

# BREAKFAST MENU

## THE BOWL | 21

### *YOGURT & BERRIES PARFAIT WITH GRANOLA IN A BOWL*

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

## THE CONTINENTAL | 23

### *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 | 24

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

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

## THE BELGIAN | 26

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

SASKATOON BERRY COMPOTE, MAPLE SYRUP

## THE TUSCAN | 26

### *THREE EGG ITALIAN FRITTATA, TOPPED WITH PIAVE VECCHIO CHEESE*

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

## THE BREKKIE | 25

### *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 | 27

### *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

## SMOKED SALMON BENNY | 28

### *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

## BUILD YOUR OWN OMELETTE | 28

### *THREE EGG OMELETTE CURATED JUST FOR YOU*

ASK YOUR SERVER FOR TODAY'S FRESH INGREDIENT OPTIONS

## 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