

BREAKFAST MENU

THE BOWL | 18

YOGURT & BERRIES PARFAIT WITH GRANOLA IN A BOWL

MAPLE-NUT GRANOLA, MIXED BERRY COMPOTE, ORGANIC GREEK YOGURT
TOASTED COCONUT RIBBONS

THE CONTINENTAL | 19

A LIGHTER START TO THE DAY

CHOICE OF CARAMEL-ALMOND DANISH, RASPBERRY YOGURT MUFFIN, BUTTER CROISSANT OR TOAST
SERVED WITH ORGANIC GREEK YOGURT AND FRESH SEASONAL FRUIT
CHOICE OF COFFEE, TEA OR JUICE

THE TOAST | 21

SLICED AVOCADO ON A FRESH & HOUSE-MADE SEEDED MULTIGRAIN TOAST

AVOCADO, ESPELETTE, GEM TOMATO, ALFALFA SPROUTS, CRISPY SHALLOTS, SEEDED MULTIGRAIN BREAD

THE BELGIAN | 24

FRESH OFF THE PRESS, MADE TO ORDER BELGIAN-STYLE WAFFLE

SASKATOON BERRY COMPOTE, MAPLE SYRUP

THE TUSCAN | 24

THREE EGG ITALIAN FRITTATA, TOPPED WITH PIAVE VECCHIO CHEESE

LOCAL FREE-RANGE EGGS, TUSCAN KALE, ROASTED PEPPERS, SUN-DRIED TOMATOES, PIAVE VECCHIO

THE BREKKIE | 24

A GO-TO MORNING ESSENTIAL

LOCAL FREE-RANGE EGGS ANY STYLE, CHOICE OF FRASER VALLEY PORK SAUSAGE OR
DOUBLE SMOKED BACON, CHILI SALTED BREAKFAST POTATOES

THE CLASSIC BENNY | 25

TRADITIONAL EGGS BENEDICT, WITH CHOICE OF BACK BACON OR SAUTÉED SPINACH

TWO POACHED LOCAL FREE-RANGE EGGS, CANADIAN BACK BACON OR SAUTÉED SPINACH, ENGLISH MUFFIN
HOLLANDAISE, CHILI SALTED BREAKFAST POTATOES

THE P.N.W. LOX BENNY | 25

SMOKED SALMON BENEDICT, WITH FLAVOURS OF THE PACIFIC NORTHWEST

TWO POACHED LOCAL FREE-RANGE EGGS, SMOKED STEELHEAD SALMON, RED ONIONS, ENGLISH MUFFIN
HOLLANDAISE, CRISPY CAPERS, CHILI-SALTED BREAKFAST POTATOES

THE FRENCHIE | 26

THREE EGG OMELETTE INSPIRED BY THE CLASSIC FRENCH ONION SOUP

LOCAL FREE-RANGE EGGS, CARAMELIZED ONIONS, SWISS GRUYÈRE, CHIVES
FRESHLY-BAKED ARTISANAL SOURDOUGH OR SEEDED MULTIGRAIN TOAST

FLYING SOLO

SIDES, SINGLES & ADDITIONS

TOAST | 4 - ORGANIC GREEK YOGURT | 4 - FRUIT BOWL | 8
EGG | 4 - BACON | 8 - SAUSAGE | 8 - SMOKED SALMON | 12
HALF AVOCADO | 4 - CHILI SALTED BREAKFAST POTATOES | 5 - SAUTÉED SPINACH | 8