



Breakfast

Healthy Start

SPA PLATE \$ 13.95

Your choice of chilled juice (mango peach or orange or apple or pineapple), Honey granola parfait, fresh fruit salad, house made scone with preserves.

OATMEAL AND DRY FRUIT BOWL \$8.95

Oats, dry fruit, served with brown sugar and almond milk. *vg*

SMOOTHIE OF THE DAY *of* \$8.50

FRESH MARKET FRUIT \$6.95

Seasonal fresh fruit.

BAKED GOODS \$6.00

House made banana & chocolate bread and scone with seasonal jam.

ANYTHING TOAST \$3.50

Choose one toast and spread:

Breads: Whole wheat, white, marble rye, English muffin

Spreads: peanut butter, seasonal jams or Nutella.

Farm Fresh Eggs

FARMERS OMELETTE \$17.00

A three-egg omelette with spinach, red pepper, red onion, mushroom, fresh herbs and cheese, served with breakfast potatoes and toast (gluten free available).

CANADIAN BREAKFAST \$16.95

Two eggs any style, two pieces of bacon, two sausages. Served with breakfast potatoes and toast (gluten free available).

Specialty Breakfast

HARVEST BREAKFAST \$17.50

Organic quinoa topped with sautéed spinach, tomato, onion and red pepper on breakfast potatoes. Topped with 2 eggs your way and garnished with fresh greens (gluten free available). *vg*

BEEF TENDERLOIN SKILLET \$19.95

Breakfast potato topped with cubed beef tenderloin, onions, peppers, mushrooms, fried egg, cheese and hollandaise.

Benedicts

1029 AVENUE BENNY \$17.50

Two poached eggs, pea meal bacon and cheese on an English muffin, topped with hollandaise sauce, served with breakfast potatoes.

ATLANTIC SALMON FLORENTINE \$18.50

Two poached eggs, salmon cooked in white wine and spinach on an English muffin, topped with avocado and hollandaise sauce. Served with breakfast potatoes.

Sandwiches

BACON AND BRIE \$16.95

One egg, bacon, tomatoes, lettuce, brie, spicy mayo and avocado on an everything bagel. Served with breakfast potatoes.

AVOCADO & TOMATO MADNESS \$18.50

Rye toast, smashed avocado, fresh tomatoes, goat cheese with a balsamic drizzle then topped with 2 eggs 'your way' and served with fresh cut fruit.

Add bacon or sausage. \$3.95

QUICK MUFFIN \$8.00

One egg fried, cheddar cheese, tomato and choice of either bacon, sausage or peameal bacon on an English muffin. Served with greens.



Sweet off the griddle

SUMMER BERRY PANCAKE \$14.95

Two fluffy pancakes topped with berry compote, fresh berries, dusted with icing sugar and served with whip cream and syrup.

BANANA & CHOCOLATE FRENCH TOAST \$14.95

Two slices of banana and chocolate bread dipped in French toast batter, finished with fresh berries, honey cream cheese dusted with icing sugar.

Kids' Breakfast

CANADIAN BREAKFAST \$8.00

One egg any style, choice of two piece of bacon or sausage, breakfast potatoes and one piece of bread.

PANCAKES \$7.00

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

FRESH FRUIT \$5.00

Seasonal fresh fruit and berries.

Take it to-go

MOUNTAINEER LUNCH TO-GO \$16.95

Available (9 am - 11 am)

Your choice of chicken sandwich or falafel wrap. Served with whole fruit and juice.

Sides

OATMEAL	\$5.00
CEREAL BOWL	\$3.00
FRESH CUT FRUIT CUP	\$4.95
PLAIN YOGURT CUP	\$3.50
TWO SLICES TOAST	\$2.95
BREAKFAST POTATOES	\$4.95
PEA MEAL BACON	\$3.95
BACON	\$3.95
SAUSAGE	\$3.95
HOLLANDAISE	\$2.00
MAPLE SYRUP	\$2.00
AVOCADO ½	\$2.50
CHEDDAR CHEESE	\$2.00
SLICED TOMATO	\$2.00

SUBSTITUTE POTATOES
FOR FRUIT CUP. \$2.95

Refreshments

COFFEE & TEA	\$3.95
HOT CHOCOLATE	\$4.00
MILK	\$3.50
CHOCOLATE MILK	\$3.75
JUICE	\$3.15

Apple / Orange / Cranberry

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

