

## all Canadian

Includes choice of coffee or tea and juice

### GOOD START

Oatmeal, cereal or granola with skim milk, choice of banana or fresh fruit, served with bagel, multigrain toast or English muffin [486 cal.] 14

### SPIN BREAKFAST

2 farm fresh eggs, choice of bacon, peameal bacon or sausage, toast, Lyonnaise potatoes and fresh fruit 16

## etc.

Single egg 3

Two eggs 5

Side Lyonnaise potatoes 3

Side toast, bagel or English muffin 3

Side bacon, farmer's sausage or turkey sausage 3

Side smoked salmon 6

Bowl of fruit 5

Yogurt & granola parfait 5

Assorted dry cereals 3

Tofu scramble 6

Quinoa 5

Oatmeal and brown sugar 6

Side of cheddar cheese 5

**\*gluten-free bread available upon request\***

## modern classics

### CLASSIC EGGS BENEDICT

English muffins, 2 poached eggs, peameal bacon, hollandaise sauce, toast, Lyonnaise potatoes and fresh fruit 16

### SPIN EGGS BENEDICT

Avocado, smoked salmon, 2 poached eggs, homemade hollandaise sauce, toast, Lyonnaise potatoes and fresh fruit 17

### BRIOCHE FRENCH TOAST

Soft brioche, cinnamon, brown sugar, strawberries, Canadian maple syrup, fresh fruit [452 cal.] 13

### BUTTERMILK PANCAKES

Made to order pancakes, Greek yogurt, honey, fresh berries and fruit [478 cal.] 13

## breakfast bowls

### BLT QUINOA BOWL

Bacon, crisp greens, cherry tomatoes, fluffy quinoa, 1 egg [421 cal.] 15

### SOUTH WEST TOFU SCRAMBLE

Scrambled tofu, turmeric, black beans, tomatoes, peppers, cilantro, wilted spinach, toast and fresh fruit 16

## omelets

Served with Lyonnaise potatoes or fresh fruit, & choice of toast, bagel or English muffin

### CHEF'S SIGNATURE

Asparagus, tomatoes, peppers, arugula, goat cheese 16

### CLASSIC

Black forest ham, aged cheddar 16

### MEDITERRANEAN

Sundried tomatoes, red onions, black olives, Baby spinach, feta cheese 16

### CANADIAN

Bacon, mushrooms, cheddar 16

## beverages

Fresh juice 3

*orange | cranberry | apple | grapefruit | tomato*

Freshly brewed coffee, premium tea, or single espresso 4

Café latté, cappuccino, or double espresso 5

Hot chocolate 3

Milk, chocolate milk 3

## fresh smoothies

Avocado raspberry with vanilla yogurt 6

Turmeric, mango, coconut milk 6

Daily creation, ask your server for details 6

morning. morning. morning. morning. morning. morning. morning. morning. **good morning.** morning