



California Benedict

## EGGS BENEDICT

All Eggs Benedict breakfasts served with three soft poached eggs on toasted English muffin, breakfast potatoes & hollandaise sauce

- California Benedict** 🌱 avocado, guacamole & pico de gallo 16.95 (870 Cals)
- Classic Benedict** Canadian peameal bacon 15.95 (700 Cals)
- Benjamin Benedict** smoked salmon & red onion 18.95 (620 Cals)

## AVOCADO TOAST

Avocado Toast items served on rye toast with two soft poached eggs, avocado slices, guacamole, pea shoot garnish & refreshing fruit cup

- Classic Avocado Toast** 🌱 with zesty pico de gallo 15.95 (710 Cals)
- Spinach Mushroom Truffle Avocado Toast** 🌱 with spinach, sauteed mushrooms & truffle oil drizzle 17.95 (830 Cals)

## BELGIAN WAFFLES, PANCAKES & FRENCH TOAST

The following items served with fruit cup, ham or bacon, choice of one topping, chantilly cream drizzle, powdered sugar & table syrup.

- Belgian Waffle Breakfast** 14.95 (1210-1420 Cals)
- Pancakes Breakfast** 3 pancakes 14.95 (1310-1520 Cals)
- French Toast Breakfast** 3 slices 14.95 (1380-1590 Cals)
- Choice of Toppings:** Strawberry (40 Cals), Banana (100 Cals), Blueberry (100 Cals), Chocolate chips (150 Cals), Caramel sauce (140 Cals), Strawberry sauce (140 Cals), Nutella (240 Cals)

**100% Pure Maple Syrup** with breakfast 2.00 (30 Cals)

## BREAKFAST SANDWICHES

Add cheese +2.00 (70-110 Cals). Sandwiches served on wheat toast with breakfast potatoes.

- Cuban** pulled pork, fried egg, peameal bacon, swiss cheese, pickle & mustard on ciabatta bun 14.95 (730 Cals)
- Western** egg, ham, green pepper, red onion on toast 11.95 (390 Cals)
- Peameal Egg n' Cheese** peameal bacon, fried egg, & cheddar cheese, on a soft burger bun 13.95 (570 Cals)
- Triple Grilled Cheese** 🌱 triple toast with double cheddar cheese 11.95 (490 Cals)
- BLT** crisp bacon, lettuce, tomato on toast; with side mayo 11.95 (550 Cals)

## CLASSIC EGG BREAKFASTS

Sweet Potato Fries (+160 Cals), Mediterranean side salad 🍷 (-60 Cals), OR side Fruit Cup 🍷 (-90 Cals) instead of breakfast potatoes for an additional 1.50  
Rye bread (-40 Cals) or White bread (+10 Cals) available

- 3 Egg Breakfast** three fresh eggs, breakfast potatoes & whole wheat toast with choice of bacon or ham 13.95 (1200-1260 Cals)
- 3 Egg** 🌱 (no meat) with breakfast potatoes & toast 10.95 (600 Cals)
- 2 Egg Breakfast** two fresh eggs, breakfast potatoes & whole wheat toast with choice of bacon or ham 10.95 (1120-1160 Cals)
- 2 Egg** 🌱 (no meat) with breakfast potatoes & toast 8.95 (510 Cals)

Substitute peameal bacon (710 Cals), turkey sausage (640 Cals) or farmer's sausage (1160 Cals) +1.50 each

**Breakfast of Champions** 3 eggs, any style, with a warm fresh waffle, breakfast potatoes and choice of ham or bacon 17.95 (1560 or 1620 Cals)

## OMELETTES

All 3 egg omelettes served with breakfast potatoes & whole wheat toast  
Sweet Potato Fries (+160 Cals), Mediterranean side salad 🍷 (-60 Cals), OR side Fruit Cup 🍷 (-90 Cals) instead of breakfast potatoes for an additional 1.50

- Western** smoked ham, cheddar, green pepper & red onion 14.95 (730 Cals)
- Veggie Medley** 🌱 zucchini, mushroom, roasted red pepper & onion 14.95 (570 Cals)
- Spinach Feta** 🌱 spinach & feta cheese 14.95 (650 Cals)
- Deluxe** smoked ham, sausage, bacon, green pepper, red onion & mushroom. 15.95 (910 Cals)

**Egg White Omelette** additional 2.00 to any omelette (-150 Cals)

### BUILD YOUR CUSTOM OMELETTE

Start with a 3 egg omelette 11.95 (490 Cals), then add:  
Ham (60 Cals), Bacon (80 Cals), or Sausage (100 Cals) .95 each  
Cheddar (110 Cals), Swiss (110 Cals), Mozzarella (80 Cals), or Feta (70 Cals) 2.00 each  
Roasted Red Pepper, Zucchini, Green Pepper, Mushroom, Tomato, Red Onion (20 Cals each), Spinach (5 Cals) or Kalamata Olives (30 Cals) .95 each



3 Egg Breakfast with bacon



Classic Avocado Toast



Belgian Waffle

Enhance your dish with the richness of **100% PURE CANADIAN MAPLE SYRUP**

## BREAKFAST SIDES

	Cals	
<b>Farmer's Sausage</b>	6.75	660
<b>Turkey Sausage</b>	6.95	100
<b>Peameal Bacon</b>	6.95	210
<b>Bacon</b>	5.95	270
<b>Ham</b>	5.95	210
<b>Smoked Salmon</b>	9.00	110
<b>Breakfast Potatoes</b>	5.75	160
<b>Fruit Bowl</b>	7.50	90
<b>Toast</b> (whole wheat)	2.95	170
<b>Pancakes (2)</b>	8.95	460
<b>French Toast (2)</b>	9.95	390
<b>Waffle (1)</b>	8.95	350
<b>Whipped Cream</b>	2.00	100

No substitutions will be made for ingredients.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Any add-ons or substitutions add indicated calories to total calorie count. 🌱 indicates vegetarian menu item. All items identified with 🍷 are made gluten free; however due to the possibility of cross contact with items we consider those items gluten-friendly. Please notify management if you have allergies.



## EARLY BIRD BREAKFAST

Available Monday – Friday until 10 am  
(Early Bird not available holidays nor special menu days)

ALL EARLY BIRD BREAKFAST ITEMS INCLUDE BREWED COFFEE OR REGULAR TEA.

Egg Breakfasts & Omelettes include: breakfast potatoes, wheat toast, choice of bacon or ham

Pancakes include: fruit cup, one pancake topping, choice of bacon or ham

Sweet Potato Fries (+160 Cals), Mediterranean side salad 🍷 (-60 Cals), OR side Fruit Cup 🍷 (-90 Cals) instead of breakfast potatoes for an additional 1.50

**Three Egg Breakfast** 11.95 (1200-1260 Cals)

**Two Egg Breakfast** 8.95 (1120-1160 Cals)

**Three Egg Omelette** with 2 ingredient choices 10.95 (510-710 Cals)

**Pancakes** 3 pancakes 11.95 (1310-1520 Cals)

Sandwiches served on wheat toast with breakfast potatoes (+130 Cals) or fruit cup.

**BLT Sandwich** crisp bacon, lettuce, tomato on toast; with side mayo 8.95 (580 Cals)

**Western Sandwich** egg, ham, green pepper, red onion on toast 8.95 (430 Cals)

Substitute Rye bread (-40 Cals) or White bread (+10 Cals) available

## BRUNCH COCKTAIL SPECIALS

Daily 9am -3pm



\$6<sup>95</sup>

Raspberry Mimosa (4 oz) 190 Cals    Mimosa (4 oz) 170 Cals    Caesar (1.5 oz) 200 Cals