Bagel and Cream Cheese

Toasted to perfection and served with a refreshing fruit salad and cream cheese. **7.95**

Other Good Stuff

One Bavarian Smokie 2.50

Canadian Back Bacon (4 pcs) 2.95

Grilled Ham (6 oz) 4.95

Bacon (4 pcs) 2.50

Turkey Sausages (2 pcs) 4.50

Hashbrowns 2.75

One Egg 1.50

Sliced Tomatoes 1.75

Add on: One Pancake 1.95

Hot Oatmeal 3.95

Special K, Raisin Bran or Fruit Loops 4.50

Assorted Fruit Yogurt 2.50

Whole Grapefruit 3.95

Fruit Salad Bowl 4.50

Fruit Salad Bowl with Assorted Fruit Yogurt 9.95

Beverages

Fresh Brewed Certified Organic Coffee 2.55

Tea (From our fine selection) 2.55

Hot Chocolate (Topped with Whipped Cream) 3.10

Milk; 2.10, Regular 2.90

Juice; Kid Size 2.10, Regular 2.90

(Orange, Apple, Cranberry, Pineapple, Tomato, V8 or Grapefruit)

Iced Tea 1.95

(groups of 8 or more are subject to a 15% gratuity)