



BREAKFAST

BUFFET

Deluxe Good Start Buffet **\$14.95**
 Our buffet is designed with your health need in mind. Enjoy a selection of fresh diced fruit, just baked pastries, cold cereals with skim milk, cottage cheese, plain and fruit yogurt, almond granola and a complete selection of breads, bagels and fresh baked muffins

All Canadian Buffet **\$17.95**
 The Deluxe Good Start: Chef's egg of the day, chicken and pork sausage, hickory smoked bacon, country style red skin potatoes, Belgium waffles, baked French Toast, hot oatmeal, omelettes made to order and pan-fried eggs cooked to your liking.

A LA CARTE

Healthy Start Hot oatmeal, cold cereal or almond raisin granola with choice of toast, bagel or freshly baked muffin. Served with fresh coffee and juice **\$10.95**

Canadian Breakfast Two farm fresh eggs any style with choice of smoked bacon, honey ham, pork sausage or back bacon, comes with crisp hash brown potatoes and your choice of toast. **\$15.95**

Three Cheese Omelette A combination of havarti, Monterey and cheddar cheese rolled into this fluffy three-egger. With crisp hash brown potatoes and toast. **\$11.95**

Vegetarian Omelette Grilled asparagus, soft goat cheese and fresh basil make up this healthy option. With crisp hash brown potatoes and toast. **\$12.95**

West Coast Bagel Toasted bagel with smoked Pacific salmon, capers, cream cheese, and thin sliced red onion. With sliced fresh fruit. **\$14.50**

Triple Stack Cakes Skillet-made pancakes filled with caramelized banana and blueberries, with Canadian maple syrup and sweet whip crème. **\$12.95**

Fast Fare Two farm fresh eggs quick scrambled with diced honey ham and cheddar cheese. With Crisp hash brown potatoes and choice of toast. **\$12.50**

Traditional Eggs Benny Toasted English muffin topped with grilled Canadian back bacon or smoked salmon, poached eggs and hollandaise. **\$12.50**



FIT FOR YOU

Steak and Eggs 5 oz New York strip loin with two farm fresh eggs, country style potatoes and oven roasted tomato. **\$17.95**

Pacific Salmon and Eggs 4 oz seared Pacific salmon with roast tomato, wilted spinach and two soft poached eggs. **\$16.00**

Crunchy Baked French Toast Whole wheat bread dipped in egg beaters and crusted with corn flakes, oven baked and served with fresh berries and banana. **\$12.95**

SIGNATURE

Breakfast Quesadilla Grilled warm tortilla with crisp bacon, mozzarella and two scrambled eggs, with Southwest style salsa and sour cream. **\$15.95**

Breakfast BLT Toasted thick cut bread, smoked bacon, fried egg, sliced tomato and lettuce. Served with country fried potatoes. **\$15.95**

Cornbeef Hash & Eggs Cooked in-house corn beef, sautéed with bell peppers and red onion on crisp hash brown potatoes and topped with two soft poached eggs. **\$12.95**



*These items have been selected to meet the diverse dietary needs of our guests.
 Your server will be happy to answer any questions you may have.*



We are pleased to announce that American Grille and Lotus Lounge are now Wi-Fi friendly, free of charge to our guests.



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