



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

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| 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 |

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

Drinks

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