



## Breakfast

### CANADIAN BREAKFAST \$14.95

Two eggs any style, two pieces of bacon and a sausage.  
Served with hash brown patties and toast (gluten free available).

### VEGAN Big *vg* \$13.50

Scrambled tofu with vegan cheese, rye toast, tomato, cucumber served with hash brown patties.

### BEAR OMELETTE \$15.00

A three egg omelette with bacon, caramelised onion, tomato, spinach, fresh herbs and cheese. Served with hash brown patties and toast. (gluten free available)

### ROCKIES EGGS BENEDICT \$15.50

Two poached eggs, pea meal bacon and cheese on an English muffin, topped with hollandaise sauce, served with hash brown patties.

### ATLANTIC SALMON FLORENTINE \$18.95

Two poached eggs, smoked salmon and spinach on an English muffin, topped with paprika hollandaise sauce with hash brown patties.

### ROCKY MOUNTAIN SKILLET \$16.95

Breakfast potatoes topped with braised brisket, onion, pepper, mushroom, fried egg, cheese and hollandaise.

### STEAK AND EGGS \$20.95

6 ounce striploin, grilled vegetable, two sunny side eggs, hollandaise sauce, fried potatoes and balsamic glaze. (gluten free available)

### ULTIMATE BAGEL \$13.95

One egg, bacon, chorizo, Jack cheese, mayo, tomato and lettuce served with fried hash brown patties.

*Substitute potatoes for fruit cup. \$2.95*

### ORANGE HAPPINESS \$13.95

Two fluffy orange pancakes topped with berry compote, fresh berries and finished with powdered sugar.

### BRIOCHE FRENCH TOAST \$14.50

Two sliced Brioche dipped in vanilla egg mix, berry compote, banana brûlée and icing sugar

### AVOCADO & TOMATO MADNESS \$15.95

Rye toast, smashed avocado, herb roasted tomatoes and two poached eggs served with fresh cut fruit. (gluten free available)

*Add bacon or sausage. \$3.50*

### NUTS ABOUT OATMEAL *vg* \$7.50

Oats, pecans, pumpkin seeds, sunflower seeds and dried cranberries served with brown sugar and almond milk

### MOUNTAINEER LUNCH TO GO \$13.95

Available (9 am - 11 am) Your choice of chicken sandwich or falafel wrap. Served with whole fruit and juice.

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

### SEASONAL FRESH MARKET FRUITS

*gl* \$6.95

## Refreshments

COFFEE & TEA	\$3.00
HOT CHOCOLATE	\$3.00
MILK or CHOCOLATE MILK	\$3.50 Lg. ✕ \$2.75 Sm.
JUICE	\$3.50 Lg. ✕ \$2.75 Sm.
Apple / Orange / Pineapple / Mango&Peach / Cranberry	
POP	\$3.00
Pepsi / Diet Pepsi / 7-up / Ice Tea / Ginger Ale	

## Sides

OATMEAL	\$5.00
EGG SANDWICH	\$6.75
CEREAL BOWL	\$3.00
FRESH CUT FRUIT	\$4.95 Cup
PLAIN YOGURT CUP	\$3.50
TWO SLICES TOAST	\$2.95
BACON	\$3.50
SAUSAGE	\$3.50
PEA MEAL BACON	\$3.50

## Kids Breakfast

### CANADIAN BREAKFAST \$8.00

One egg any style, choice of two piece of either bacon or sausage, served with one hashbrown and one piece of toast.

### PANCAKES \$7.00

Two fluffy pancakes, berry compote, fresh fruit and icing sugar.

### BRIOCHE FRENCH TOAST \$7.50

One thick sliced brioche bread dipped in vanilla, cream and egg mix, fresh fruit and icing sugar.

### FRESH FRUIT \$5.00

Seasonal fresh fruit and berries.

