

Flamingo

Eggs and Omelettes

Served with toast and Hash Browns

THE LIGHT SIDE

Two Eggs any style 5.99
ADD your choice of Ham, Bacon or
Sausage.....7.99



STRIPLOIN STEAK AND EGGS

Two Eggs any style with 8 oz. Striploin
Steak, Served With Toast and Hash
Browns.....15.99

WESTERN OMELETTE

Three country fresh Eggs with Ham, Green
Pepper and Green Onions.....9.99

THREE CHEESE OMELETTE

Three Egg Omelette Topped with our
Special Blend of Swiss, Cheddar and partly
Skimmed Mozzarella Cheese.....9.99

HAM STEAK AND EGGS

Two Eggs any Style with 7 oz. Ham
Steak served with Toast and Hash
Browns..... 11.99

VEGETABLE OMELETTE

Three Country Fresh Eggs with Mushroom,
Tomato, Green Onion & Green Pepper
Topped with Cheddar Cheese..... 9.99

HAM & CHEESE OMELETTE

Three Country Fresh Eggs blended with Ham
& Cheese to make a Light Fluffy
Omelette.....8.99

EGGS BENEDICT

Two Pouched Eggs and Ham, Served with
Hollandaise Sauce on an English muffin and
Hash Browns.....10.99

Pancakes

CLASSIC PANCAKES

Three of our famous floppy Pancakes
Served with maple syrup.....7.99

STRAWBERRY BANANA PANCAKES

Three pancakes with Sliced Bananas,
Strawberries, Whipped Topping & Icing
Sugar..... 10.99

FRENCH ROLL-UPS

Three crepe thin pancakes with your choice
of Peaches or Strawberries & Whipped
Topping.....9.99

STRAWBERRY PANCAKES

Three pancakes with Strawberries, Whipped
Topping & Powdered Sugar.....9.99

PIGGIES IN A BLANKET

Three Breakfast Sausages wrapped in Butter
milk Pancakes served with Syrup.....8.99

PEACHES AND CREAM PANCAKES

Three pancakes Topped with Ripe Sweet
Peaches, Whipped Topping & Powdered
Sugar.....9.99

TRADITIONAL BREAKFAST

Two Eggs any Style with your Choice of
Bacon or Sausage and Two Pancakes....8.99



Enjoy our
All-Day
Breakfast Meals

Flamingo

French Toast & Waffles

Served with syrup and butter

GOLDEN CRISP WAFFLE

Our Original Belgian Waffle7.99

BANANA SPLIT WAFFLE

Topped with Bananas, Strawberries, Whipped cream, Pineapple, Ice Cream and finished with Chocolate Sauce10.99

FRENCH TOAST

Three slices of French bread, Whip cream Pineapple, Dipped in Egg, Grilled to perfection.....7.99

PEACH MELBA WAFFLE

Loaded with Ripe Peaches, Strawberries, A scoop of Ice Cream and Whipped Topping.....10.99

STRAWBERRY WAFFLE

A Favourite with Delicious Strawberries, And whipped Topping...9.99

CLOUD NINE WAFFLE

Our Original Belgian Waffle Served with Cloud of Whipped Topping.....8.99

FLAMINGO STYLE FRENCH TOAST

Served with peaches or strawberries and finished with whipped topping.....9.99

FLAMINGO STYLE BREAKFAST

Two eggs & four strips of bacon or ham or sausage with choice of French toast or waffle8.99



THE EXTRAS

FRUIT CUP.....	2.99
TOAST ENGLISH MUFFIN.....	2.99
COLD CEREALS.....	3.50
HOT OATMEAL CEREALS.....	3.50
GOLDEN HASH BROWNS.....	2.99
BACON (FOUR STRIPS).....	2.99
SAUSAGE (FOUR PCS).....	2.99
GRADE "A" EGG (EACH).....	1.75
FRENCH FRIES (LARGE).....	2.99
ONION RINGS.....	2.99
BAKED POTATO (AFTER 5PM).....	2.25
MASHED POTATO.....	2.25
TOSSED SALAD(LARGE).....	4.99
TOSSED SALAD (SMALL).....	2.99
CAESAR SALAD(LARGE).....	5.99
CAESAR SALAD (SMALL).....	2.99
COTTAGE CHEESE (LARGE).....	3.99
TOAST.....	2.50
GRAVY (each).....	0.50
POUTINE (LARGE).....	4.99
POUTINE (SMALL).....	2.99

BEVERAGES

Free Refills of coffee, soft drinks & ice tea with your meals

ASSORTED JUICES

APPLE, GRAPEFRUIT, ORANGE & TOMATO	
MED.....	1.95
LRG ...	2.50

POP & ICE TEA

MED.....	1.99
LRG ...	2.50

COFFEE & TEA1.99

HERBAL TEA2.25

HOT CHOCOLATE.....2.25

FLOAT.....2.25

MILK SHAKE.....3.99



Flamingo

Chicken

Served with your choice of potato or rice soup or salad included.

CHICKEN SANTA FE

Boneless Charbroiled Chicken Breast , Brushed with BBQ Sauce then Topped with Bacon, Tomato, Green Onion and Cheddar Cheese.....14.99

TERIYAKI CHICKEN

Charbroiled Chicken Breast Brushed with Teriyaki Sauce and Topped with Fruit Salad..... 14.99

CHICKEN MARSALA

Lightly Breaded Chicken Breast Topped with Marsala Wine Sauce & Sautéed Mushrooms14.99

CHICKEN PARMIGIANA

Breast of Chicken, Lightly Coated in Seasoned Breading, Sauteed, then Topped with Marinara Sauce & Melted Cheese..... 14.99

MUSHROOM CHICKEN MUSHROOM

Breaded Chicken Breast Covered with Sautéed Mushroom and Topped with Melted Mozzarella Cheese..... 14.99



Beef

STEAK & SHRIMP

Charbroiled 8oz.(AAA) NY Steak and a Shower of BBQ Shrimp..... 21.99

MUSHROOM STEAK MUSHROOM

Charbroiled 8oz.(AAA) NY Steak covered with Sautéed Onions, Mushrooms, then Topped with Melted Mozzarella..... 19.99

FLAME BROILED STEAK (Sandwich)

NY Steak with Sautéed Mushrooms 8oz..... 17.99 10 oz.....19.99



BBQ STEAK

Charbroiled 8oz. NY Steak Brushed with BBQ Sauce covered with Sautéed Onions.... 18.99

TERIYAKI STEAK

Charbroiled 8oz. NY Steak Brushed with BBQ Sauce covered with Sautéed Onions... 18.99

ULTIMATE T-BONE

12oz. Alberta's Best T-Bone Charbroiled to Perfection, Topped with Sautéed Mushrooms and Onions.....20.99

SWEET ENDINGS

ICE CREAM... (Strawberry, Vanilla, or Chocolate)2.99

ICE CREAM SUNDAE (Strawberry or Chocolate)3.99

PIES (Apple, Cherry, Cream, Lemon Meringue or Blueberry) 3.99

ALA MODE.....3.99

BANANA SPLIT.....4.99

Flamingo

STIR FRY



Served with your choice of sauces:
Honey Garlic, Ginger, Teriyaki, or Sweet &
Spicy Thai served on a bed of noodles or
rice.

CHICKEN STIR FRY

Strips of Chicken Breast Lightly Stir-Fried w/
Garden Fresh Vegetables in your choice of
Sauce.....15.99

VEGETABLE STIR FRY

Fresh Garden Vegetables Lightly Stir-Fried in
your choice of Sauce.....10.99

BEEF STIR FRY

Strips of Tender Beef Lightly Stir-Fried w/
Garden Fresh Vegetables in your choice of
Sauce.....15.99

SHRIMP STIR FRY

Tender Shrimp Lightly Stir-Fried w/ Garden
Fresh Vegetables in your choice of
Sauce.....15.99

GONGGA GAI STIR FRY

A Kic' Stir-Fry, Strips of Chicken & Garden
Fresh Vegetables in a Hot & Spicy
Sauce.....15.99

SALAD

FAJITA SALAD

Homemade Tortilla Shell Filled with Fresh
Garden Greens, Cheddar Cheese &
Chicken served with Tomatoes, Ranch
Dressing and Salsa.....12.99

CHICKEN TACO SALAD

Homemade Tortilla Shell Filled with Fresh
Garden Greens Tossed in Ranch Dressing
& Topped with Spicy Chicken, Tomatoes,
Cheddar Cheese and Served with
Salsa.....11.99

TUSCANY SALAD

Romaine Tossed in Caesar dressing and
topped with Oranges & Grilled
Chicken.....11.99

CHEF SALAD

Crisp Tossed Lettuce Topped with Ham,
Turkey, Cheddar Cheese, Boiled Egg,
Tomato and Cucumber with your choice
of Dressing.....10.99

CHICKEN CAESAR SALAD

Fresh Romaine Lettuce Tossed with
Parmesan Cheese, Bacon, Croutons,
Chicken & Creamy Cheese.....11.99

CLASSICS

PORK CHOPS..... 14.99

FISH & CHIPS.....10.99

HOT BEEF..... 10.99

CHICKEN FINGERS.....10.99

HOT HAMBURGER.....9.99

SALISBURY STEAK..... 11.99

LIVER & ONIONS.....13.99

VEAL CUTLETS.....14.99

CHICKEN CORDOUN BLEU 15.99

CHICKEN LA KIEV.....15.99



Flamingo

MUNCHIES

CHICKEN WINGS

One Dozen Chicken Wings, Your choice of Hot & Spicy, Teriyaki, BBQ, Salt & Pepper or Honey Garlic.....10.99

SNACK BASKET

Generous portion of deep fried snacks, cooked to golden brown served with ranch.....10.99

POTATO SKINS

5 Half Potato, hollowed and smothered w/ Cheddar Cheese and Bacon served w/ Sour Cream & Salsa.....10.99

MACHO NACHOS

Tortilla chips smothered with Cheddar Cheese Topped with Jalapenos, Lettuce, Tomatoes, Sour Cream & Salsa.....10.99

VEGGIE PLATE

Fresh raw vegetables in season, topped with your choice of side salad dressing.....6.99

DRY GARLIC RIBS

A Generous portion of boneless garlic ribs, deep fried to a Golden Brown, served with lemon vinegar.....10.99

WRAPS

CLUB HOUSE WRAP.....9.99

BLT WRAP.....8.99

PHILLY CHEESE CHICKEN WRAP.....10.99

PHILLY CHEESE STEAK WRAP.....10.99

CHICKEN CAESAR WRAP.....9.99

HAMBURGERS

Our 8 oz. Hamburgers are made using only LEAN GROUND BEEF, SEALED in their natural juices and cooked to order over an open flame, served with Kaiser Bun with French fries.

CHEDDAR CHEESE BURGER

Topped with Grated Cheddar cheese.....7.99

BACON CHEDDAR CHEESE BURGER

Topped with Bacon & Grated cheddar cheese.....8.99

MUSHROOM BACON SWISS BURGER

Topped with Sautéed Mushrooms, Bacon and Melted Swiss cheese.....8.99

FAJITA BURGER

Topped with Sautéed Onions, Red & Green Pepper and Cheese.....8.99

BARBEQUE BURGER

Topped with Bacon, Grated Cheddar Cheese and BBQ Sauce.....8.99

FLAMINGO BIG BOY

Two Patties Topped with Bacon, Cheddar Cheese and all the Fix'ins.....11.99

CHICKEN CLUB WRAP.....9.99

CHICKEN FAJITA

Sautéed Chicken tenders with Red & Green Peppers, Onions served steaming on a sizzling hot plate with Flour Tortillas, Served with Salsa & Sour Cream.....14.99

All wraps served with your choice of potato or rice and soup or salad

Flamingo

SANDWICHES

Served with your choice of soup, salad or French fries

SOUTHWEST SANDWICH

Charbroiled Chicken breast brushed with BBQ Sauce, Topped with Back Bacon, Cheddar cheese, Lettuce, Tomato and Diced Green Onions on a Kaiser Bun.....10.99



JACK CHICKEN SANDWICH

Charbroiled Chicken breast brushed with Teriyaki Sauce and Topped with Shaved Ham, Lettuce, Tomato and Jack Cheese on a Kaiser Bun..... 10.99

FILET OF CHICKEN SANDWICH

Charbroiled Chicken breast and Topped with Lettuce, Tomatoes and Mayonnaise on a Kaiser Bun.....9.99

GRILLED HAM & CHEESE

Smoked Ham and American cheese
"The ALL AMERICAN favourite".....9.99



POOR BOY SANDWICH

Thin slices of Shaved Ham, Roast beef, bacon, melted Swiss cheese, Lettuce, Tomato and our House Dressing on a Kaiser Bun.....9.99

REUBEN

Grilled Rye Bread, filled with Shaved Corn beef, enhanced with Sauerkraut and Swiss cheese.....9.99

PHILLY BEEF CHEESE STEAK SANDWICH

Charbroiled Sirloin Strips Topped with Onions, Peppers, Mushrooms, and Swiss Cheese on a Sub bun.....11.99



PHILLY CHICKEN CHEESE STEAK SANDWICH

Chicken Topped with Onions, peppers, mushrooms and Swiss cheese on a Grilled Sub bun.....11.99

CBLT SANDWICH

Cheddar cheese, Back Bacon, Lettuce, Tomato Slices on Texas Toast.....9.99

CHICKEN CLUB SANDWICH

Charbroiled Chicken Breast topped with Bacon, Lettuce, Tomato, and Cheddar cheese on a Kaiser bun.....9.99

FLAMINGO'S CLUBHOUSE

Smoked Turkey Breast piled high with Bacon, Swiss cheese, Lettuce, Tomato and Mayonnaise..... 10.99



FRENCH DIP

Flavourful Roast beef, thinly sliced and piled High on French bread.....9.99

SOUP COMBOS

SOUP & SALAD..... 8.99

YOUR CHOICE OF SOUP AND A CAESAR, FRUIT OR HOUSE SALAD

SOUP & SALAD & SANDWICH..... 12.99

YOUR CHOICE OF SOUP, A CAESAR, FRUIT OR HOUSE SALAD AND CLUBHOUSE OR CBLT SANDWICH

PASTA SPECIALS SPECIALTY PASTA

All Pasta
comes with
Garlic Toast

CHICKEN PRIMAVERA

Fettuccini tossed with Broccoli, carrots, zucchini, mushrooms, red pepper and green peppers, onions in a light cream sauce.....15.99

CAJUN CHICKEN PASTA

Penne tossed with Onions, Red & Green Peppers, and Chicken in a spicy tomato sauce.....15.99

LINGUINI MARINARA

Linguini noodles tossed with tomato, garlic.....15.99

FETTUCINNI ALFREDO WITH BROCCOLI & CHICKEN

Fettuccini tossed with ALFREDO sauce, tender chicken and fresh broccoli.....15.99

PASTA RAPHEL

Penne tossed with tender strips of chicken, onions, mushrooms, artichoke hearts and fresh tomatoes in a sun dried tomato cream sauce.....15.99

CURRY LINGUINE CHICKEN & ITALIAN SAUSAGE

Apple, Onion and Peppers in a Spicy curry cream sauce.....15.99

GINGER LINGUINE WITH BEEF

Mushrooms, Garden vegetables in a Ginger Sauce.....15.99

LINGUINE 'BOLANAISE'

Strips of Alberta beef sautéed with a Julliene of Vegetables tossed with an "Espagnole" sauce and served on a bed of Linguine..... 15.99

PASTA CON BROCCOLI WITH CHICKEN

Penne pasta, broccoli and mushrooms in a ginger sauce.....15.99

SPAGHETTI

Fresh spaghetti covered with a Homemade Italian Meat Sauce..... 9.99
Baked Spaghetti.....10.99
Spaghetti with Meat Balls.....11.99

LASAGNA

Layers of Pasta noodles and spicy home made Italian meat sauce topped with melted mozzarella cheese
Meat sauce..... 10.99
(Extra Cheese)1.00
(Extra Meat Sauce)..... 1.00
With Meat balls..... 12.50

PINEAPPLE CURRY LINGUINI WITH CHICKEN

Tender strips of chicken sautéed with Peppers, Onions & chunks of pineapple in a Hawaian pineapple curry sauce served over a bed of Linguini noodles..... 15.99

LINGUINI 'SICILI'

A sliced chicken breast sautéed with black olives, garlic, and a julienne of Zucchini, blended in a tasteful tomato sauce and tossed with a Linguine..... 15.99

FETTUCINNI CARBONARA

Fettuccini tossed with fresh cream, garlic, bacon, mushrooms, green onions, parmesan cheese..... 15.99

FETUCCINI CON VITELLO 'A LA CAJUN'

Strips of beef sautéed with Pepper & Mushrooms tossed in a delicate Cajun sauce served over fettuccini noodles 15.99