

fresh



BREAKFAST

fresh EYE OPENERS

Regular or decaffeinated fresh ground 100% Arabica coffee	2.25
Mighty Leaf artisan herbal teas	2.50
Glass of fresh squeezed fruit juice	3.25
2%, skim or chocolate milk	2.25
Hot chocolate with whipped cream and shaved Callebaut	2.25

fresh BREAKFAST BUFFET (Served Monday - Saturday from 7am - 11am) Includes your choice of coffee or tea, and juice

GREENS BREAKFAST BUFFET

It's early so leave the decision making to us 17.95

- Seasonal fruits
- Assorted cereals
- Fresh baked banana bread, croissants & Danish pastries
- Design your own Parfait - Yoghurt, cottage cheese, granola, chocolate, nuts & berries
- Selection of Domestic & Import Cheeses
- Smoked salmon with shaved Bermuda onions, capers & lemon
- Shredded hashbrown potatoes
- Scrambled Omega-3 Vita eggs
- Traditional Eggs Benedict, Hollandaise sauce
- Chef's buttermilk pancakes with Quebec maple syrup and whipped butter
- Valbella maple chicken breakfast sausages
- Peppered bacon rashers

fresh FROM THE GRIDDLE

BELGIAN BREAKFAST

Two eggs any style, Belgian waffle with Quebec maple syrup and choice of peppered bacon rashers, maple chicken sausages, ham or farmers sausages 11.50

SUNRISE BREAKFAST

Two eggs any style, two buttermilk pancakes with Quebec maple syrup and choice of peppered bacon rashers, maple chicken sausages, ham or farmers sausages 11.50

CHEF'S PANCAKES

Traditional buttermilk or blueberry pancakes with Quebec maple syrup and whipped butter 9.75

CHERRIES JUBILEE FRENCH TOAST

Baguette style with confectioners' sugar, brandy infused bing cherries and whipped cream 9.50

BANANA SPLIT WAFFLE

Traditional Belgian waffle with strawberries, fresh sliced bananas, pineapple, Callebaut chocolate sauce and whipped cream 9.75



All egg dishes are prepared using Organic Omega-3 Vita free range eggs.

CORNED BEEF HASH

House-made Corned beef and potato hash with soft poached eggs, fire grilled tomatoes and toast 11.75

EGGSPRESS

Two eggs any style with toast, and choice of fire grilled tomatoes, shredded hashbrowns or seasonal fruit 8.75

Add peppered bacon rashers, maple chicken sausages, ham or farmers sausages 3.00

BREAKFAST BAGEL

Fried egg, peppered bacon, melted cheddar, crisp lettuce and fresh tomato tiered between a grilled Montreal-style bagel. Served with fire grilled tomatoes, shredded hashbrowns or seasonal fruit 8.50

FARMERS EGGWICH

Grilled farmers sausage with scrambled eggs and melted cheddar served open-face on a toasted English muffin. Served with shredded hashbrowns or seasonal fruit 8.50

HUEVOS RANCHEROS WRAP

Two cheddar scrambled eggs with Cajun chicken breast, bell peppers, green onions and avocado rolled in a flour tortilla with sour cream and salsa. Served with choice of fire grilled tomatoes, shredded hashbrowns or seasonal fruit 10.75

CANADIAN SCRAMBLER

Two eggs scrambled with peppered bacon, mushrooms, tomatoes and green onions; presented on a nest of shredded hashbrowns with melted cheddar and choice of toast 10.50

THREE-EGG OMELETTE

Served with fire grilled tomatoes, shredded hashbrowns or seasonal fruit, toast and choice of three fillings Ham, peppered bacon, Cajun chicken, smoked salmon, mushrooms, bell peppers, green onions, tomatoes, avocado, salsa, cheddar cheese and asparagus 12.50

Extra Fillings 1.00



TRADITIONAL EGGS BENEDICT

Poached soft eggs with peameal back bacon and Hollandaise sauce. Served with fire grilled tomatoes, shredded hashbrowns or seasonal fruit 13.00

Half order 9.75

WEST COAST EGGS BENEDICT

Poached soft eggs with Pacific smoked salmon, fresh asparagus spears and Hollandaise sauce. Served with fire grilled tomatoes, shredded hashbrowns or seasonal fruit 14.00

Half order 10.50

PARISIAN SHIRRED EGGS

Eggs baked soft with butter, double cream, ham, mushrooms and finished with Hollandaise sauce and gratinéed Cheddar cheese. Served with fire grilled tomatoes, shredded hashbrowns or seasonal fruit 14.00

FIRE GRILLED STEAK & EGGS

8oz AAA Alberta beef striploin steak cooked to specification. Served with fire grilled tomatoes, shredded hashbrowns or seasonal fruit and toast 16.75

fresh FRUITS, GRAINS & YOGHURT

An arrangement of seasonal sliced fruit, house made banana mini loaf and choice of organic cottage cheese or yoghurt	11.00
Bowl of fresh chopped seasonal fruit and berries	4.50
Organic granola nut parfait with yoghurt, field berries of the season and a fresh baked breakfast loaf	6.75
Fresh or grilled ruby red grapefruit slices with pomegranate molasses and toasted hazelnuts	4.50
Steel-cut oatmeal with vanilla bean cream and lemon curd	4.00
Cream of wheat with cinnamon, yellow sugar and golden Thomson raisins	4.00
Birchermüesli with rolled oats, coconut, raisins and dates, with skim milk, fresh sliced bananas and strawberries	5.00
Assorted cereals with milk or cream	3.00
Toasted white, brown, double grain, light rye or raisin bread or English muffin with whipped butter	3.25
Trio of Danish, croissant, and banana bread	4.75
Montreal style bagel with cream cheese & preserves	4.75

fresh ON THE SIDE

Peppered bacon rashers, maple chicken sausage, ham or farmers sausage	4.00
Fresh or fire grilled vine ripened tomato slices	2.00
Shredded hashbrown potatoes	3.75
Organic cottage cheese or fruit yoghurt	3.50
One pancake with organic maple syrup and whipped butter	3.75
One organic Omega-3 Vita egg any style	2.00