



BREAKFAST MENU

FARM FRESH EGGS

GARDEN OMELETTE \$21.50

three-egg omelette with spinach, red pepper, red onion, fresh parsley, cheese, smashed baby potatoes, toast GF
substitute your potatoes for fruit cup \$3.95

CANADIAN BREAKFAST \$21.50

two eggs, two pieces of bacon, one chicken & apricot sausage, smashed baby potatoes, toast GF

CLASSIC BENEDICT \$21.50

two poached eggs, back bacon, lettuce, tomato, toasted sourdough, hollandaise sauce, smashed baby potatoes

EGG ROYALE \$24.50

two poached eggs, smoked salmon, sauteed spinach, cream cheese, toasted sourdough, herb hollandaise sauce, smashed baby potatoes

ALPHA FEATURES

MORNING RISE \$12.50

over medium egg, cheddar cheese, tomato, arugula, choice of one meat (bacon or sausage patty) on a croissant

SMORES WAFFLE \$19.95

waffle, marshmallow, chocolate chips, Hershey chocolate sauce, whipped cream, berries, maple syrup

AVOCADO CROFFLE \$23.95

two soft poached eggs, smashed avocado, topped with summer salad, grated asiago on a croissant, smashed baby potatoes

ULTIMATE POUTINE \$24.50

beef brisket, smashed baby potatoes, cheese curds, two poached eggs, pesto hollandaise

BLUEBERRY PANCAKES \$19.95

blueberry pancake stack, berry compote, cream, fresh berries, icing sugar, whipped cream, maple syrup

HEALTHY START

ACAI BOWL \$15.95

chia pudding, fresh banana, berries, acai yogurt, alpha granola, mango preserve GF, V

BERRY SMOOTHIE \$8.95

berries, banana, yogurt, juice GF, V

ANYTHING TOAST \$4.50

choose one toast and one spread
whole wheat, white, sourdough, multigrain
peanut butter, seasonal jams, Nutella

KIDS MENU

CANADIAN BREAKFAST \$13.00

one egg any style, two pieces of bacon or one sausage, one piece of toast, smashed baby potatoes

CHOCOLATE CHIP PANCAKES \$13.00

two fluffy pancakes, chocolate chips, whipped cream, syrup, icing sugar

DRINKS

ORGANIC COFFEE \$4.15

TEA \$4.15

HOT CHOCOLATE \$4

MILK \$4

CHOCOLATE MILK \$4

ORANGE / APPLE JUICE \$4

POP \$3.75

Pepsi, Diet Pepsi, 7-up, ice tea, ginger ale

SIDES

SMASHED BABY POTATOES \$7.50

CEREAL BOWL \$6.50

FRESH CUT FRUIT \$6.95

PLAIN YOGURT CUP \$3.95

BACON \$6.50

CHICKEN SAUSAGE \$6.50

ONE FREE RUN EGG \$3

HOLLANDAISE \$3

TOMATO SLICE \$3

MAPLE SYRUP \$3

AVOCADO \$6

CHEDDAR CHEESE \$3