



BREAKFAST

ALL CANADIAN

Two Eggs Any Style | Yukon Gold Hash Browns | Bacon, Sausage or Canadian Bacon | Toast, Bagel or English Muffin | Juice & Coffee \$20 **

GOOD START VEG

Oatmeal, Cereal or House-Made Granola [+ \$1] | Mixed Berries | Milk | Toast, Bagel or English Muffin | Juice & Coffee \$18 (440 CAL)

CLASSIC EGGS BENEDICT

Two Poached Eggs | Toasted English Muffin | Canadian Bacon | Hollandaise | Yukon Gold Hash Browns \$19

SMOKED SALMON EGGS BENEDICT

Two Poached Eggs | Toasted English Muffin | Smoked Salmon | Hollandaise | Yukon Gold Hash Browns \$20

FAST FARE

Two Scrambled Eggs with Diced Ham | Yukon Gold Hash Browns | Toast \$17

ST. MARY'S SMOKED SALMON

Cream Cheese | Bagel | Capers | Pickled Onions \$19

AVOCADO TOAST VEG, VO, DF

Grilled Sourdough | Mashed Avocado | Fresh Pico | Two Poached Eggs | Dressed Greens \$18 (500 CAL)

GRILLED CAB SKIRT STEAK & EGGS DF

Two Eggs Any Style | Grilled Tomato | House Chimichurri | Yukon Gold Hash Browns \$20

BUDDHA BOWL VEG, VO, DFO, GFO

Brown Rice | Pico | Cubed Avocado | Mixed Green Salad | Mini Asian Pancakes | Pickled Shallots & Carrots | Turmeric Tofu Scramble \$18

BUTTERMILK PANCAKES VEG

Nova Scotia Maple Syrup | Fresh Berries \$16

HOUSE-MADE CHALLAH FRENCH TOAST VEG

Mixed Berry Compote | Vanilla Whipped Cream \$16 (425 CAL)
Option for Crunchy French Toast

VEGETABLE FRITTATA VEG

Roasted Cherry Tomatoes | Mushrooms | Fresh Basil Salsa | Toast \$17

GREEK YOGURT & HOUSE-MADE GRANOLA PARFAIT VEG

Seasonal Berries \$11 (500 CAL)

** We are proudly supporting Children's Miracle Network with a \$1 donation for every All Canadian Breakfast sold

OMELETTE

PULLED HAM AND CHEESE OMELETTE

Red Onions | Peppers | Pulled Ham | Yukon Gold Hash Browns | Toast \$18

STUFFED EGG WHITE OMELETTE VEG

Mushrooms | Onions | Sun-Dried Tomatoes | Topped with Feta | Toast \$17

SMOKED SALMON OMELETTE

Sun-Dried Tomato Cream Cheese | Smoked Salmon | Fried Capers | Caper Sour Cream | Toast \$20

VEGAN OMELETTE v

Plant Based Eggs | Roasted Shallots | Roasted Fennel | Vegan Sausage |
Caramelized Onions | Toast \$18

WAKE UP

JUICE

Orange | Apple | Cranberry | Tomato | Grapefruit \$5.50

BREWED COFFEE \$5

HOT TEA \$4

HOT CHOCOLATE \$4.50

ESPRESSO \$3.50 | \$4.50

CAPPUCCINO \$5

LATTE \$5

AMERICANO \$4.50

SIDES

Canadian Bacon \$8

Crispy Bacon \$8

Sausage Links \$8

Smoked Salmon \$10

Vegan Sausage \$8

Yukon Gold Hash Browns \$5

Toast or English Muffin \$4

Side Fruit \$6

Side Salad \$5

Bagel with Cream Cheese \$6

Cereal with Berries \$7

Oatmeal or Granola and Berries \$8