



BREAKFAST MENU

FARM FRESH EGGS

GARDEN OMELETTE	\$21.50
three-egg omelette with spinach, red pepper, red onion, fresh herbs, cheese, smashed baby potatoes, toast	
BISTRO BREAKFAST	\$22.00
two eggs, three pieces of bacon, one chicken-apricot sausage, smashed baby potatoes, toast	
ALPHA BENEDICT	\$22.00
two poached eggs, back bacon, lettuce, tomato, toasted sourdough, hollandaise sauce, smashed baby potatoes	
EGG ROYALE	\$24.50
two poached eggs, smoked salmon, sautéed spinach, cream cheese, toasted sourdough, pesto hollandaise sauce, paprika, grilled tomato	

ALPHA FEATURES

MORNING RISE	\$12.50
over-medium egg, cheddar cheese, tomato, arugula, choice of one meat (bacon or sausage patty) on a croissant	
CREPES CROQUETTE	\$23.95
crepes, ham, cheese, sour cherry spread, mornay sauce, fried egg, fruit salad	
BLUEBERRY PANCAKES	\$19.95
blueberry pancake stack, berry compote, cream, blueberries, strawberries, icing sugar, whipped cream, maple syrup	
ULTIMATE POUTINE	\$23.50
beef brisket, smashed baby potatoes, cheese curds, two poached eggs, pesto hollandaise	

HEALTHY START

PORRIDGE	\$15.95
rolled oats, banana, berries, berry compote, oat milk, brown sugar GF	
BERRY SMOOTHIE	\$8.95
berries, banana, yogurt, juice GF	
SMAVO	\$14.50
garlic toast, smashed avocado, goat feta, tangerine olives, cherry tomatoes VG	
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	
TWO MINI BELGIAN WAFFLES	\$14.00
waffle, caramel syrup, whipped cream, berries, maple syrup	

DRINKS

ORGANIC COFFEE	\$4.15
TEA	\$4.00
HOT CHOCOLATE	\$4.00
MILK	\$4.00
CHOCOLATE MILK	\$4.00
ORANGE / APPLE JUICE	\$4.00
PEPSI / DIET PEPSI / 7UP / ICE TEA / GINGER ALE	\$3.75

SIDES

SMASHED BABY POTATOES	\$7.50	ONE FREE RUN EGG	\$3.00
CEREAL BOWL	\$6.50	HOLLANDAISE	\$3.00
FRESH CUT FRUIT	\$6.95	TOMATO SLICES	\$3.00
PLAIN YOGURT CUP	\$3.95	MAPLE SYRUP	\$3.00
BACON	\$7.00	AVOCADO	\$6.00
CHICKEN SAUSAGE	\$7.00	CHEDDAR CHEESE	\$3.00