



# BREAKFAST

Daily 8am-4pm



California Benedict

## EGGS BENEDICT

All Eggs Benedict breakfasts served with three soft poached eggs on toasted English muffin, breakfast potatoes & hollandaise sauce

- California Benedict** 🌿 avocado, guacamole & pico de gallo 16.95 (870 Cals)
- Classic Benedict** Canadian peameal bacon 15.95 (700 Cals)
- Benjamin Benedict** smoked salmon & red onion 18.95 (620 Cals)

## AVOCADO TOAST

Avocado Toast items served on rye toast with two soft poached eggs, avocado slices, guacamole, pea shoot garnish & refreshing fruit cup



Classic Avocado Toast

**Classic Avocado Toast** 🌿 with zesty pico de gallo 15.95 (710 Cals)

**Spinach Mushroom Truffle Avocado Toast** 🌿 with spinach, sauteed mushrooms & truffle oil drizzle 17.95 (830 Cals)

## BELGIAN WAFFLES, PANCAKES & FRENCH TOAST

The following items served with fruit cup, ham or bacon, choice of one topping, chantilly cream drizzle, powdered sugar & table syrup.



Belgian Waffle

Enhance your dish with the richness of **100% PURE CANADIAN MAPLE SYRUP**

**Belgian Waffle Breakfast** 14.95 (1210-1420 Cals)

**Pancakes Breakfast** 3 pancakes 14.95 (1310-1520 Cals)

**French Toast Breakfast** 3 slices 14.95 (1380-1590 Cals)

**Choice of Toppings:** Strawberry (40 Cals), Banana (100 Cals), Blueberry (100 Cals), Chocolate chips (150 Cals), Caramel sauce (140 Cals), Strawberry sauce (140 Cals), Nutella (240 Cals)

**100% Pure Maple Syrup** with breakfast 2.00 (30 Cals)

## BREAKFAST SANDWICHES

Add cheese +2.00 (70-110 Cals). Sandwiches served on wheat toast with breakfast potatoes.

**Cuban** pulled pork, fried egg, peameal bacon, swiss cheese, pickle & mustard on ciabatta bun 14.95 (730 Cals)

**Western** egg, ham, green pepper, red onion on toast 11.95 (390 Cals)

**Peameal Egg n' Cheese** peameal bacon, fried egg, & cheddar cheese, on a soft burger bun 13.95 (570 Cals)

**Triple Grilled Cheese** 🌿 triple toast with double cheddar cheese 11.95 (490 Cals)

**BLT** crisp bacon, lettuce, tomato on toast; with side mayo 11.95 (550 Cals)

## BREAKFAST SIDES

		Cals
<b>Farmer's Sausage</b>	6.75	660
<b>Turkey Sausage</b>	6.95	100
<b>Peameal Bacon</b>	6.95	210
<b>Bacon</b>	5.95	270
<b>Ham</b>	5.95	210
<b>Smoked Salmon</b>	9.00	110
<b>Breakfast Potatoes</b>	5.75	160
<b>Fruit Bowl</b>	7.50	90
<b>Toast (whole wheat)</b>	2.95	170
<b>Pancakes (2)</b>	8.95	460
<b>French Toast (2)</b>	9.95	390
<b>Waffle (1)</b>	8.95	350
<b>Whipped Cream</b>	2.00	100

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. 🌿 indicates vegetarian menu item. All items identified with **G** 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.

# BREAKFAST

Daily 8am-4pm



## CLASSIC EGG BREAKFASTS

Sweet Potato Fries (+160 Cals), Mediterranean side salad **G** (-60 Cals), OR side Fruit Cup **G** (-90 Cals) instead of breakfast potatoes for an additional 1.50  
Rye bread (-40 Cals) or White bread (+10 Cals) available

- 3 Egg Breakfast** three fresh eggs, breakfast potatoes & whole wheat toast with choice of bacon or ham 13.95 (1200-1260 Cals)
- 3 Egg** (no meat) with breakfast potatoes & toast 10.95 (600 Cals)
- 2 Egg Breakfast** two fresh eggs, breakfast potatoes & whole wheat toast with choice of bacon or ham 10.95 (1120-1160 Cals)
- 2 Egg** (no meat) with breakfast potatoes & toast 8.95 (510 Cals)

Substitute peameal bacon (710 Cals), turkey sausage (640 Cals) or farmer's sausage (1160 Cals) +1.50 each

**Breakfast of Champions** 3 eggs, any style, with a warm fresh waffle, breakfast potatoes and choice of ham or bacon 17.95 (1560 or 1620 Cals)



3 Egg Breakfast with bacon

## OMELETTES

All 3 egg omelettes served with breakfast potatoes & whole wheat toast  
Sweet Potato Fries (+160 Cals), Mediterranean side salad **G** (-60 Cals), OR side Fruit Cup **G** (-90 Cals) instead of breakfast potatoes for an additional 1.50

**Western** smoked ham, cheddar, green pepper & red onion 14.95 (730 Cals)

**Veggie Medley** zucchini, mushroom, roasted red pepper & onion 14.95 (570 Cals)

**Spinach Feta** spinach & feta cheese 14.95 (650 Cals)

**Deluxe** smoked ham, sausage, bacon, green pepper, red onion & mushroom. 15.95 (910 Cals)

**Egg White Omelette** additional 2.00 to any omelette (-150 Cals)

### BUILD YOUR CUSTOM OMELETTE

Start with a 3 egg omelette 11.95 (490 Cals), then add:

- Ham (60 Cals), Bacon (80 Cals), or Sausage (100 Cals) .95 each
- Cheddar (110 Cals), Swiss (110 Cals), Mozzarella (80 Cals), or Feta (70 Cals) 2.00 each
- Roasted Red Pepper, Zucchini, Green Pepper, Mushroom, Tomato, Red Onion (20 Cals each), Spinach (5 Cals) or Kalamata Olives (30 Cals) .95 each



Veggie Medley Omelette



## EARLY BIRD BREAKFAST

Available Monday – Friday until 10 am  
(Early Bird not available holidays nor special menu days)

ALL EARLY BIRD BREAKFAST ITEMS INCLUDE BREWED COFFEE OR REGULAR TEA.

Egg Breakfasts & Omelettes include: breakfast potatoes, wheat toast, choice of bacon or ham

Pancakes include: fruit cup, one pancake topping, choice of bacon or ham

Sweet Potato Fries (+160 Cals), Mediterranean side salad **G** (-60 Cals), OR side Fruit Cup **G** (-90 Cals) instead of breakfast potatoes for an additional 1.50

**Three Egg Breakfast** 11.95 (1200-1260 Cals)

**Two Egg Breakfast** 8.95 (1120-1160 Cals)

**Three Egg Omelette** with 2 ingredient choices 10.95 (510-710 Cals)

**Pancakes** 3 pancakes 11.95 (1310-1520 Cals)

Sandwiches served on wheat toast with breakfast potatoes (+130 Cals) or fruit cup.

**BLT Sandwich** crisp bacon, lettuce, tomato on toast; with side mayo 8.95 (580 Cals)

**Western Sandwich** egg, ham, green pepper, red onion on toast 8.95 (430 Cals)

Substitute Rye bread (-40 Cals) or White bread (+10 Cals) available

## BRUNCH COCKTAIL SPECIALS

Daily 9am -3pm



\$6<sup>95</sup>

Raspberry Mimosa (4 oz) 190 Cals

Mimosa (4 oz) 170 Cals

Caesar (1.5 oz) 200 Cals