



BREAKFAST MENU

HEALTHY START

- OLD FASHIONED OATS \$12.95
Old fashioned oats, dried cranberry, brown sugar, pumpkin seed GF
- MANGO BANANA SMOOTHIE \$8.50
Mango, banana, yogurt & juice 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

ALPHA FEATURES

- CROISSANT SANDWICH \$11.50
Over medium egg, cheddar cheese, tomato, lettuce, and choice of meat (bacon or chicken sausage)
- AVOCADO TOAST \$21.95
Two soft poached eggs, lettuce, tomato, parmesan cheese, avocado on sourdough and baby potatoes
- WOLF POUTINE \$23.50
Chorizo, chicken sausage, pepper, red onion, potato, cheese, gravy sauce, fried egg, finished with spicy mayo drizzle
- PEACH PANCAKES \$19.95
Three pancakes topped with peach compote and berries finished with icing sugar and maple syrup

BEVERAGES

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| ORGANIC COFFEE & TEA \$4.15 | ALMOND MILK \$4.00 |
| HOT CHOCOLATE \$4.00 | JUICE \$4.00
Apple, Orange |
| MILK \$4.00 | POP \$3.75
Pepsi, Diet Pepsi, 7-Up, Iced Tea, Ginger Ale |
| CHOCOLATE MILK \$4.00 | |

FARM FRESH EGGS

- VALLEY OMELETTE \$21.50
Three-egg omelette with tomato, red pepper, red onion, bacon, fresh herbs and cheese, served with baby potatoes and toast GF
Substitute your potatoes for fruit cup. \$3.95
- CANADIAN BREAKFAST \$21.95
Two eggs any style, three pieces of bacon, one chicken & apricot sausage, served with baby potatoes and toast GF
Substitute your potatoes for fruit cup. \$3.95
- 1029 AVENUE BENNY \$21.50
Two poached eggs, back bacon, cheddar cheese, tomato on an English muffin, topped with hollandaise sauce served with baby potatoes

KIDS BREAKFAST

- CHOCOLATE CHIP PANCAKES \$13.00
Two fluffy pancakes, chocolate chips, whipped cream, pancake syrup and icing sugar
 - CANADIAN BREAKFAST \$13.00
One egg any style, choice of two piece of bacon or sausage, breakfast potato and one piece of toast
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| SIDE DISHES | | | |
| Oatmeal | \$6.50 | Free Run Egg | \$3.00 |
| Breakfast Potatoes | \$7.50 | Hollandaise | \$2.50 |
| Cereal Bowl | \$6.50 | Slice Tomato | \$3.00 |
| Fresh Cut Fruit | \$6.95 | Maple Syrup | \$3.00 |
| Plain Yogurt Cup | \$3.95 | Avocado Half | \$2.50 |
| Bacon or Sausage | \$6.50 | Cheddar Cheese | \$3.00 |
| One Egg with Toast | \$7.95 | Two Eggs with Toast | \$9.95 |