



Breakfast Menu

Healthy Start

STEEL CUT OATS *gf* \$14.95

Steel cut oats, raisins, brown sugar and walnuts

SMOOTHIE OF THE DAY *gf* \$9.00

Farm Fresh Eggs

3 EGG OMELETTE \$21.50

A three egg omelette with spinach, red peppers, red onions, mushrooms, fresh herbs and cheese. Served with breakfast potatoes and toast

Substitute breakfast potatoes for a fruit cup \$3.50

CANADIAN BREAKFAST \$21.95

Two eggs any style, three pieces of bacon and one chicken & apricot sausage. Served with breakfast potatoes and toast

1029 AVENUE BENNY \$21.50

Two poached eggs and back bacon on an English muffin, topped with hollandaise sauce, served with breakfast potatoes

Add spinach and avocado \$5.00

BREAKFAST POUTINE \$23.50

Bacon, sausage, mushroom, red pepper, cherry tomatoes, potato, cheese, avocado, gravy sauce, topped with one fried egg and hollandaise sauce

QUICK MUFFIN \$10.00

One fried egg, cheddar cheese, tomato and your choice of meat (bacon or chicken sausage), served with greens

Something Quick

ANYTHING TOAST \$4.50

Choose one toast and spread

Bread: whole wheat, white, sourdough or English muffin

Spreads: peanut butter, seasonal jams or Nutella

Sweet Off The Griddle

ALPHA BERRY PANCAKES \$19.95

A stack of pancakes topped with fresh berries and dusted with icing sugar. Served with whipped cream, compote and maple syrup

Kids Breakfast (12 & under)

CANADIAN BREAKFAST \$12.00

One egg any style, choice of two pieces of bacon or sausage. Served with breakfast potatoes and toast

CHOCOLATE CHIP PANCAKES \$12.00

Two fluffy pancakes, chocolate chips, whipped cream, fresh fruit and icing sugar

Sides

Oatmeal <i>gf</i>	\$6.25
Breakfast potatoes	\$7.50
Cereal bowl	\$6.50
Fresh fruit (cup)	\$6.95
Plain yogurt (cup)	\$3.95
One egg	\$3.00
Hollandaise sauce	\$2.50
Tomato slices	\$3.50
Maple syrup	\$3.00
Half Avocado	\$3.00
Cheddar cheese	\$3.00
One egg with toast	\$7.95
Two eggs with toast	\$9.95
Bacon, sausage or ham	\$6.50

Drinks

Organic Coffee & Tea	\$4.29
Hot chocolate	\$4.25
Milk	\$4.50
Chocolate milk	\$5.00
Apple or orange juice	\$4.00
Pop	\$3.50
<i>Pepsi, Diet Pepsi, 7-Up, iced tea, ginger ale</i>	

