

# BREAKFAST EGGS BENEDICTS

All benedicts served on a toasted English muffin with a side of breakfast potatoes

**Eggs Benedict** Peameal bacon & poached eggs topped with hollandaise sauce. 15.95 (700 Cals)



**Eggs Florentine** Cooked spinach & poached eggs topped with hollandaise sauce. 14.95 (590 Cals)



**Eggs Benjamin** Smoked salmon, red onion & poached eggs topped with hollandaise sauce. 18.95 (620 Cals)



## & MORE BENEDICTS

**Fried Chicken Eggs Benedict** 6oz chicken breast with poached eggs & hollandaise sauce 21.95 (1120 Cals)

**Southwest Fried Chicken Eggs Benedict** guacamole, 6oz chicken breast, poached eggs & hollandaise sauce 23.95 (1210 Cals)

**California Eggs Benedict** guacamole, pico de gallo, poached eggs & hollandaise sauce 19.45 (820 Cals)

**Farmhouse Sausage Eggs Benedict** with roasted red pepper, poached eggs & hollandaise sauce 16.95 (710 Cals)

# OMELETTES

\*Egg White Omelettes available

**Bacon & Cheddar Omelette** 14.95 (690 Cals)

**Spinach & Feta Omelette** 14.95 (650 Cals)

**Western Cheddar Omelette** Ham, cheddar cheese, green pepper, red onion. 15.95 (730 Cals)

**Deluxe Omelette** Bacon, sausage, ham, green pepper, red onion, mushroom. 16.95 (910 Cals)

**Mediterranean Omelette** Zucchini, tomato, kalamata olives & feta cheese. 15.95 (580 Cals)

**Grilled Vegetable Omelette** Roasted red pepper, zucchini, mushroom, onion. 15.95 (570 Cals)

**Custom Omelette:** Start with a regular Omelette 12.95 (490 Cals) and add your favourites:

**Ham** (60 Cals) **Bacon** (80 Cals) **Sausage** (100 Cals) Add .95 each

**Cheddar** (110 Cals), **Swiss** (110 Cals), **Mozzarella** (80 Cals), **Feta** (Cals 70) Add 1.45 each

**Tomato, Red Onion, Mushroom, Roasted Red Pepper, Green Pepper, Zucchini** (20 Cals each)

**Spinach** (5 Cals), **Kalamata Olives** (30 Cals) Add .95 each



Grilled Vegetable Omelette

**Egg White Omelette** add 1.50 extra (-100 Cals)

All Regular Three Egg Omelettes & Three Egg Breakfasts come with seasoned breakfast potatoes (130 Cals) & whole wheat toast (170 Cals).

Substitute Breakfast Potatoes with: Sweet Potato Fries, **6** Mediterranean Salad or Fruit Cup (-90 Cals) for just 1.50 more

# THREE EGG BREAKFAST

**Three Eggs** Our most popular breakfast item. 3 fresh eggs prepared any style, with seasoned potatoes & wheat toast 11.95 (450 Cals)

**Three Eggs with choice of ham or bacon** 14.95 ham (710 Cals) bacon (770 Cals)

**Three Eggs with peameal bacon** 15.95 (710 Cals)

**Three Eggs with farmer's sausage** 15.95 (1160 Cals)

**Three Eggs with turkey sausage** 15.95 (640 Cals)



Bacon & Eggs with Cappuccino & Orange Juice

# FRENCH TOAST & WAFFLES

**Symposium French Toast** Three large fluffy slices of fresh egg bread, dipped in cinnamon honey egg batter with fruit cup and choice of **Ham** (830 Cals) or **Bacon** (890 Cals) 17.95

**with Chocolate Chips** 19.45 (+140 Cals)

**with Extra Fruit Topping** 19.45 (+35 Cals)

**Caramel Banana French Toast** With hot caramel banana sauce and choice ham or bacon. 18.95 **Ham** (1110 Cals) or **Bacon** (1200 Cals)

**Belgian Waffle** Delicious waffle topped with choice of fruit. Served with fruit cup side. 14.95 (400 Cals)

**Belgian Waffle with chocolate chips** 16.45 (540 Cals)

**Belgian Waffle with extra fruit topping** 16.45 (434 Cals)



Caramel Banana French Toast

# AVOCADO TOAST

Avocado spread, pico de gallo & 2 poached eggs. On toasted rye bread with side fruit salad 17.95 (660 Cals)



# BREAKFAST OF CHAMPIONS

**Breakfast of Champions Classic** Three eggs made to order, ham or bacon choice, breakfast potatoes and a fresh waffle. 18.95 with **Ham** (930 Cals) with **Bacon** (1330 Cals)

**Steak & Eggs** Grilled filet of beef medallions, three eggs made to order, breakfast potatoes and grilled pita. 24.95 (950 Cals)

**Chicken & Waffle** Crispy, hand-breaded, buttermilk marinated chicken breasts on a fresh Belgian waffle with side coleslaw. Served with waffle syrup. 19.95 (930 Cals)

**Steak Omelette** Sauteed BBQ steak bites, green pepper, onion, tomato & garlic sauce; with breakfast potatoes & toast. 23.95 (920 Cals)

**Chicken Omelette** Sauteed diced chicken, bell pepper, tomato, onion, cilantro & garlic sauce; with breakfast potatoes & toast. 21.95 (930 Cals)

**Vegetarian Omelette** Sauteed Portobello mushrooms, black beans, bell pepper, tomato, zucchini, red onion, cilantro & garlic sauce; with breakfast potatoes & toast. 19.95 (800 Cals)

# BREAKFAST SANDWICHES

All breakfast sandwiches served with breakfast potatoes. Add a cheese slice to any sandwich 1.95 (70-110 Cals)

**Cuban Sandwich** Pulled pork, fried egg, peameal bacon, pickle slice, mustard and Swiss cheese. On a ciabatta bun. 14.95 (730 Cals)

**Cuban Pesto** Pesto spread replaces classic mustard. 15.95 (750 Cals)

**Peameal Bacon, Egg & Cheese** served on a soft gourmet bun. 12.95 (570 Cals)

**Western Sandwich** Ham, bell pepper, red onion. 12.95 (390 Cals)

**6 Ham, Egg, Feta & Onion** served on gluten friendly bun. Fruit only. 14.45 (390 Cals)

The following sandwiches served on whole wheat - substitute white (+10 Cals) or rye (-40 Cals)

**BLT Bacon, Lettuce & Tomato.** 10.95 (550 Cals)

**Triple Decker Grilled Cheese.** 10.95 (490 Cals)

**Bacon & Egg** 9.95 (670 Cals)

**Bacon & Cheese** 9.95 (769 Cals)

**Fried Egg** 8.95 (310 Cals)

No substitutions will be made for ingredients.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Any add-ons or substitutions add indicated calories to total calorie count. **6** indicates vegetarian menu item. All items identified with **6** are made gluten free; however due to the possibility of cross contact with items we consider those items gluten-friendly. Please notify management if you have allergies.



# EARLY BIRD BREAKFAST

MONDAY-FRIDAY until 10am (excluding holidays)

Early Bird Sandwiches served with choice of Fruit Cup or Breakfast Potatoes (+130 Cals)  
Sandwiches served on whole wheat – substitute white (+10 Cals) or rye (-40 Cals)

- BLT Sandwich** 8.95 (580 Cals)
- Bacon and Egg Sandwich** 8.95 (700 Cals)
- Western Sandwich** Ham, bell pepper, red onion. 8.95 (430 Cals)
- French Toast & Fruit Cup** 11.95 (620 Cals)
- Three Egg Breakfast** any style, with breakfast potatoes, toast, and choice of bacon (765 Cals) or ham (710 Cals). Includes brewed coffee or orange pekoe tea (0 Cals each) 12.95
- Three Egg Omelette** includes 2 ingredient choices, breakfast potatoes, and whole wheat toast. (510-710 Cals). Includes brewed coffee or tea (0 Cals) 12.95
- Choose Two:** bacon (80 Cals), ham (60 Cals), tomato, mushroom, or green pepper (10 Cals each), red onion (20 Cals), cheddar or Swiss (110 Cals) mozzarella (90 Cals), feta (70 Cals)



Three eggs, breakfast potatoes, toast & bacon

Available from 11 am

## SOUPS

- Broccoli & Cheddar** Hearty, creamy broth 8.95 (360 Cals)
- Tuscan Tomato Bean** Roasted tomatoes, vegetables & beans in vegetable broth. 7.95 (120 Cals)
- New England Clam Chowder** Baby clams, potatoes, celery & onions in a rich creamy broth. 9.95 (375 Cals)
- Herb Roasted Chicken & Vegetable** Herb roasted chicken, cubed, and simmered in hearty vegetable broth. 8.95 (180 Cals)

## MEAT & POTATOES

- Chicken Tenders & Fries** Hand breaded, seasoned tenders with sriracha mayo. 17.95 (1670 Cals)
- Chicken Wings & Fries** One pound of plump wings with your choice of sauce. 19.95 (1190 Cals)

## BURGERS

All Burgers served on a toasted gourmet bun & topped with lettuce, tomato, pickle, and onion. Served with Mediterranean Salad.

- Symposium Burger** Certified Angus Chuck double burger (two 4 oz patties) served with Symposium’s signature burger sauce 17.95 (480 Cals)
- Beyond Meat™** Burger Plant Protein 6 oz Vegetarian Burger 17.95 (380 Cals) **Single Burger** 13.95 (300 Cals)

### CUSTOMIZE YOUR BURGER:

CHEESE	VEGGIES	A LITTLE EXTRA FLAVOUR
Mozzarella (80 Cals)	Sauteed Onions	Bacon 1.45 (180 Cals)
Cheddar (110 Cals)	Sauteed Mushrooms	Peameal Bacon 1.75 (40 Cals)
Swiss (110 Cals)	Roasted Zucchini	Onion Rings 1.25 (60 Cals/3)
1.45 each	Hot Peppers	Jack Daniel’s Sauce 1.25 (60 Cals)
	.95 each (20 Cals each)	

All Burgers served with Mediterranean Salad or your choice of:  
Caesar Salad (-60 Cals), **Fries** (+120 Cals) or Soup: Tuscan Tomato Bean (-40 Cals) or Herb Roasted Chicken Vegetable (+20 Cals)  
Substitute Mediterranean Salad with Sweet Potato Fries or Onion Rings +1.50 each (-20 Cals) or Classic Poutine +3.00 (240 Cals)

- TOP IT OFF**
- Coleslaw (60 Cals)
- Guacamole (90 Cals)
- Portobello Mushroom (30 Cals)
- Housemade Bruschetta Mix (70 Cals) 1.25 each



## COFFEES & TEAS

Our European Coffees are all available decaffeinated.

		Cals
<b>Cafe Mocha</b>	5.45	240
<b>Cafe Latte</b>	4.75	100
<b>Vanilla Latte</b>	5.45	170
<b>Cappuccino</b>	4.75	45
<b>Espresso</b>	3.45	5
<b>Double Espresso</b>	4.45	10
<b>Espresso Macchiato</b>	3.75	10
<b>Double Macchiato</b>	4.75	15
<b>Vanilla Chai Latte</b>	5.45	220
<b>Vanilla Steamer</b>	3.45	170
<b>Hot Chocolate</b>	4.25	200
<b>Brewed Coffee</b>	3.50	0
<b>Tea</b> Orange Pekoe	3.50	0
<b>Specialty &amp; Herbal Teas</b>	4.45	0



Mocha, Cafe Latte & Symposium Signature Cakes

## BRUNCH SPECIALS

- Daily 9am -3pm**
- Mimosa** 4oz (alcohol)
- or Caesar** 1.5oz (alcohol)



## REFRESHING JUICES

- BLEND YOUR JUICE WITH ICE** add 0.70
- Strawberry-Banana-Orange** Delicious and refreshing. 5.45 (130 Cals)
- Orange** 100% Florida oranges. 4.95 (110 Cals)
- Mango** 5.45 (140 Cals)

## SIDE ORDERS

		Cals
<b>Single egg</b> (poached, fried or scrambled)	1.50	70
<b>Ham 3 slices</b>	4.45	210
<b>Bacon 5 slices</b>	5.45	270
<b>Peameal bacon 3 slices</b>	5.95	210
<b>Turkey sausage 3 pc</b>	5.95	100
<b>Farmer’s sausage 2 pc</b>	5.95	660
<b>Breakfast potatoes</b>	4.75	160
<b>Sliced tomatoes</b>	2.25	15
<b>Fruit salad</b>	6.75	90
<b>French Toast</b>	10.45	390
<b>Toast (whole wheat)</b>	2.25	170
White (180 Cals) Rye (130 Cals)		

- Fruit Yogurt Parfait**
- Assorted berries, vanilla yogurt and granola 6.25 (410 Cals)

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