

Inclusive Dinners

Soup, Choice of two side dishes, Slice of fresh baked pie.

Livers Lovers Braided Baby Beef Liver Steak with Fried Onions
Ome Strip.....16.95

Chopped Sirloin Steak
7 oz.....15.95

Chicken
Grilled Skinless Breast.....16.95
Roasted Half Chicken.....18.95
BBQ Beef Ribs & Wing.....16.95

Blue Plate Special
Meat Loaf, Chicken Loaf or Vegetable Loaf...17.95

To Life... L'Chaim

IN CANS.....1.85
(Pineapple, Diet Sodas, Diet Beer, Diet Green Tea, Diet, Diet Cola)
Orange Juice or Cranberry.....2.50
Tomato or Apple Juice.....2.50
Perrier Bottled Water.....2.50
Hot Tea - Russian Style.....1.75
Hot Water & Lemon.....1.00



Bottomless Cup

Brewed Coffee (Regular & Decaffeinated) 1.75
(Bottomless)

Wine

Imported
Red or White Wine
By the Glass.....5.50
1/2 Litre Carafe...13.95

Beer

BOTTLE DOMESTIC.....4.75
(Culbert's Blue, Molson Export, Blue Light, Super Light)
PREMIUM (Blonde Green Ale, Malton Dry)...5.25
Imported (Heidelberg).....5.25

07/06

Lighten Up!

We're proud to offer the following menu items that are lower in fat

Appetizers

Gofille Fish & Tossed Salad.....6.25 2 grams of fat
Chef Salad with
Raspberry Vinaigrette.....4.25 0 grams of fat
Cucumber Salad.....3.95 0 grams of fat

Soups

Daily Soup (Vegetarian).....4.25 2 grams of fat
Cabbage Borscht.....4.25 0 grams of fat
Chicken Soup with Kasha.....4.25 3 grams of fat

Main Courses

Chicken Breast Sandwich
on a Kaiser Bun.....8.95 12 grams of fat

Chicken Breast Salad
with Dijon Dressing.....11.75 14 grams of fat

Garden Salad
with Raspberry Vinaigrette.....8.25 5 grams of fat

Vegetable Loaf Platter
with Carrots and Kasha.....12.95 10 grams of fat

Roast Breast of Turkey Sandwich...7.95 8 grams of fat

Desserts

Fresh Fruit Salad with Mohn Cookie..4.50 4 grams of fat

Nutritional Fact: The average woman should consume 70 grams of fat per day, and the average man 95 grams

Store Hours: 10 am thru to 9 pm - 7 days a week
346 Eglinton Ave. West (at Avenue Rd.)
Toronto, Canada M5N 1A2

416-487-4506

The
YITZ'S
Menu

Appetizers

Pickled Herring	4.75	Chopped Liver.....	6.25
Gefilte Fish & Hazeradish ..	5.95	Cabbage Roll.....	6.25
Knishes	4.25	Chef Salad.....	4.25
Kishka & Gravy	5.95	Caesar Salad.....	4.50

Soup

(Zoop)

Chicken Matzo Ball or Noodle	4.25
Cabbage Borscht	4.25
Today's Soup	4.25
Basket of Rolls	1.95



Corned Beef, Pastrami or Roast Beef ..	7.25
Tongue	7.95
Chopped Liver or Salmi	6.95
Deli Roast or Smoked Turkey	7.25
Roast Breast of Turkey	7.95
Baby Beef (Provimi Veal)	7.95
Double or Combination Sandwich (includes Lett.)	12.95

(Above Sandwiches available on Rye Bread, Kaiser or Olive Roll)

Meat Platters

Choice of any 3 Delicious Deli Meats ...	14.95
Hot Roast Brisket of Beef with Gravy...	14.95

(Portion includes Yitz's famous potato lettuce and coleslaw)

7 oz. All Beef Burger... 8.95

(Served on a Bun with Special Fries & Coleslaw)

Yitzburger

Hot Dogs

All Beef.....	3.95	Weiners & Baked Beans - 1 Weiner ..	6.50
All Veal.....	3.95	- 2 Weiners ..	8.50
Large Knackwurst ..	4.50	Knackwurst & Baked Beans	6.95
Cajon Knackwurst..	4.50		

Hot

Kasha & Bow Ties.....	3.95	Potato Salad or Coleslaw	3.25
Yitz's Special Fries.....	3.50	Bean Salad or Cucumber Salad	3.75
Potato Latkes with Applesauce ..	4.50	Mediterranean Salad	5.25
Baked Beans.....	3.25	Old or New Dill Pickle or Dill Tomato ..	1.50
Fried Onions.....	.99	Sweet or Hot Peppers	2.95
		Fresh Fruit Salad	4.50

4.00 minimum per person
during meal time

Specialties

Liver
Lovers

Broiled Baby Beef Liver Steak with Fried Onions, Potato Latke and Coleslaw - One strip.....	11.95
- Two strips.....	14.95

Meat Loaf, Turkey or Vegetable Loaf with
Mashed Potatoes and Vegetable...12.95

Beautiful Boiled Beef in the Pot with Soup, Matzo Ball,
Vegetable and Latkes OR with Cabbage Borscht and Latke...16.95

Boiled Chicken in the Pot with Soup,
Matzo Ball, Vegetable and Latke.....16.95

Flanken
Fanatics

14 oz. Chopped Sirloin Steak with
Latkes & Coleslaw.....14.50

SALMON • TUNA • EGG SALAD...11.95

(Choice of any two served with Dressing, Tomatoes and Cucumbers)

GEFILTE FISH.....8.25

with Dressing Salad, Tomatoes, Stewed Egg, Celery and Cornets

Bagels and...



Cream Cheese.....	4.50
Lax & Cream Cheese...10.50	
Egg Salad.....	5.75
Tuna Salad.....	6.75
Salmon Salad.....	7.95

Chicken Chicken Chicken

Warm Grilled Skinless Chicken Breast on Garden Salad.....	11.75	on Caesar Salad.....	12.75
on Greek Salad.....	13.50		

Half Roasted Chicken ...13.95

with a choice of Two Vegetables

Grilled Chicken Breast Sandwich...8.95

served on a Kaiser or Olive Roll

Grilled Chicken Breast Platter Single ...10.95 Double ...14.95

with a choice of Two Vegetables

BBQ or Baked Chicken Wings 7 wings...9.95

(with a Side of Special Fries 10 wings...12.95)

Chicken Fingers & Fries.....11.95

Ask about our Delicious
Catered Parties

Sensational Salads

Served with Fresh
Baked Rolls and Chutney

GARDEN SALAD.....8.25

lettuce, tomatoes, green pepper, celery & carrot sticks
with sliced egg & tomato. Choice of Dressing

GREEK SALAD.....9.95

includes fresh lettuce, chunks of cucumbers,
green pepper, tomatoes, onions, feta cheese
and our own exceptional great dressing

CAESAR SALAD.....8.95

romaine lettuce, parmesan cheese, anchovies
and our own exceptional caesar dressing

JULIENNE SALAD

lettuce, cucumbers, green pepper, sliced egg, tomato with
tortery & onion. Choice of Dressing.....11.95
with turkey only.....12.95

Salad Selectables

Enjoy these fresh yourself or sample a variety
of choices and share them as an appetizer

Mediterranean Salad - Cucumber Salad - Tossed Salad
Grilled Veggies - Pasta Salad - Bean Salad - Cous Cous
Potato Salad - Feta Pasta ... 3 choices \$9.95

Steak - Ribs & Wings

Steak Sandwich & Fries	11.95
BBQ Beef Ribs, Wings & Fries	11.95



Bakery

Nachspitz... The Living End

Chunky Chocolate Cookies (Two Cookies)	1.95
Yitz's Muffins	1.75
(Old Fash. Great Flapjacks, Blueberry, Cheesecake, Orange Buns, Banana Pudding)	
Danish (Apple, Blueberry, Cherry, Lemon)	2.25
Yitz's Famous Lemon Meringue Pie	4.75
Puff Pies (Apple, Blueberry, Strawberry Rhubarb, Peach)	3.50
Butter Tart, Pecan Tart	1.95
Pecan Cinnamon Bun	2.25
Almond Fingers (Two Fingers)	2.25
Mandelbröt (Two Mandelbröt)	1.95
Rogelach (Two Rogelach)	2.95
Delicious Cheesecake	4.50