

BREAKFAST

B.E.C BAGEL 18

WHITE CHEDDAR, HARISSA, TOMATO, ARUGULA, BACON

AVOCADO EGG & CHEESE BAGEL 18

WHITE CHEDDAR, GUACAMOLE, TOMATO, ARUGULA

SMOKED SALMON 21**BREAKFAST FLATBREAD**

CAPERS, CREAM CHEESE, PICKLED RED ONIONS,
EVERYTHING BAGEL SEASONING, DILL

+ EGG 3

THE BREAKFAST FLAT 16

CREAM CHEESE, CHEDDAR, EGG,
BACON, CILANTRO, OLIVE OIL

TWO EGGS ANY STYLE 21

BREAKFAST POTATOES, CHOICE OF TWO
PIECES OF BACON OR APPLE CHICKEN
SAUSAGE, SOURDOUGH TOAST

BREAKFAST BURRITO 21

SCRAMBLED EGGS, BACON, HASH BROWNS,
SAUTÉED ONION, PEPPER JACK CHEESE, BLACK
BEANS, AVOCADO, ROASTED TOMATO SALSA

CHIA ACAI BOWL 16

SEASONAL BERRIES, BANANA,
GRANOLA, HONEY, CHIA SEEDS

AVOCADO TOAST 14

SPROUTS, PICKLED ONIONS,
ROASTED GARLIC, PUMPKIN
SEEDS, SOURDOUGH TOAST

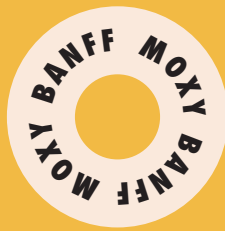
BANANA BREAD 20**FRENCH TOAST**

HOUSEMADE CHOCOLATE CHIP
BANANA BREAD, WHIPPED CREAM,
CANDIED PECANS, MAPLE SYRUP

BREAKFAST SKILLET 21

POACHED EGG, HOLLANDAISE
SAUCE, BREAKFAST POTATOES,
PEPPERS, ONIONS, MIXED CHEESE,
ALBERTA BEEF BRISKET

+ SIDE OF POTATOES TO ANY DISH 4



SMOOTHIES

BANANA BERRY 10
BLUEBERRIES, BANANA,
STRAWBERRY & YOGURT

ALOHA 10
YOGURT, BANANAS, STRAWBERRIES,
PINEAPPLE CHUNKS

CHOCO PB 10
NATURAL PEANUT BUTTER, CACAO,
BANANAS, MILK

KARMA 10
CARROT JUICE, MANGOES, BANANAS

SOFT DRINKS

SOFT DRINKS 4
PEPSI • DIET PEPSI • 7-UP • SCHWEPES
GINGER ALE • SCHWEPES TONIC • BRISK
ICED TEA • DR. PEPPER

TEA

VARIOUS FLAVOURS 4
ENGLISH BREAKFAST • EARL GREY
JASMINE • CHAMOMILE • GREEN TEA

NESPRESSO COFFEE

ESPRESSO 3

CAPPUCCINO 7

LATTE 7

AMERICANO 5

MOCHA 8

HOT CHOCOLATE 5

SHOT OF SYRUP 0.5
VANILLA, HAZELNUT,
CAMEL OR CINNAMON

MOXY BANFF

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