





hot deli

Packaged  
**ICE**

BUSCH

EMERGENCY  
SHUT-OFF  
SWITCH



WASHINGTON State  
9F663E





got ice?

Budweiser

Packaged  
**ICE**







OST  
AFE

OPEN



OPEN 8-8 DAILY

BEAVER LODGE  
RESORT & CAMPGROUND  
*Cabins*

















Salmo, BC (9/04)



Esso  
Food Market  
Diesel  
Propane  
Self  
SUBWAY

ESSO

Propane

ESSO

Diesel

ESSO

SELF SERVICE

Esso





VACUUM

9F6631



**CITY CENTRE  
MOTEL**

226 - 15 Ave N.  
P.O. Box 40  
Creston B.C.  
V0B 1G0

**250-428-2257**  
ccmotelcreston@gmail.com  
www.citycentremotel.ca

**Manager and his wife were Super Great people.  
Offered us towels to wipe our bike windshield, etc.  
Well worth the stay.**

Creston, BC (9/04)















LIQUOR STORE

ALEXANDER KEITH'S

STON  
LEY

Corona  
Extra



# 55+ Diner MENU

SUBSTITUTE HEALTHIER ITEMS LIKE EGG WHITES AND SUGAR-FREE SYRUP.

## BREAKFAST

### 55+ SCRAMBLED EGGS & CHEDDAR BREAKFAST

Two scrambled eggs with Cheddar cheese. Served with two bacon strips, two sausage links and two buttermilk pancakes. 9.79

### 55+ BELGIAN WAFFLE SLAM\*

A golden waffle served with one egg,\* two bacon strips or two sausage links. 8.99

### 55+ STARTER™

One egg\* with 2 bacon strips or 2 sausage links. Choice of seasoned red-skinned potatoes, hash browns or seasonal fruit and choice of toast or English muffin. 8.49 **GF** when you choose the Gluten Free English Muffin

### 55+ FRENCH TOAST SLAM\*

One thick slice of our fabulous French toast with one egg,\* two bacon strips or two sausage links. 8.59

### 55+ FIT FARE® LOADED VEGGIE OMELETTE

Egg white omelette with spinach, mushrooms, sautéed zucchini and squash, diced tomatoes and Swiss cheese. Served with seasonal fruit and an English muffin. 9.59

**GF** when you choose the Gluten Free English Muffin

### 55+ OMELETTE

A two-egg omelette with sautéed onions, bacon, diced tomatoes and shredded Cheddar cheese. Served with choice of seasoned red-skinned potatoes, hash browns or seasonal fruit and choice of toast or an English muffin. 9.59 **GF** when you choose the Gluten Free English Muffin

**FIT FARE®:** Over 20g of protein Under 15g of fat Under 550 calories

## LUNCH

### 55+ CLUB SANDWICH

Tender carved turkey breast, bacon, lettuce, tomato and mayo on toasted 7-grain bread. Served with wavy-cut French fries. 9.59

### 55+ GRILLED CHEESE SANDWICH & SOUP

Melted Canadian cheese on grilled sourdough bread and served with a cup of soup. 8.99

Soup available from 11 am to 10 pm. Other side choices available upon request.

## DINNER

INCLUDES CHOICE OF CAESAR SIDE SALAD, GARDEN SIDE SALAD OR CUP O  
Soup available from 11 am to 10 pm.

### 55+ COUNTRY-FRIED STEAK

A chopped beef steak smothered in country gravy. Served with sides and dinner bread. 10.99

### 55+ GRILLED CHICKEN

Grilled seasoned chicken breast served with two sides and bread. 12.69 **GF** when you choose two Gluten Free sides and the Gluten Free English Muffin

### NEW! 55+ GRILLED HADDOCK

A grilled wild-caught haddock fillet with a buttery herb glaze, choice of two sides and dinner bread. 13.99

| when you choose garlic red-skinned mashed potatoes and broccoli and without **GF** when you choose two Gluten Free sides and the Gluten Free English Muffin

### 55+ TURKEY DINNER

Slices of tender carved turkey breast, savoury stuffing and cranberry sauce. Served with choice of two sides and dinner bread. 13.99 **GF** when you choose two Gluten Free sides and the Gluten Free English Muffin

**GF** indicates food options that are **GLUTEN FREE**. Menu items marked as **GF** are less than 20 parts per million for a gluten free claim and are not set up as a strictly gluten free environment.

\*EGGS SERVED OVER-EASY, POACHED, SUNNY-SIDE-UP OR SOFT-BOILED MAY BE UNDERCOOKED AND WILL ONLY BE SERVED IF REQUESTED. NOTICE: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.



ORDER  
ONLINE AT  
DENNYS.CA OR  
DOWN





**BIG BOURBON FLAVOURS**

**BOURBON BACON BURGER**

100% beef burger with Cheddar cheese, bacon, sautéed mushrooms, fire-roasted bell peppers & onions, bourbon sauce, lettuce, tomato, red onions and pickles on a Cheddar bun, with wavy-cut fries. **\$13.99**



**BOURBON CHICKEN SIZZLIN' SKILLET**

Grilled seasoned chicken breasts covered with a bourbon glaze, topped with fire-roasted bell peppers & onions and mushrooms, all atop broccoli and seasoned red-skinned potatoes. **\$13.99**

CAUTION: Skillets are hot. Handle with care.

**NEW & IMPROVED! PREMIUM CHICKEN TENDERS**

Premium golden-fried chicken tenderloins served with choice of dipping sauce, two sides and dinner bread. **\$14.29**

CHOOSE FROM 10 DIPPING SAUCES, INCLUDING OUR SWEET & TANGY BOURBON SAUCE.



**NEW! APPLE BOURBON PANCAKE BREAKFAST**

Multigrain wheat pancakes made with flaxseeds, cinnamon & brown sugar and topped with a caramel apple walnut bourbon sauce. Served with two eggs\*, hash browns, plus two bacon strips or two sausage links. **\$13.99**



SUBSTITUTE YOUR PANCAKES WITH BUTTERMILK OR PUMPKIN PANCAKES.

START YOUR MEAL OFF WITH

**NEW! Double Chocolate PANCAKE PUPPIES™**

Made with Ghirardelli® cocoa and chocolate chips, tossed in powdered sugar and served with a side of cream cheese icing.

TEN **4.99** | SIX **3.99**





Crowsnest Pass, AL (9/05)











ESSO

90  
95  
100



TOURIST RESTAURANT & PUB  
RESTAURANT & PUB

STOP







Blairmore, AL (Tim Horton's) (9/05)





INDUSTRIAL DEVELOPMENT BOARD      PROVINCE OF ALBERTA

**FRANK SLIDE · APRIL 29 · 1903**  
Disaster struck the town of Frank at 4:10 A.M.  
April 29th, 1903 when a gigantic wedge of limestone  
2,100 feet high, 3,000 feet wide and 500 feet thick  
crashed down from Turtle Mountain.  
Ninety million tons of rock swept over a mile of valley,  
destroying part of the town, taking 70 lives and burying an  
entire mine plant and railway in approximately 100 seconds.  
The old town was located at the western edge of the slide  
where many cellars still are visible.

















Terex  
QUALITY PERFORMANCE  
Deterge  
ALL GRADES





Tempco

TRAILSIDE

Tempco

GAS - DIESEL - CONVENIENCE

Tempco

Tempco

2  
FLAVOUR  
SLUSH

87

2

87



Maple Creek, SK (9-05)

















ORIGINAL  
16



**THE ROCKIN HORSE**  
COOKHOUSE & BAR

103 Maple Street, Maple Creek, Sask. S0N 1N0

306.662.2430





GREAT WESTERN BREWING

ORIGINAL

DOUBLE 16 ACED





THE GRIZZLY PAW  
SODA COMPANY  
CANALES, ALBERTA

BLACK CHERRY  
COLA  
COLA CHERRY NORD

HANDMADE WITH REAL CANE SUGAR



Moose Jaw, SK (9/06)







EV





Weyburn, SK (9/06)





1263 Miles to Denis & Sharons (9/06)



GEAR 1  
TRIP-1 12626 mile  
FUEL AVG 455 MPG  
RANGE 121 mile

