

Appetizers

Klassic Kalamari

our succulent marinated kalamari rings served with tzatziki, fresh pita bread and lemon \$8.99

Crispy Coconut Prawns

eight juicy fried prawns breaded with shredded coconut and served with sweet pineapple dip \$8.49

new Yam Fries

served with garlic chipotle mayo \$6.79

Chicken Tenders and Fries

tender chicken breast strips served with your choice of honey mustard or sweet red chili sauce \$9.79

Oven Roasted Chicken Wings

a half pound of oven roasted wings in your choice of zesty hot or honey garlic sauce \$7.99

try our full pound of wings \$13.99

new Jalapeño Jack Cheese Sticks

deliciously cheesy spring rolls stuffed with mild Jalapeño Jack cheese and served with sweet red chili sauce \$7.49

Cheesy Bruschetta

oven-toasted garlic bread topped with tomato, two cheeses, red onion, asiago and olive oil \$5.99

Golden Onion Rings

served with smoky chipotle dip
great for sharing! \$6.99

Soups

Manhattan Clam Chowder

our original 1964 recipe, thick and creamy
Cup \$3.99 Bowl \$4.99

Soup of the Day

one of our classic recipes made fresh daily
Cup \$3.99 Bowl \$4.79

Baked Cheddar and Broccoli Soup

baked with a sourdough crouton and three cheeses \$5.99

Fresh Salads

Classic Caesar

romaine hearts with our own Caesar dressing, fresh garlic croutons and parmesan
side size \$5.99 entree size \$7.99

low fat Pacific Grilled Prawn

succulent grilled prawns over fresh baby greens, romaine lettuce, snow peas, bell peppers, toasted cashews, tomato and red onion all dressed with our honey citrus vinaigrette, served with garlic bread \$12.99

Chophouse Chef's Salad

our take on a classic! - chopped lettuce, two cheeses, julienned ham, roast turkey, cucumber, tomato and sliced egg, served with garlic bread and your choice of dressing \$10.99

low fat Signature Grilled Chicken

grilled chicken, mixed lettuce, sliced egg, tomato, dates, bell peppers, feta cheese, corn and garlic croutons drizzled with low fat Smokey Ranch dressing \$10.99

Grilled Chicken Caesar

our classic Caesar topped with grilled chicken breast and served with garlic bread \$10.99

All of our sandwiches and wraps are served with coleslaw and your choice of golden fries, cooked in 100% cholesterol-free vegetable oil, or a tossed salad with your choice of dressing

Sandwiches

K&D Favorites

New York Steak Sandwich

juicy flame grilled 6 oz New York steak topped with onion rings and served over garlic bread \$11.69

French Beef Dip

fresh in-house roasted beef and caramelized onions on toasted baguette with beef jus for dipping \$10.79

Classic Clubhouse

a triple-decker with fresh in-house roasted turkey, double smoked bacon, fresh lettuce and tomato \$10.79

Sourdough Patty Melt

7 oz fresh CAB patty with Swiss cheese and sauteed sweet onion on grilled sourdough bread \$9.99

Monte Kristo

our fresh in-house roasted turkey, ham and Swiss cheese between thick-sliced bread, dipped in egg and grilled golden brown \$10.79

new Zesty Chicken Ciabatta

juicy blackened chicken breast on ciabatta loaf with caramelized onions, sauteed mushrooms, crisp lettuce and our housemade chipotle mayo \$10.49

new Sourdough Chicken Philly Melt

fresh grilled chicken breast with onions, mushrooms peppers and Swiss cheese \$10.49

Grilled Reuben

sliced Montreal Style corned beef brisket between grilled rye with Swiss, sauerkraut and mustard \$9.99

Classic BLT

double smoked bacon, fresh lettuce and tomato on whole wheat bread \$8.49

new Ultimate BBQ Chicken Sandwich

flame grilled chicken breast on lightly toasted ciabatta with sweet onions, lettuce, tomato, double smoked bacon, Swiss cheese and Longhorn BBQ sauce \$10.49

Flatbread Wraps

all of our Flatbread Wraps are made with sundried tomato tortilla

Grilled Chicken & Cheddar

grilled chicken breast with grilled peppers, lettuce, Cheddar cheese and chipotle mayo and your choice of BBQ or Spicy sauce \$9.99

Roasted Turkey & Cranberry

our fresh in-house roasted turkey breast with cranberry mayo, Swiss cheese and grilled red peppers \$9.79

new Spicy Crispy Chicken

flame grilled crispy chicken with lettuce, chipotle, jalapeños, roasted bell peppers, caramelized onion and cheddar \$9.99

Quesadillas

try any of our quesadillas with fries or a side salad for \$1.50

new Southwest Three Cheese

baked with sauteed onions, roasted peppers, corn, cilantro, jalapeños and three cheeses with salsa and sour cream \$8.99

Pesto Cranberry Chicken

rich basil pesto, juicy grilled chicken, cranberries, roasted red peppers and three cheeses \$9.99

Grilled Chicken and Caramelized Onion

grilled chicken, caramelized onions, roasted red peppers, cilantro, three cheeses, salsa and sour cream, with your choice of BBQ or spicy sauce \$9.99

Famous Burgers

**Ice Cold Beer
Specials**
\$3.99



THE K&D CLASSIC BURGER

The K&D Classic burger is available with your choice of a
7 oz. 100% pure beef patty, tender chicken breast or veggie patty
for chicken breast or veggie patty, add 75 cents

with lettuce, tomato, sweet onion, mayo and house relish,
served with coleslaw and golden fries cooked in 100% cholesterol-free vegetable oil
or tossed salad with your choice of dressing \$9.49

substitute caesar salad or onion rings for \$1
substitute yam fries for \$2

**Hand Dipped
Milkshakes**
\$4.99

DRESS UP YOUR BURGER

- Mushroom Swiss** sauteed mushroom with melted Swiss cheese \$1.99
- Longhorn BBQ** smoked bacon and crispy onion smothered in Longhorn BBQ sauce \$1.99
- Chipotle Cheeseburger** Cheddar cheese with zesty chipotle sauce \$1.49
- Club Burger** double smoked crispy bacon and Swiss cheese \$1.99
- The Hulk** a REAL "Hungry Man" burger! with Cheddar, Bavarian sausage and a fried egg! \$2.99

new **Crispy Chicken Burger** juicy hand-breaded chicken, spring greens, sweet onion, tomato
and honey mustard \$9.79

Famous Burger Extras

Swiss cheese	Double Smoked Bacon	Fried Egg
Cheddar cheese	Sauteed Mushrooms	Bavarian Sausage
Mozzarella cheese		

all extras are \$1.29 each

Our Story

K&D Since 1964



Greg Pappas in 1954

Like many Canadians, I found success by *following my dreams*. In my youth, I found my passion for food while working in local hotels and restaurants. It was this passion that led me to open the first Knight & Day restaurant in 1964.

Since then, my family and I have been determined to provide our customers with the hearty, wholesome food that you would find at your family's table. We serve only *fresh in-house roasted turkey, fresh ground chuck burgers, real mashed potatoes and gravy, soups that are made daily by our chefs with no corners cut.*

From my family to you...enjoy!

Greg Pappas

Classic Entrees

K&D Favorites

K&D's Famous Roast Turkey Dinner

fresh roasted turkey breast with homemade stuffing, buttermilk mashed potatoes, savoury gravy and cranberry relish \$14.99

6 oz New York Steak

prime cut, with buttermilk mashed potatoes, pan seared veggies and onions rings \$16.99

Steak and Spaghetti

6 oz New York Steak with Spagetti Bolognese \$16.99

Chophouse Shepherd's Pie

made fresh to order with lean ground beef, mushrooms, bell peppers, carrots, sweet corn and green onion over fresh whipped potatoes \$12.99

BBQ Ribs Platter

succulent pork back ribs braised with our Sweet N' Sticky BBQ sauce served with fries, coleslaw and garlic bread \$14.99

Homestyle Veal Cutlets

tasty breaded veal served with buttermilk mashed potatoes, seasonal vegetables, homestyle gravy and garlic bread \$14.99

Cashew Chicken Stir Fry

toasted cashew-crust chicken breast strips, mixed veggies and sesame seeds in orange honey soy sauce, over coconut steamed rice \$13.99

Chicken Souvlaki Platter

delicious flame grilled chicken breast, served with rice, your choice of Greek or Caesar salad, tzatziki and toasted pita bread \$14.99

Crispy Chicken Cutlets

fresh breaded chicken breast served over homemade stuffing with buttermilk mash, vegetables and savoury gravy \$12.99

Pastas

All of our delicious pasta dishes are served with a slice of garlic bread

Classic Spaghetti Bolognese

fresh tomato sauce with lean ground beef, olive oil, asiago cheese and fresh basil \$12.99

new

Mushroom and Roasted Garlic Linguine

sauteed mushrooms in a rich roasted garlic cream sauce over tender linguine \$13.99

Homestyle Baked Lasagna

a perennial classic prepared with lasagna noodles, our rich Bolognese sauce and baked piping hot with Edam and Mozzarella cheese \$12.99

new

Cheddar Mac & Cheese

a classic comfort food! rich, housemade cheesy sauce baked with our three cheese blend including Edam, Mozzarella and more Cheddar! \$10.99

add grilled chicken breast for \$3 or ten grilled prawns for \$5

Seafood Entrees

K&D Favorites

K&D Classic Fish & Chips

tasty, deep fried English-style fish fillet served with golden fries and fresh tartar sauce made from our own recipe served with garlic bread \$10.99

Kalamari Dinner

deep fried marinated kalamari served with rice, pita bread, fresh tzatziki and Greek or Caesar salad \$13.99

new Crispy Shrimp Stirfry

crispy fried tiger shrimp with stirfried mixed veggies served over fresh coconut steamed rice \$14.99

new Flame Grilled Prawns

ten marinated, flame grilled prawns served with rice, Caesar salad and garlic bread \$14.99

All Day Breakfast

The K&D Classic Breakfast

two eggs with bacon or sausage or ham

your choice of three strips of bacon, three sausage links, or grilled thick honey ham with two eggs any style along with golden pan fries and thick-cut toast \$8.99

The Double-Double Breakfast Platter

two eggs, two bacon strips, two sausage links served with two pancakes \$9.49

The K&D Benny

poached eggs and sliced honey ham on an English muffin and covered with fresh Hollandaise sauce served with golden pan fries \$8.99

Lumberjack Breakfast Platter

two eggs, grilled honey ham, two bacon strips, two sausage links, three pancakes and toast \$10.79

Truckers Breakfast Platter

three eggs, two strips of bacon, two sausage links, three buttermilk pancakes and pan fries with thick-cut toast \$10.79

The Sunriser

two eggs cooked any style served with pan fries and thick-cut toast \$6.49

Build an Omelette

a fluffy omelette made with three farm fresh eggs, stuffed with one of the fillings of your choice along with pan fries and thick-cut toast \$8.49

Choose from these fillings

Cheddar cheese

Sliced Bavarian sausage

Diced ham

Fresh sliced mushrooms

Diced ham and green onions

add extra fillings for 99 cents each

Classic French Toast

three thick slices of egg-dipped french toast served with whipped cream \$7.99

K&D Supreme Omelette

chopped smoked sausage, bacon, green peppers, mushrooms, diced tomatoes and cheddar served with pan fries and thick-cut toast \$10.49

Bavarian Breakfast

two eggs cooked any style with Bavarian sausage, golden pan fries and thick-cut toast \$9.79

Pancakes and Eggs

three buttermilk pancakes with two fresh eggs \$7.99

Seniors' Menu

*Our Seniors' menu selections includes a cup of our Soup of the Day
Seniors also receive an additional 10% off Senior's Menu items everyday between 4pm and 6pm*

Seniors' Fish & Chips

served with garlic bread \$8.99

Seniors' Veal Cutlet

with mashed potatoes, vegetables
and garlic bread \$9.99

Seniors' Baked Lasagna

served with garlic bread \$8.99

Seniors' Beef Liver

served with fried onions and bacon, mashed potatoes
vegetables and garlic bread \$9.49

Seniors' Roast Turkey Dinner

with homemade stuffing, savoury gravy,
mashed potatoes and cranberry \$10.99

Seniors' Grilled Reuben Sandwich

served with golden fries \$8.49

Seniors' Chophouse Shepherd's Pie \$9.49

Desserts

Homebaked Apple Pie

warm cinnamon apple pie baked daily and drizzled
with caramel sauce - *absolutely delicious!* \$3.99

a la mode with vanilla ice cream \$1.50

Classic Cheesecake

creamy cheesecake on a graham crust with
a hint of vanilla, served with strawberry
and chocolate sauce \$4.99

Raspberry Yogurt Ice Cream Cake

low fat frozen yogurt cake drizzled with
strawberry sauce \$4.99

Chocolate Torte

two moist layers of rich chocolate cake
with a chocolate truffle cream \$4.99

Drinks and Fountain Favourites

Old Fashioned Breyer's Milkshakes \$4.99

we use delicious Breyer's Ice Cream to make our thick and creamy shakes the old fashioned way
with only milk, ice cream and your choice of strawberry, chocolate or vanilla

Soft Drinks, Iced Tea and Lemonade \$2.89

refillable with meals

Milk (2%) small \$2.29 large \$2.69

Fruit Juices orange, apple or grapefruit

small \$2.29 large \$2.69

Hot Chocolate \$1.99

with real whipped cream

Fresh Squeezed Orange Juice small \$2.69 large \$3.29