

Grains & Fruit

STEEL CUT OATS 11
fatso peanut butter, banana, coconut flakes,
toasted pumpkin seeds, hemp hearts

HOMEMADE BIRCHER MUESLI 13
highwood crossing overnight oats, greek yogurt,
chia, granola, berries

HEALTHY TRAVELER 20
quinoa, spinach, poached eggs, sliced avocado,
hemp hearts, pumpkin seeds, smoked salmon
(seared tofu available as substitute)

SLICED FRUIT AND BERRIES 16

CEREALS 7
raisin bran, special k, corn flakes, rice crispies,
all-bran or mini wheat and choice of milk

ADD BANANA OR BERRIES 3

BAGEL AND CREAM CHEESE 6

PASTRY BASKET 8
croissant, grizzly claw, pain au chocolate

DAILY MUFFIN OR DANISH 3

Cage-Free Eggs

THOMSONS CLASSIC BREAKFAST 19
two eggs any style, choice of two breakfast meats,
crispy brussels sprout hash, 9 grain toast

SANDSTONE OMELET 21
natural or egg whites
crab, asparagus, dancing goat chevre, crispy
brussels sprout hash

CLASSIC EGGS BENEDICT 18
valbella back bacon, poached eggs, hollandaise
sauce, toasted english muffin, crispy brussels sprout hash

Specialties

ALBERTA STEAK AND EGGS 24
sterling silver striploin 6 oz, two eggs any style,
grilled asparagus, hollandaise, calabrian chilis

BUTTERMILK PANCAKES 18
birch syrup cream cheese, toasted pecans,
fresh berries, maple syrup

AVOCADO TOAST 19
slow-cooked eggs, smashed avocado, buttered rye
bread, tomato jam, fine herbs

Kids Jump Starters

FRUIT AND YOGURT PARFAIT 5
greek yogurt, homemade granola, seasonal berries,
saskatoon berry compote

RISE AND SHINE 7
fried or scrambled eggs, choice of bacon,
pork or chicken sausage, fresh fruit, toast

BUTTERMILK PANCAKES 6
maple syrup, blueberries

HIGHWOOD CROSSING ORGANIC STEEL-CUT OATS 6
fatso mct oil peanut butter, strawberries