



Breakfast

Healthy Start

GREEK YOGURT PARFAIT \$13.95
Greek yogurt, honey granola, hemp seeds, chia seeds, kiwi, berries and organic berry compote.

OATMEAL AND DRY FRUIT BOWL \$11.95
Oats, dry fruit, served with brown sugar and almond milk. *vg*

SMOOTHIE OF THE DAY *gf* \$8.50

FRESH MARKET FRUIT \$8.95
Seasonal fresh fruit.

Something Quick

ENGLISH MUFFIN \$10.50
One fried egg, cheddar cheese, tomatoes and choice of either sausage, bacon or chicken. Served with fresh greens.

ANYTHING TOAST \$4.00
Choose one toast and spread:
Bread: Whole wheat, white, sourdough, English muffin
Spreads: Peanut butter, seasonal jams or Nutella.

MOUNTAINEER LUNCH TO GO (9am - 11am) \$18.95
Chicken or vegetarian sandwich with whole fruit & juice.

Breakfast Sandwiches

HAM & CHEESE \$20.95
One egg, lettuce, cheese, black forest ham, maple dijon syrup, on a large croissant served with breakfast potatoes.

AVOCADO \$19.50
Avocado, pickled onions, feta, prairie seeds, oven roasted tomatoes, cold pressed canola vinaigrette, arugula on sourdough.
+ Add bacon or sausage \$5.50

Sweet Off The Griddle

SUMMER BERRY PANCAKES \$18.95
Two fluffy pancakes topped with berry compote, fresh berries and dusted with icing sugar. Served with whipped cream and Canadian maple syrup.

Farm Fresh Eggs

3 EGG OMELETTE \$20.50
A three-egg omelette with spinach, red peppers, red onions, mushrooms, fresh herbs and cheese, served with breakfast potatoes and toast. *gf*

CANADIAN BREAKFAST \$20.95
Two eggs any style, two pieces of bacon and one sausage. Served with breakfast potatoes and toast. *gf*

1029 AVENUE BENNY \$20.50
Two poached eggs, pea meal bacon and cheese on an English muffin, topped with hollandaise sauce, served with breakfast potatoes.

Kids Breakfast (12 & under)

CANADIAN BREAKFAST JR \$10.00
One egg any style, choice of two pieces of bacon or sausage. Served with breakfast potatoes and one piece of toast.

PANCAKES \$10.00
Two fluffy pancakes, berry compote and icing sugar.

Sides

Oatmeal	\$6.25	Breakfast potatoes	\$5.50
Cereal bowl	\$4.50	Fresh fruit (cup)	\$3.95
Plain yogurt (cup)	\$2.95	One egg	\$2.95
Hollandaise sauce	\$2.50	Tomato slice	\$3.50
Maple syrup	\$2.50	Avocado ½	\$2.75

Cheddar cheese	\$2.50
Bacon, Sausage or Ham	\$5.50
One egg with toast	\$6.95
Two eggs with toast	\$8.95

Drinks

Coffee & Tea	\$4.00	Hot chocolate	\$4.25
Milk	\$3.95	Chocolate milk	\$4.00
Juice	\$3.50	Pop	\$3.50
Apple, orange, cranberry			