

# 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