



Phone 306-842-9030
Junctions of
Highways #13 & #39
Weyburn, Sask.



Lettuce Health Benefits:

When you eat lettuce, you absorb two vital minerals — iron and magnesium — into your spleen, the organ that helps protect your body from illness. The spleen supercharges these minerals which are then transported to cells and tissues to create a cleansing, diuretic action. The lettuce minerals also have a direct beneficial impact on your liver — they help tone up your entire body. The minerals pep up your metabolism, help wash out fatty accumulations and slough off accumulated wastes. The minerals stimulate your blood vessels and nerves, electrifying and rejuvenating your body. This healthy metabolic acceleration leads to the all important cleansing and diuretic action. The darker lettuce leaves have more fat-washing nutrients than the lighter ones, so they work more powerfully and vigorously to loosen fatty accumulations. Romaine has a particularly high potassium content, which means it stimulates the adrenal glands so hormones are released to help in the fat-melting process.



Radishes Health Benefits:

They have the amazing ability to wash out body fats quickly and easily. Radishes not only help scrub the mucous membranes of your body, but they also have the power to loosen and remove encrusted fatty clumps in the cells. They contain high concentrations of iron and magnesium, which dissolves fat, wash it away and establish the proper liquid environment needed for healthy tissues. Chew radishes well to release the nutrients that help wash out fat.



Pancakes

Tasty pancakes, fluffy and served with pride to add a little A.M. goodness to your day.

- Pancakes** \$9.99
(3 of our own golden light buttermilk pancakes served with oodles of butter and syrup.)
- French Toast** \$10.49
(3 slices of French bread, dipped with care, grilled to perfection.)
(2 slices of French bread) \$9.49
- Combo** \$13.49
(French Toast or Pancakes, ham, bacon or sausage & two eggs)
- (2 of our golden light buttermilk pancakes) \$8.99
With choice of bacon, sausage or ham Add 2.99

Eggs

All egg dishes include hashbrowns, toast.

- Two Egg Special** \$10.49
(Two eggs any way you like them.)
- Hamburger Steak and Eggs** \$14.49
(Hamburger steak served with two eggs.)
- Eggs and Ham, Bacon or Sausage** ... \$12.99
(Two eggs served with a country size cut of smokeham, sizzling strips of bacon, or hearty sausages.)
- Cheddar Scramble** \$13.99
(Fluffy scrambled eggs topped with melted cheddar.)
- Steak and Eggs** \$18.99
(A generous portion of tender steak and two fresh eggs.)
- Side Ham, Sausage or Bacon** \$4.99
- Main Track's Grand Slam** \$14.49
(A country size cut of ham, two strips of bacon, two pork sausages and two eggs.)
- Toast and Jam** \$3.49
- Rye Toast and Jam** \$3.99

Omelettes

All omelettes are prepared with three eggs and served with hashbrowns, toast. Extra Topping add \$1.99



- Denver Omelette** \$13.99
(A colorful blend of mixed ham and green onions.)
- Cheese Combo Omelette** \$14.99
(A taste of cheddar, swiss and mozzarella cheese all in one omelette.)
- Ham & Cheese Omelette** \$14.45
(A fluffy omelette with diced ham and cheese.)
- Vegetable Omelette** \$14.99
(Assorted seasonal vegetables.)
- Greek Omelette** \$15.45
(With feta cheese, black olives, tomatoes, green onion, green pepper, Greek spices.)
- Mushroom & Swiss Omelette** \$14.45
(A fluffy omelette filled with mushrooms and zesty swiss cheese.)
- Meat Lover's Omelette** \$14.99
(An omelette stuffed with bacon, ham and cheese.)



Breakfast is served all day unless your server notifies you otherwise.

Soups and Garden Greens

All large salads served with garlic toast, excluding Nacho salad.

- Soup of the Day** \$4.45
(Served with crackers.)
- Soup of the Day Meal Size** \$9.99
- Soup and Side Tossed Salad** \$9.99
- French Onion Soup** \$7.49
(Baked with mozzarella and parmesan cheese, served with garlic toast.)
- Greek Salad** \$15.49
(Crisp lettuce, tomato, onion, green pepper, olives, feta cheese, & our own homemade dressing — give yourself a taste of Greece.)
- Roman Chicken Salad** \$16.49
(Caesar salad topped with poached chicken breast.)
- Chef's Salad** \$16.49
(Served with julienne of ham, turkey, beef and swiss cheese.)
- Nacho Salad** \$15.99
(A mixture of salad greens, olives, jalapenos, tomato, ground beef, cheese, onions, sour cream, salsa and tortilla chips.)
- Caesar Salad** \$13.99
(Prepared with our world famous Caesar dressing.)

Side Orders

- Side Size of Gravy** \$1.49
- Garlic Toast (1 slice)** \$1.49
- Cheese Toast (1 slice)** \$2.49
- Onion Rings** \$7.99
- French Fries** \$5.99
- Poutine** \$7.45
- Side Tossed Salad** \$5.99
- Side Greek or Caesar Salad** \$8.45
- Chicken Wings or Jalapenos or Cheese Sticks or Mushrooms** \$14.49
- Nachos** \$14.49
(Tomatoes, onions, green peppers, black olives, cheese, jalapenos)

Daily Specials

Includes soup and dessert of the day. Served with fries or mashed potatoes.



- Hot Hamburger Sandwich** \$14.99
- Hot Beef Sandwich** \$15.99
- Hot Turkey Sandwich** \$15.49
- Chicken Cutlets** \$16.99
- Pork Cutlets** \$16.45
- Beef Liver & Onions** \$15.99
- Fish & Chips** \$15.99
- Veal Cutlets** \$15.99
- Hamburger Steak** \$15.99



World Dry Ribs
\$14.49
Famous

World Wings
\$14.49
Everybody wins "with wings"
Famous



Brussel Sprouts Health Benefits:

Brussel sprouts stimulate sluggish glands and promote the release of hormones that cleanse adipose cells and body tissues. Minerals in the sprouts stimulate your kidneys to release more water, so it becomes easier to flush out dislodged fatty wastes.



Beets Health Benefits:

Beets promote a diuretic washing action via your liver and kidneys because of their unique low-level iron content. It cleanses your blood cells and washes away those fatty deposits.

Hearty Sandwiches & Delights

Served with pickles and french fries. Substitute french fries for salad for \$2.99. Add \$2.25 for soup of the day.

- Cold Ham** \$10.99
- Egg Salad** \$10.99
- Grilled Cheese** \$10.99
- Reuben Club** \$13.99
(Slices of smoked corned beef, sauerkraut and swiss cheese on rye.)
- Hot Corned Beef on Rye** \$12.45
- French Beef Dip** \$14.45
(Thin slices of beef on a kaiser bun with french au juice)
- Clubhouse Sandwich** \$14.99
(Thin slices of turkey, ham, bacon, tomato, lettuce and cheese, all on triple decker sandwich.)
- Toasted Bacon and Tomato** \$11.99
- Cold Beef or Turkey** \$11.99
- Grilled Ham and Cheese** \$11.99
- Denver Sandwich** \$11.99
- Chicken Salad Sandwich** \$11.99

Entrees

May we suggest a glass of wine?



All entrees come with fries, (baked, oven roast, or mashed when available), vegetables, garlic toast and your choice of soup of the day or tossed salad and dessert of the day.

- Chicken and Ribs** \$22.99
(BBQ, Teriyaki or Greek Style.)
- Chicken Fingers** \$17.99
(Strips of golden fried chicken, served with french fries.)
- Chicken Teriyaki, Greek or BBQ** \$17.99
(Marinated chicken charbroiled, choice of style, and served with rice pilaf.)
- Deep Fried Jumbo Shrimp** \$17.99
(Served on a bed of rice and cocktail sauce.)
- Halibut Steak** Market Price
(Either poached or grilled.)
- Pepper Corn Steak** \$24.99
- Salmon Steak** \$23.99
(Either poached or grilled)
- Steak and Shrimp** \$25.99
(A large cut of New York served with breaded shrimp and tangy sauce.)
- Steak Sandwich** \$20.99
(9 oz. New York served with sauteed mushrooms.)
- Parmesan Pork, Chicken or Veal** \$18.99
(Served on Spaghetti, with our homemade sauce.)
- Pork Chops**, choice of BBQ, Teriyaki or Greek Style \$17.99
(Pork Chops, sliced right, and served with apple sauce.)
- Baby Back Ribs, BBQ, Greek Style or Teriyaki** \$25.99
- Chicken Cordon Bleu** \$19.99

Burger Festival

All Burgers are served on a kaiser bun with pickles and french fries. Add \$2.25 for soup of the day.

- Kaiser Burger** \$12.49
(Served with lettuce and tomato.)
- Kaiser Cheeseburger** \$13.49
(Served with lettuce, tomato and cheese.)
- Western Burger** \$13.99
(With fried mushrooms and onions.)
- Greek Burger** \$14.99
(Onions, tomatoes, feta, Greek spices.)
- Cordon Bleu Burger** \$14.49
(Chicken breast topped with ham and swiss.)
- Cajun Burger** \$14.49
(With salsa and loaded with cheddar cheese.)
- Burger Deluxe** \$15.49
(With layers of cheese, ham, bacon, lettuce and tomato.)
- Cajun Chicken** \$14.99
(Just like our Cajun burger, except with chicken.)
- Mozza Mushroom Burger** \$14.49

Pasta

- Baked Lasagna with meat sauce** \$15.99
- Baked Spaghetti with meat sauce** ... \$15.99
- Spaghetti** \$13.99
- Mediterranean Lasagna** \$17.50
(Lasagna with meat sauce and a special blend of mozzarella, olives, feta cheese and our special spices.)

For The Light Appetite

Served with french fries or mashed or soup & dessert of the day.

- Deep Fried Jumbo Shrimp** \$14.25
- Fish and Chips** \$13.75
- 6 oz. Steak Sandwich** \$17.75
- Cutlet, Pork or Veal** \$13.75
- Chicken Fingers** \$13.75
- Liver with Onions** \$13.25
- Light Chicken Cutlet** \$13.75

Desserts

- Pie (A la Mode add \$.99)** \$5.99
- Cheese Cake (Blueberry or Cherry) & Tortes** \$7.45
- Dessert of the Day** \$2.49
- Baklava** \$7.45



Horseradish Health Benefits:

Horseradish is a condiment that offers potent and speedy fat-melting action. It works in two ways. First, it dissolves fat in your cells. Second, it functions as a solvent and cleanser. All you need to do is add one pinch to raw salad. It creates a catalytic action that breaks down fat deposits, dissolves them and then washes them right out of your body. If you are troubled with respiratory disorders, such as sinusitis or allergies, a pinch of horseradish can cleanse the debris and waste from your respiratory system so that you can breath better. If you have a cold or a sore throat, simply mix a teaspoon of horseradish with a little honey in a glass of warm water. You'll be destroying fat — and beating your cold, too!



Carrots Health Benefits:

Carrots, especially when cooked, are a prime source of beta carotene which is converted by your digestive system into usable vitamin A, which accelerates your metabolism. Almost immediately, your vital systems speed up, followed by a scrubbing or vibration reaction on your adipose cells. Fatty particles are dislodged and prepared for prompt elimination.

Beverages

- Coffee or Tea** \$2.87
- Juice (14 oz. glass)** \$2.86
- Milkshakes** \$6.99
- Herbal Tea** \$2.87
- Hot Chocolate** \$2.35
- Milk or Vico** \$2.86
- Soft Drink (Free Refill with food only)** \$2.86
- Iced Tea (Free Refill with food only)** \$2.86
- Bottle Soft Drink** \$2.86

We have enjoyed the popularity of our restaurant and hope you will agree. Good food served in a friendly and pleasant atmosphere makes your dining a rewarding experience. Hope to serve you again.

Main Track Liquor Menu

Hi Balls 1 oz.

| | |
|---------------|------|
| Rye | |
| Canadian Club | 5.22 |
| Bar Rye | 5.22 |
| Crown Royal | 6.52 |
| Gibsons | 6.52 |
| Scotch | |
| Bar Scotch | 5.22 |
| Chivas Regal | 6.52 |
| Ne Plus Ultra | 6.52 |
| Gins | |
| Bar Gin | 5.22 |
| Beefeater | 6.52 |

Vodkas 1 oz.

| | |
|-----------|------|
| Bar Vodka | 5.22 |
| Smirnoff | 6.52 |

Rums 1 oz.

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|----------------|------|
| Bar Rum | 5.22 |
| Lemon Hart | 5.22 |
| Bacardi | 5.22 |
| Bacardi "1873" | 5.22 |



Liqueurs 1 oz.

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|---------------------------------|------|
| Apricot Brandy | 5.22 |
| Hungarian Pear Brandy | 5.22 |
| Cherry Brandy | 5.22 |
| Creme de Cacao (White or Brown) | 5.22 |
| Creme de Menthe | 5.22 |
| Kahlua | 5.22 |
| Tia Maria | 5.22 |
| Galliano | 5.22 |
| Triple Sec | 5.22 |
| Cointreau | 5.22 |
| Amaretto | 5.22 |
| Drambuie | 5.22 |
| Benedictine | 5.22 |
| Grand Marnier | 5.22 |
| Southern Comfort | 5.22 |
| Ouzo | 5.22 |
| Sambuca | 5.22 |
| Coconut Rum | 5.22 |

Brandies & Cognac 1 oz.

| | |
|---------------------------|------|
| Hennessy (France) | 8.25 |
| Metaxa (Greece) | 7.99 |
| Courvoisier V.S. (France) | 8.25 |

Cocktails

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|--|------|
| Bottle Cap | 6.52 |
| 1 oz. Root Beer Schnapps, 1/2 oz. Sour Puss, Lime, 7-Up | |
| Kahlua Cooler | 6.52 |
| Kahlua, Annisette, Cream | |
| Black Russian | 6.52 |
| 1/2 oz. Vodka, 1/2 oz. Kahlua | |
| Caesar | 6.52 |
| Vodka, Clamato Juice, L&P Sauce, Tabasco, Salt, Pepper, Celery | |
| Chi Chi | 6.52 |
| 1-1/4 oz. Vodka, Coconut Cream, Pineapple Juice | |
| Velvet Hammer | 6.52 |
| 1 oz. Creme de Cacao, Triple Sec, Cream | |
| Bacardi Cocktail | 6.52 |
| 1-1/4 oz. Bacardi Rum, Lime Juice, Grenadine | |
| Daiquiri | 6.52 |
| Light Rum, Lime Juice, Sugar | |
| Strawberry Daiquiri | 6.52 |
| 3/4 oz. Light Rum, 1/4 oz. Triple Sec, Strawberries | |
| Tequila Sunrise | 6.52 |
| 1 oz. Tequila, Orange Juice, Grenadine | |
| Harvey Wallbanger | 6.52 |
| 1 oz. Vodka, 1/4 oz. Galliano, Orange Juice | |
| Brown Cow | 6.52 |
| 1 oz. Kahlua, Milk | |
| Comfortable Screw | 6.52 |
| 1-1/4 oz. Southern Comfort, Orange Juice | |
| Grasshopper | 6.52 |
| 1 oz. Creme de Menthe, 1/4 oz. Creme de Cacao, Cream | |
| Golden Cadillac | 6.52 |
| 1 oz. Galliano, 1/4 oz. Creme de Cacao, Cream | |
| Silver Cloud | 6.52 |
| 1 oz. Creme de Cacao, 1/4 oz. Amaretto, crushed ice, milk | |
| Long Island Iced Tea | 6.52 |
| 1/2 oz. Triple Sec, 1/2 oz. Tequila, Lemon Juice, Coke | |
| Marguerita | 6.52 |
| 1 oz. Tequila, 1/4 oz. Cointreau, Lime Juice, Salt | |
| Martini | 6.52 |
| 1 oz. Gin, 1/4 oz. Dry Vermouth, Green Olive | |
| Singapore Sling | 6.52 |
| 1 oz. Gin, 1/4 oz. Cherry Brandy, Orange Juice, Lemon Juice, Soda | |
| Pina Colada | 6.52 |
| 1 oz. Light Rum, Coconut Cream, Pineapple Juice | |
| Screwdriver | 6.52 |
| 1 oz. Vodka, Orange Juice | |
| Zombie | 8.69 |
| 1/2 oz. Light Rum, 1/2 oz. Dark Rum, 1/2 oz. Apricot Brandy, Lemon, Lime, Orange Juice | |
| Sloe Comfortable Screw | 6.52 |
| 1/2 oz. Sloe Gin, 1/2 oz. Southern Comfort, Orange Juice | |
| Vodka Special | 6.52 |
| 1 oz. Vodka, Lime, 7-up, Lemon Juice | |
| Vodka Paralyzer | 6.52 |
| 1 oz. Vodka, 1/4 oz. Kahlua, Milk, Coke | |



Wines

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|-----------------------------------|-------|
| House Wines (Red or White) | |
| Mission Hill | |
| 6 oz. Glass | 6.52 |
| 1/2 Litre | 19.99 |
| 1 Litre | 33.99 |

Coolers

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| Mike's Hard Lemonade | 6.52 |
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Beer

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|-----------------|------|
| Domestic | 6.09 |
| Imported | |
| Heineken | 6.95 |
| Corona | 6.95 |

After Dinner Drinks

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|---|------|
| Irish Coffee | 7.56 |
| Irish Whiskey, Coffee, Whipped Cream | |
| Bailey's Coffee | 7.56 |
| Bailey's Irish Cream, Coffee, Whipped Cream | |
| Cafe Royal | 7.56 |
| Grand Marnier, Coffee, Whipped Cream | |
| Spanish Coffee | 7.56 |
| Kahlua, Brandy, Coffee, Whipped Cream | |
| Monte Cristo | 7.56 |
| Grand Marnier, Kahlua, Coffee, Whipped Cream | |
| Blueberry Tea | 7.56 |
| Amaretto, Grand Marnier, Hot Tea | |
| Honey Tea | 7.56 |
| Drambuie, Orange-spice Tea, Lemon Twist | |
| Peppermint Patty | 7.56 |
| Peppermint Schnapps, Hot Chocolate, Whipped Cream | |
| Hot Buttered Rum | 7.56 |
| Dark Rum, Cinnamon, Brown Sugar, Spice | |

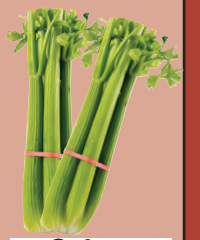


Shooters

| | |
|---|------|
| After Five | 7.35 |
| 1/3 oz. Kahlua, 1/3 oz. Peppermint Schnapps, 1/3 oz. Bailey's Irish Cream | |
| B-52 | 7.35 |
| 1/3 oz. Bailey's Irish Cream, 1/3 oz. Grand Marnier, 1/3 oz. Kahlua | |
| Altered State | 7.35 |
| 1/3 oz. Kahlua, 1/3 oz. Hungarian Pear Brandy, 1/3 oz. Bailey's Irish Cream | |

Non Alcoholic Drinks

| | |
|--------------------|------|
| Shirley Temple | 5.34 |
| Roy Rogers | 5.34 |
| Non Alcoholic Beer | 5.22 |
| Virgin Caesar | 5.22 |



Celery

Health Benefits: Fresh raw celery has a high concentration of calcium in solution, which means it is naturally predigested and ready to go to work as a cell scrubber. When you eat celery or drink celery juice, you send the calcium streaming throughout your body, energizing your endocrine system. Your hormones then do battle with accumulated fatty buildup in your cells and break it down. Celery is also rich in magnesium and iron which nourish your blood cells, cleanse and wash your fatty deposits and eliminate accumulated wastes. The greener stalks are an especially good source of vitamin A, which is excellent for people suffering from arthritis, neuritis, rheumatism or high blood pressure.



Onions Health Benefits:

Onions contain natural volatile oils and minerals that control fatty buildup. They are strongly effective in dislodging fatty cell-clogging wastes. They keep blood in great shape by thinning it, retarding clotting, lowering total cholesterol and regulating sugar. A half of a raw onion a day has been shown in studies to give a 30 percent boost of beneficial HDL blood cholesterol. (Cooking may lessen, or even destroy, this capability.) Their large amount of sulfur is especially good for the liver. Onions have also been known to kill bacteria, relieve bronchial congestion and reduce allergies.



Tomatoes Health Benefits:

Tomatoes, rich in vitamin C and natural citric acids, speed up the metabolism. They also have a concentration of lycopene, a type of carotene which is an anti-cancer agent. Tomatoes are low in sodium and fat and rich in potassium. Their natural acids combine with the enzyme-activated minerals and prompt your kidneys to filter large quantities of fatty deposits from your bloodstream, creating a watery environment. The fatty deposits are then easily eliminated.

Please ask for your favourite cocktail and our bartenders will be glad to make it for you!

All prices are subject to applicable taxes

It is illegal to serve persons under the age of 19.

We have enjoyed the popularity of our restaurant and hope you will agree.

Good food served in a friendly and pleasant atmosphere makes your dining a rewarding experience. Hope to serve you again.

Souvenir Copy

Main Track Cafe and Lounge — Hwy. 13 & 39, Weyburn, Sask.