



## Breakfast

### **BREAKFAST SANDWICH** \$12.95

Fried egg, cheddar cheese, bacon tomato and mayo on a bagel. Served with breakfast potatoes.

### **CANADIAN BREAKFAST** \$13.5

Two eggs any style with bacon, sausages or pea meal bacon.

Served with breakfast potatoes and toast.

### **ALPHA OMELETTE** \$14.50

A three-egg omelette with bacon, tomato, spinach, caramelized onion and cheese. Served with breakfast potatoes and toast.

### **ROCKIES EGGS BENEDICT** \$14.95

Two poached eggs, pea meal bacon and mozzarella cheese on an English muffin. Served with breakfast potatoes.

### **ALPHA SKILLET** \$16.50 GF

Breakfast potatoes topped with bacon, chorizo, black beans, tomato, pepper, spinach and fried eggs topped with cheese and Hollandaise sauce.

### **BLUEBERRY PANCAKES** \$12.50

Three fluffy pancakes with blueberry compote and icing sugar.

### **MOUNTAIN PARFAIT** \$8.95

Granola, kiwi, blueberry compote and Greek yogurt.

### **SMOOTHIE OF THE DAY** \$6.95 GF

#### **SUBSTITUTE**

Gluten Free Bread \$2.00 GF

Potatoes for fruit cup \$2.00 GF

## Sides

**EGG MUFFIN** \$6.75

**OATMEAL** \$5.00 V

**TWO SLICE OF TOAST** \$2.95

**BANANA BREAD** \$4.00

**BACON, SAUSAGE OR BACK BACON** \$3.50

**FRESH CUT FRUIT** - Bowl \$6.75 Cup \$4.25 GF-V

**FRESH ORANGE JUICE** \$6.75 GF

## Lunch to go

Place your order during breakfast hours.

**FALAFEL WRAP** \$13.05

**GRILLED CHICKEN WRAP** \$13.05

Served with pop of juice and chips or fruit.