

BREAKFAST



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FOOD. THOUGHTFULLY SOURCED. CAREFULLY SERVED.

GOOD FOR YOUR HEALTH, OUR COMMUNITIES AND OUR PLANET

BREAKFAST BUFFET \$33.00

featuring: fresh fruit, canadian smoked salmon, artisan charcuterie, imported cheeses, custom made omelets, cereal station, assorted pastries, bacon, sausage, eggs, breakfast potatoes, locally inspired breakfast specials, assorted juices, and coffee or tea



WHENEVER
POSSIBLE WE
USE FRESH
PRODUCE GROWN
AT LOCAL FARMS

REGIONAL

APRICOT STUFFED BRIOCHE FRENCH TOAST \$20.00
whipped cream

STEELHEAD SALMON BENEDICT \$22.00
local smoked salmon, avocado, rosemary potato, hollandaise

AVO & EGGS BLT \$17.00
maple glazed hickory smoked bacon, lettuce, tomato, cage free eggs, smashed avocado, toasted bianca bun, rosemary potato
add cheese: \$2.00
cheddar, swiss, brie, provolone

MEADOW CREEK SPANISH CHORIZO HASH \$20.00
fingerling potatoes, blistered cherry tomato, granny smith apple, jalapeno, poached eggs, cilantro

SMOKED STEELHEAD SALMON \$20.00
local artisan toasted bagel, cream cheese, sliced tomato, capers, red onion

BELGIAN WAFFLE OR BUTTERMILK PANCAKE WITH CANADIAN MAPLE SYRUP & BUTTER \$16.00

Option: gluten free pancakes
gluten free waffles not available

with mixed fruit compote and whipped cream \$20.50

with roasted banana, granola and nutella \$20.00

COMFORT

ORGANIC STEEL CUT OATMEAL AND MILK \$14.00

Choice of:
roasted banana-strawberry, almond granola

roasted apple, pear, maple syrup

brown sugar, raisin

SPINACH & MUSHROOM EGG WHITE OMELET \$20.00
baby spinach, mushroom, "glorious organic farm" greens

ALBERT'S CHICKEN, EGG & BELGIAN WAFFLE STACK \$24.00
buttermilk fried chicken, bourbon-maple glazed hickory smoked bacon, free run egg

ACAI BOWL \$19.00
house granola, mixed berries, banana, acai coconut cream, flax and chia seeds, coconut chips, goji berries, quinoa, hemp hearts

THREE EGG OMELET \$21.00
your choice of fillings, rosemary potato

CLASSIC BREAKFAST \$20.00
Two cage free eggs, two slices of bacon, two turkey sausage, rosemary potato and toast

BREAKFAST GREENS AND EGGS \$18.00
'glorious organics farm' greens, hollandaise vinaigrette, pickled radish, kalamata olives, cherry tomato, avocado

QUINOA BREAKFAST BOWL \$20.00
peppers, wilted greens, corn, yam, pico de gallo, tortilla, poached egg, avocado, crispy tortilla, cilantro lime vinaigrette

QUENCH

wild local blueberry and flax seed smoothie with omega 3 cookie \$9.00

strawberry and banana smoothie \$7.50

cappuccino or café latte \$6.00

grapefruit, apple or cranberry juice \$5.25

fresh squeezed apple, ginger and carrot juice \$6.50

fresh squeezed orange juice \$6.00

torrefazione italia® coffee or selection of tazo® teas \$5.00

ALTERNATIVES

YOGURT GRANOLA PARFAIT \$12.00
house made granola, greek yogurt, berry compote

naturally cured bacon, turkey sausage or maple ham \$7.00

cage free egg \$3.50

seasonal fruit & berries \$14.00

seasonal berries \$7.00

STAYFIT CUISINE OCEAN WISE VEGAN DAIRY FREE GLUTEN FREE

WE ONLY SERVE CAGE-FREE EGGS, HORMONE-FREE MILK AND NATURALLY CURED BACON