



# BREAKFAST Daily 8am-4pm



California Benedict

## EGGS BENEDICT

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

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



Classic Avocado Toast

## AVOCADO TOAST

- ☉ ✔ **Classic Avocado Toast** with zesty pico de gallo. The breakfast favourite! 15.95 (710 Cals)
- ✔ **Spinach Mushroom Truffle Avocado Toast** with spinach, sauteed mushrooms & truffle oil drizzle 18.95 (830 Cals)

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



French Toast Breakfast

Enhance your dish with the richness of **100% PURE CANADIAN MAPLE SYRUP + \$2** (30 cals)

## FRENCH TOAST, PANCAKES & BELGIAN WAFFLES

- ☉ **French Toast Breakfast** 3 slices 15.95 (1380-1590 Cals)
- Pancakes Breakfast** 3 pancakes 14.95 (1310-1520 Cals)
- Belgian Waffle Breakfast** 14.95 (1210-1420 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)

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



Great Canadian Cuban, Classic Western & Peameal Stack Sandwiches

## BREAKFAST SANDWICHES

- ☉ **Peameal Stack** savoury peameal bacon tops two fried eggs & melted cheddar, on a potato bun 13.95 (570 Cals)
- Great Canadian Cuban** peameal bacon, pulled pork, fried egg, swiss cheese, pickle & mustard on a potato bun 16.95 (730 Cals)
- Classic Western** scrambled eggs with diced ham, green pepper & red onion on a potato bun 12.95 (390 Cals)
- ✔ **Triple Grilled Cheese** with cheddar cheese 11.95 (490 Cals)
- BLT** bacon, lettuce, tomato on toast; with mayo 13.95 (550 Cals)

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

## HOT & COLD DRINKS

		Cals
Espresso	4.45	5
Americano	5.45	10
Double Macchiato	5.75	15
Cappuccino	5.75	45
Cafe Latte	5.95	100
Vanilla Latte	6.65	170
Vanilla Chai Latte	6.65	212
Cafe Mocha	6.65	240

		Cals
Dubai Chocolate Latte	6.65	300
Matcha Latte	6.65	220
Iced Cafe Latte	6.95	100
☉ Iced Dubai Latte	7.65	380
Iced Matcha Latte	7.65	370
Italian Soda (select flavours)	4.25	100
Chocolate Milk	4.25	210
Perrier	4.45	0

## REFRESHING JUICE

Strawberry-Banana-OJ*	5.95	130
Mango Juice*	5.95	140
Orange Juice*	4.95	110

\*Blend into an iced, fruit juice slushie (add .70)

**ADDITIONAL BEVERAGES AVAILABLE;  
PLEASE SEE DRINKS MENU PAGES FOR  
MORE CHOICES**

Daily 8am-4pm

# BREAKFAST



## CLASSIC EGG BREAKFASTS

**3 Egg Breakfast** three fresh eggs, breakfast potatoes & whole wheat toast with choice of bacon or ham 15.45 (1200-1260 Cals)

**3 Egg** (no meat) with breakfast potatoes & toast 12.45 (600 Cals)

**2 Egg Breakfast** two fresh eggs, breakfast potatoes & whole wheat toast with choice of bacon or ham 12.45 (1120-1160 Cals)

**2 Egg** (no meat) with breakfast potatoes & toast 10.45 (510 Cals)

**☉ Breakfast of Champions** 3 eggs, warm fresh waffle, breakfast potatoes, choice of ham or bacon 17.95 (1560 or 1620 Cals)  
**Steak & Eggs** tender 5oz NY Striploin (med-rare) paired with 3 eggs, breakfast potatoes and whole wheat toast. 23.95 (1060 Cals)



3 Egg Breakfast with bacon

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

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

## OMELETTES

**☉ Western** smoked ham, cheddar, green pepper & red onion 15.95 (730 Cals)

**🌿 Veggie** zucchini, mushroom, roasted red pepper & onion 15.95 (570 Cals)

**🌿 Spinach Feta** spinach & feta cheese 15.95 (650 Cals)

**Deluxe** smoked ham, sausage, bacon, green pepper, red onion & mushroom. 16.95 (910 Cals)

**Egg White Omelette** add to any omelette +2 (-150 Cals)

### BUILD YOUR OWN OMELETTE

Start with a 3 egg omelette 12.95 (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 Omelette

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



## 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.

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

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

**☉ Peameal Stack** peameal bacon topped with two fried eggs & cheddar, on a toasted bun 10.95 (570 Cals)

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

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

**Western Sandwich** egg, ham, green pepper, red onion on a bun 9.95 (430 Cals)

Egg Breakfasts include: breakfast potatoes, wheat toast, choice of bacon or ham  
 Pancakes include: fruit cup, one pancake topping, choice of bacon or ham  
 Sandwiches served with breakfast potatoes (+130 Cals) or fruit cup.

Substitute: Sweet Potato Fries (+160 Cals), Mediterranean side salad **G** (-60 Cals), OR side Fruit Cup **G** (-90 Cals) for breakfast potatoes. Additional 1.50

## 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

## SIDES

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

**☉** Signature **🌶️** Spicy **H** Halal Bread Options: Rye (-40 Cals), White (+10 Cals) or **G** Gluten Free (+20 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. **🌿** 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.