

GRAINS & FRUIT

STEEL CUT OATS VG GF DF fatso peanut butter, banana, coconut flakes, toasted pumpkin seeds, hemp hearts	11
HOMEMADE BIRCHER MUESLI VG GF highwood crossing oats, spiced apples, toasted walnuts, greek yogurt, chia	13
HEALTHY TRAVELER BREAKFAST VG GF DF quinoa, deep water greens, poached eggs, sliced avocado, hemp hearts, pumpkin seeds	16
ADD SMOKED SALMON	3
SLICED FRUIT AND BERRIES VG GF DF	16
PASTRY BASKET V croissant, hazelnut crunch, blueberry scone	9

SPECIALTIES

BREAKFAST SANDWICH V GFA seared halloumi cheese omelet, alfalfa sprouts, tomato, sliced avocado, mayo, ciabatta	16
ADD NATURAL CURED BACON	2
SUBSTITUTE GLUTEN-FREE BUN	2
ALBERTA STEAK AND EGGS GF DFA aaa striploin 6 oz, two eggs any style, sautéed broccolini, hollandaise, calabrian chilis	24

CAGE-FREE EGGS

THOMSONS CLASSIC BREAKFAST GFA DFA two eggs any style, valbella maple sausage, natural cured bacon, crispy potato and brussels sprouts hash, nine grain toast and jam	19
SUBSTITUTE CHICKEN SAUSAGE	2
BREAKFAST POUTINE GF smoked brisket, poached egg, smoked potato wedges, sylvan star cheese curds, hollandaise	19
MUSHROOM OMELET GFA DFA dancing goat feta, chef's farmer spinach, mushrooms, toast and jam	18
EGG WHITE OMELET GFA DFA smoked salmon, cherry tomato, deep water greens, radish, toast and jam	20

CRISPY PORK BELLY HASH GF DFA two sunny-side up eggs, duck fat potatoes, peppers, oaxaca cheese, salsa, corn tortillas	20
CLASSIC EGGS BENEDICT GFA valbella back bacon, poached eggs, hollandaise sauce, toasted english muffin	18
SUBSTITUTE SMOKED SALMON	3
SUBSTITUTE GLUTEN-FREE ENGLISH MUFFIN	2

ON THE SIDE

TOAST choice of preserves or honey	4
BAGEL & CREAM CHEESE	6
DAILY MUFFIN OR DANISH	3
HOMEMADE CINNAMON ROLL cream cheese frosting	4
EGG ANY STYLE	3
NATURALLY CURED THICK CUT BACON	7
ROASTED VALBELLA SAUSAGE maple breakfast or chicken basil	7
GRIDDLED VALBELLA BACK BACON	7
SMOKED BONE MARROW	8
CRISPY POTATO & BRUSSELS SPROUT HASH	6
TWO BUTTERMILK PANCAKES maple syrup	7
AVOCADO	5

JUICE & SMOOTHIES

FRESHLY SQUEEZED ORANGE OR RED GRAPEFRUIT	9
GREEN SMOOTHIE kale, spinach, green apple, greek yogurt, hemp hearts, local honey	10
BERRY SMOOTHIE mixed berries, mango, almond milk, chia seeds, fatso peanut butter	10
BANANA BUZZ SMOOTHIE chocolate almond milk, cold coffee, cinnamon, coconut, hemp hearts, chia seeds	10
MORNING BEVERAGES	
LOCALLY ROASTED DIRECT TRADE COFFEE decaffeinated available	
BREWED / ESPRESSO / AMERICANO	4
CAFFE LATTE / CAPPUCCINO	5
TAZO TEA	5

V vegetarian **VG** vegan **GF** gluten-free **DF** dairy-free
GFA gluten-free available **DFA** dairy-free available

Prices are exclusive of Gratuity and Tax. Please notify your server if you have food allergies or dietary restrictions. Consuming raw undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.