



BREAKFAST MENU

HEALTHY START

STEEL CUT OATS | 14.95

Raisins, brown sugar and walnuts *GF*

PROTEIN BOWL | 16.95

Chia pudding, banana, berries, cashew nut granola, mango and coconut cream *GF, VG*

MBC SMOOTHIE | 9.00

Mango, banana, coconut smoothie sprinkled with roasted coconut *GF, VG*

ANYTHING TOAST | 4.50

Choose one toast and spread

Bread: whole wheat, white, sourdough, multigrain or english muffin

Spreads: peanut butter, seasonal jam or Nutella

FARM FRESH EGGS

VALLEY OMELETTE | 21.50

A three egg omelette with spinach, red peppers, red onions, bacon, fresh herbs and cheese. Served with smashed baby potatoes and toast *GF*

Substitute potatoes for a fruit cup 3.95

CANADIAN BREAKFAST | 21.95

Two eggs any style, bacon, chicken & apricot sausage, grilled tomato. Served with smashed baby potatoes and toast *GF*

Substitute potatoes for a fruit cup 3.95

1029 AVENUE BENNY | 21.50

Two poached eggs, back bacon, goat cheese, arugula and tomato on an english muffin topped with hollandaise sauce. Served with smashed baby potatoes

ADD-ONS

Salmon | 6.00

Arugula, tomato & avocado | 6.00

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, pancake syrup and icing sugar

ALPHA FEATURES

CROISSANT SANDWICH | 11.50

Scrambled eggs, cheddar cheese, tomato, arugula, avocado crema and your choice of bacon or chicken sausage on a large croissant

SHAKSHUKA SKILLET | 19.95

Two braised eggs, tomato concassé, spiced chorizo sausage in a cast iron skillet served with fresh fruit salad and sourdough bread

HIPSTER TOAST | 21.95

Two soft poached eggs, arugula, corn, fire roasted cherry tomatoes, goat cheese, smashed avocado, black pepper on sourdough. Served with smashed baby potatoes

SHORT RIB POUTINE | 23.50

12 hour braised beef short rib, mushrooms, caramelized onion, smashed potatoes, cheese, gravy sauce, one fried egg and sriracha hollandaise

STUFFED PANCAKES | 19.95

A stack of pancakes stuffed with mascarpone cream, fresh berries, and orange butter. Finished with icing sugar and served with maple syrup

SIDES

Breakfast potatoes	\$7.50
Fresh fruit (cup)	\$6.95
Plain yogurt (cup)	\$3.95
One egg	\$3.00
Hollandaise sauce	\$2.50
Tomato slices	\$3.00
Maple syrup	\$3.00
Half Avocado	\$2.50
Bacon, chicken sausage or ham	\$6.50
One egg with any toast	\$7.95

DRINKS

Organic Coffee & Tea	\$4.15
Hot Chocolate	\$4.25
Juice (Orange, Apple)	\$4.00