

Breakfast Tables

THE BRISTOL TABLE 26.00
Enjoy the variety of our full buffet offering. Coffee and juice included

THE EASTON'S TABLE 19.00
Enjoy a selection of fruit, cured meat, cheese, yogurt, cereal, pastries and breads. Coffee and juice included

Breakfast Entrées

CANADIAN BREAKFAST 22.00
Two eggs, buttermilk pancakes, herb roasted potato, choice of sausage, bacon, or maple ham. Choice of coffee or juice

SOUTHWEST WRAP 18.00
Monterey jack cheese, scrambled eggs, chorizo sausage, whole wheat tortilla, pico de gallo

EGG WHITE FRITTATA 18.00
Tomato, onion, fresh herbs, side arugula salad

CLASSIC EGGS BENEDICT 20.00
Two poached eggs, smoked back bacon, English muffin, Hollandaise sauce

CREATE YOUR OWN OMELET 20.00
Choice of ham or roast turkey, green peppers, onions, mushrooms. Choice of Swiss or cheddar cheese

BUTTERMILK PANCAKES 16.00
Canadian maple syrup. Choice of fresh berries or banana

GRILLED RAISIN AND NUT FRENCH TOAST 16.00
Canadian maple syrup

SMOKED SALMON BAGEL 18.00
Choice of a toasted multi-grain or sesame bagel. Cream cheese, capers, side avocado salad

Breads + Pastries

Served with butter and fruit preserves

PASTRIES
Danish, croissant, banana bread, fruit or bran muffin 6.00

BREADS
Rye, white, brown 5.00
English muffin 5.00
Toasted bagel 6.00

Cereals

GRANOLA MUESLI 14.00
Berries, apple, low-fat yogurt, banana, walnuts, pomegranate

ASSORTIED CEREALS 12.00
Choice of Raisin Bran, Corn Flakes, Rice Krispies, Cheerios. Served with milk and berries

ROLLED OATS 14.00
Caramelized green apple, brown sugar, milk

Side Orders

BUTCHER SHOP 8.00
Choice of smoked back bacon, sausage, bacon, maple ham or turkey sausage

HERB ROASTED POTATOES 6.00

Fruits, Juices + Yogurts

JUICE 6.00
Choice of orange, apple, grapefruit, pineapple, tomato, V8

YOGURT AND FRUIT 14.00
Seasonal fruit plate with yogurt or cottage cheese

YOGURT 6.00
Greek, nonfat or fruit yogurt

EAT WELL MENU

Our Chef has crafted these delicious dishes with your well-being in mind, giving you the freedom to choose when it comes to portion size, nutritional balance and quality of ingredients.

ACAI BOWL 16.00
Acai puree sorbet smoothie, bee pollen, almonds, strawberries, blueberries, topped with coconut

OVERNIGHT OATS 16.00
Shredded carrots, raisins, walnuts and almonds with Greek yogurt

ALMOND ROSEMARY TOAST 16.00
Whole grain crostini, ricotta cheese and warm honey drizzle

OUR SOURCING PROMISE

We actively seek out suppliers we trust, to source ethical, sustainable and organic ingredients wherever possible.

