



Breakfast

CANADIAN BREAKFAST \$15.95

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

BEAR OMELETTE \$16.00

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

ROCKIES EGGS BENEDICT \$16.50

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

BREAKFAST WRAP \$12.95

Scrambled eggs, bacon, chorizo, cheese, tomato & salsa served with hash brown patties

Add avocado \$3

BERRY PANCAKE \$14.95

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

AVOCADO & TOMATO MADNESS \$16.95

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

Add bacon or sausage. \$3.50

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.

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
PEA MEAL BACON	\$3.50
BACON	\$3.50
SAUSAGE	\$3.50

Refreshments

COFFEE & TEA	\$3.50
HOT CHOCOLATE	\$3.50
MILK or CHOCOLATE MILK	\$3.50 Lg. ✕ \$2.75 Sm.

JUICE \$3.75 Lg. ✕ \$2.75 Sm.
Apple / Orange / Pineapple / Mango&Peach / Cranberry

POP \$3.00
Pepsi / Diet Pepsi / 7-up / Ice Tea / Ginger Ale

SMOOTHIE OF THE DAY *gf* \$6.95