



## FOOD • THOUGHTFULLY SOURCED • CAREFULLY SERVED

## • BREAKFAST •

**Avo & Eggs Toast 24**

avocado, tomatoes, roasted hemp heart & sunflower seeds, free range poached eggs, arugula and lemon wedge 

**Buttermilk Pancakes 19**

**loaded:** banana, chocolate, coconut, walnuts and maple syrup 

**traditional:** local mixed berries, maple syrup 

**Classic Breakfast 26**

two free range eggs any style, double smoked bacon, local turkey sausage, toast and local smashed nugget creamer potatoes



**Traditional “Benny” 26**

double smoked back bacon, free range poached eggs, toasted english muffin, hollandaise sauce served with local smashed nugget creamer potatoes

**3 Egg Custom Omelet 26**

toppings: ham, mushrooms, spinach, bell peppers, onions, tomato or cheese, served with local smashed nugget creamer potatoes


**Quinoa Buddha Bowl 22**

warm quinoa, julienne root vegetables, beans, baby kale, corn, peppers and cherry tomato    
add cage free egg \$3.5



**‘Lox n’ Bagel Sandwich 26**

smoked salmon, cream cheese, tomato, red onion, capers, served with local smashed nugget creamer potatoes and lemon wedge

**Chia Pudding Parfait 15**

vegan yogurt, granola crunch, local mixed berries and hemp heart 

**Seasonal Fruit & Berries 14**

watermelon, honeydew, cantaloupe and mixed berries  

**Continental Breakfast 16**

all butter croissant, savory strudel, muffin, danish, toast coffee and juice

**Kids Breakfast 11**

kids pancake, scrambled eggs, local smashed nugget potatoes and fruit salad

## • BEVERAGES •

cappuccino or latte 6  
coffee or tea 5  
orange juice 6

grapefruit juice 5  
cranberry juice 5  
apple juice 5

## • ALTERNATIVES •

naturally cured bacon, 7  
turkey sausage or back bacon  
breakfast potatoes 6  
raisin oatmeal 12

pastry, toast or muffin 5  
bagel with cream cheese 7  
avocado 3  
cage free egg 3.5

