



WEEKEND BRUNCH

Saturday and Sunday from 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 🌿 with zesty pico de gallo 15.95 (710 Cals)

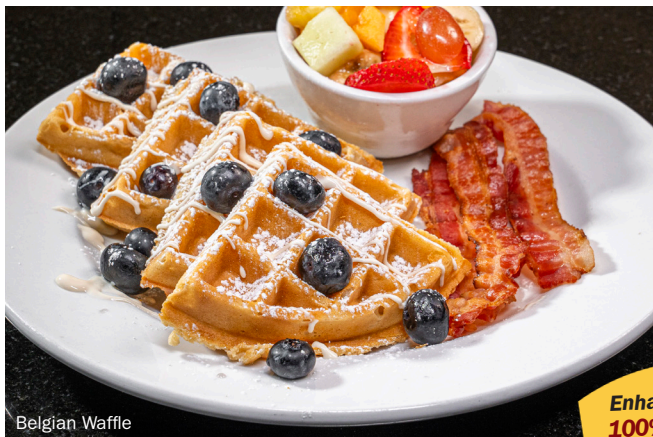
Spinach Mushroom Truffle Avocado Toast 🌿 with spinach, sauteed mushrooms & truffle oil drizzle 17.95 (830 Cals)



Classic Avocado Toast

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

Belgian Waffle Breakfast 14.95 (1210-1420 Cals)

Pancake 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)

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

CLASSIC EGG BREAKFASTS & OMELETTES

3 Egg Breakfast three fresh eggs, breakfast potatoes & whole wheat toast with choice of bacon or ham 13.95 (1200-1260 Cals)

3 Egg Breakfast 🌿 (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 Breakfast 🌿 (no meat) with breakfast potatoes & toast 8.95 (510Cals)

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)

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)

All 3 egg omelettes served with breakfast potatoes & whole wheat toast

Western Omelette 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

BRUNCH COCKTAIL SPECIALS

Daily 9am -3pm



\$6⁹⁵

Raspberry Mimosa (4 oz) 190 Cals Mimosa (4 oz) 170 Cals Caesar (1.5 oz) 200 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)



Veggie Medley Omelette

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.

WEEKEND BRUNCH

Saturday and Sunday from 11am - 4pm



SOUPS & SALADS

Dressings: Choose from: Ranch (180 Cals), Italian Vinaigrette (370 Cals), Creamy Garlic & Parmesan (430 Cals), Creamy Southwest (430 Cals) or Clover Honey & Mustard Seed Vinaigrette (40 Cals)

Creamy Broccoli Cheddar Soup
creamy blend of broccoli & cheddar 8.95 (360 Cals)

Tuscan Tomato Bean Soup 🌱 hearty beans, vegetables & tuscan herbs 8.95 (120 Cals)

BBQ Chicken Cobb Salad 🍷 BBQ chicken, romaine, bacon, hard boiled egg, tomato, cucumber, goat cheese & pea shoots. Choice of dressing 22.95 (1060 Cals)

Teriyaki Salmon Salad grilled salmon, teriyaki glaze, romaine, tomato, cucumber, broccoli, mushroom & pea shoots. Choice of dressing 25.95 (480 Cals) 🍷

Mediterranean Salad 🌱 🍷 cucumber, tomato, feta, red onion, green pepper, romaine & kalamata olives, with our signature homemade dressing 14.95 (340 Cals)

Caesar Salad romaine, bacon, seasoned croutons & parmesan with our signature creamy dressing 13.95 (430 Cals)

Add Chicken, Shrimp or Salmon to your Mediterranean or Caesar Salad

Chicken	7.50	(230 Cals)
Shrimp	9.00	(120 Cals)
Salmon	10.00	(250 Cals)



Chicken Cobb Salad

LUNCH FAVOURITES

Golden Battered Fish & Chips 2 haddock filets, fries, coleslaw & tartar sauce 21.95 (1400 Cals)

Chicken Tenders & Fries served with spiced aioli 18.95 (1670 Cals)

Wings served with crudites, blue cheese dressing & choice of sauce 18.95 (570 Cals)

Choice of Wing Sauces:

Garlic Parm	(40 Cals)	Honey Garlic	(60 Cals)
BBQ	(60 Cals)	Hot	(10 Cals)



Fish & Chips

SIDES

Poutine Fries 11.95 (490 Cals)

Truffle Parm Fries 11.95 (770 Cals)

French Fries 5.95 (530 Cals)

Sweet Potato Fries 6.95 (640 Cals)

Side Caesar Salad 7.95 (200 Cals)

Side Mediterranean Salad 8.45 (140 Cals)

Onion Rings 6.95 (240 Cals)

Roast Potatoes 5.75 (360 Cals)

Seasonal Vegetables 5.75 (190 Cals)

Herbed Rice 5.75 (530 Cals)



California Sandwich

HANDHELDS

Handhelds served with Mediterranean side Salad*

Chicken Bacon Club grilled chicken, bacon, lettuce, tomato, on ciabatta bread 22.95 (450 Cals)

Garden Vegetable Wrap 🌱 avocado, chickpeas, roasted red pepper, goat cheese, pickled vegetables & tzatziki on a sundried tomato tortilla 19.95 (540 Cals)

Philly Cheese Steak shaved prime rib, sauteed with onions, green peppers & swiss cheese. Garlic aioli drizzle on a ciabatta bun 22.95 (620 Cals)

California Sandwich char-grilled chicken, guacamole, bacon, black beans, cheddar, tomato, lettuce, onion, & spicy aioli, on a potato bun 24.95 (860 Cals)

Chicken Parmesan Sandwich lightly breaded chicken breast coated in marinara sauce topped with mozzarella cheese on soft ciabatta bun 22.95 (1400 Cals)

Fish Tacos haddock, pickled slaw, lettuce & tzatziki drizzled with thai sauce 20.95 (680 Cals)

*Substitute Mediterranean side Salad at no charge, with: Caesar side Salad (+60 Cals), Fries (+120 Cals) or Tuscan Tomato Bean Soup (-40 Cals) Substitute Sweet Potato Fries (+160 Cals) or Onion Rings (+140 Cals) +1.50 each, Poutine (+240 Cals) +3.00

BURGERS

All our Burgers are made in house with premium ground chuck & served with crispy fries*

Double Cheddar two patties, cheddar cheese, lettuce, pickles, onions & special sauce 22.95 (770 Cals)

Mushroom Double Swiss two patties, swiss cheese, sauteed mushrooms, lettuce, pickles, onions, and BBQ sauce 22.95 (790 Cals)

Symposium Burger two patties, lettuce, pickles, onions, tomato & signature sauce 19.95 (540 Cals)

Single Burger lettuce, pickles, onions, tomato & signature sauce 15.95 (300 Cals)

ALL THE TOPPINGS

Fried Egg	90 Cals	2.00	Swiss	110 Cals	2.00	Bruschetta Mix	70 Cals	1.25
Bacon	180 Cals	2.00	Peameal Bacon	40 Cals	2.25	Hot Peppers	20 Cals	.95
Mozzarella	80 Cals	2.00	Onion Rings	60 Cals	2.00	Sauteed Onions	20 Cals	.95
Cheddar	110 Cals	2.00	Guacamole	90 Cals	1.25	Mushrooms	20 Cals	.95
			Coleslaw	60 Cals	1.25	Roasted Zucchini	20 Cals	.95

"Beyond Meat"™ Burger 🌱 plant-based protein topped with lettuce, pickles, onions, tomato & signature sauce. Served with crispy fries 19.95 (380 Cals)



Mushroom Double Swiss Burger

*Substitute Fries, at no charge, with Mediterranean side Salad (-120 Cals), Caesar side Salad (-60 Cals) or Tuscan Tomato Bean Soup (-80 Cals). *Substitute Sweet Potato Fries (+40 Cals) or Onion Rings (+20 Cals) for 1.50 each. Substitute with Poutine (+120 Cals) for 3.00

BEVERAGES

Espresso	4.45	5
Americano	5.45	10
Double Macchiato	5.75	15
Cafe Latte	5.95	100
Cappuccino	5.75	45
Cafe Mocha	6.65	240
Vanilla Chai Latte	6.65	220
Iced Latte	5.95	100
Italian Soda (various flavours)	4.25	80
Hot Chocolate	5.45	200
Chocolate Milk	4.25	210
Add a flavour shot	.70	80-100

Perrier	4.45	0
Pop	3.95	0-160
Brewed Coffee	3.25	0
Tea Orange Pekoe	3.25	0
Tea Specialty & Herbal	3.95	0
Tomato Juice	4.25	40
Cranberry juice	4.25	120
*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)

Proudly Serving

COCKTAILS 9.95

Espresso Martini (2oz) vodka, kahlua, espresso (190 Cals)

Aperol Spritz (3 oz) aperol, prosecco, soda (130 Cals)

Strawberry Daiquiri (2oz) spiced rum, strawberries (140 Cals)

Margarita (2oz) tequila, triple sec, lime juice (220 Cals)

Mojito (2oz) rum, lime, mint (180 Cals)

Sangria (6oz) red or white wine, brandy or triple sec, fruits, soda (200-220 Cals)



Mimosa and Espresso Martini