

breakfast

omelettes made with three free-run eggs;
with hashbrowns & sourdough or multigrain toast

Canadian ham & Swiss cheese		16.50
smoked BC sockeye salmon, red onion, capers and arugula		17.
sautéed onion, mushroom and creamy goat cheese		15.50
cheddar and mozzarella: cheesy goodness		14.

CLASSIC egg breakfast

prepared as you like; with hashbrowns & sourdough or multigrain toast **one egg: 9.50; two eggs: 11.50**

two eggs with roasted tomatoes	12	two eggs with bacon	13.50
two eggs with carved Canadian ham	13.50	two eggs with sausage	13.50
“goin’ fishing” breakfast	three eggs, ham, sausage & bacon, three slices of toast		17.00

benedicts two poached eggs and real hollandaise sauce on a toasted english muffin;
with hashbrowns

smoked BC sockeye salmon, arugula & capers	16.50	roasted tomato & arugula	15
Canadian ham	17	bacon & avocado	16

Hand Held

HBI bunwich		14.50	
toasted brioche bun with fried egg, lettuce, tomato and choice of bacon, ham, avocado or lox; with hashbrowns			
epic breakfast wrap	choice of bacon, ham, avocado or lox, with three scrambled eggs, spinach, tomato, cheese, sauteed peppers & mushrooms, onion & house-made mayonnaise; with hashbrowns	16.50	
toasted bagel with cream cheese	7.50	bagel with cream cheese & lox	12.50
		with marinated red onions & capers	

TRADITIONAL-ISH

steak & eggs	beef flat iron, two eggs as you'd like, toast and hashbrowns	21
bacon pancakes	fluffy flapjacks cooked with bacon right in them; with butter & real maple syrup	15.50
chocolate chip pancakes	a stack of five 5" chocolate-studded pancakes with whipped cream & real maple syrup	14.50
buttermilk pancakes	a stack of five 5" pancakes, with butter & real maple syrup	13.50
	add blueberry compote or marinated strawberries to your pancakes...	1.50
housemade granola parfait	with house made granola, marinated strawberries & plain greek yogurt	9.50
french toast	marinated strawberries, with real maple syrup & butter	13.50

add a mini parfait 5.50 • add a quarter of an avocado 1.95

make your hashbrowns into breakfast poutine (grated cheddar cheese and hollandaise) ... add \$4 • add two oz real maple syrup 2.50
substitute green salad for hashbrowns 1.95 **or** sub side of fruit for hashbrowns 2.95 **or** sub bagel or gluten free bread for toast \$2.50

QUENCH

cold & sweet... orange • apple • grapefruit • pineapple **6 oz 2.50; 12 oz 4**

organic coffee 2.95 • hot chocolate 3.25 • orange pekoe tea 2.75 • milk 2.75 • chocolate milk 2.95

organic tea 2.95... earl grey • english breakfast • sencha green • masala chai spice • tart berry
chamomile • tart meyer lemon • decaf english breakfast • peppermint