

# breakfast

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

<b>Canadian ham &amp; Swiss cheese</b>	<b>16.50</b>
<b>smoked BC sockeye salmon, red onion, capers and arugula</b>	<b>17.</b>
<b>sautéed onion, mushroom and creamy goat cheese</b>	<b>16.</b>
<b>cheddar and mozzarella: cheesy goodness</b>	<b>15.50</b>

## CLASSIC egg breakfast

prepared as you like; with hashbrowns & sourdough or multigrain toast **one egg: 9.95; two eggs: 11.95**

<b>two eggs with roasted tomatoes</b>	<b>12.50</b>	<b>two eggs with bacon</b>	<b>13.95</b>
<b>two eggs with carved Canadian ham</b>	<b>13.95</b>	<b>two eggs with sausage</b>	<b>13.95</b>
<b>“goin’ fishing” breakfast</b> three eggs, ham, sausage & bacon, three slices of toast			<b>17.00</b>

## Hand Held

<b>breakfast bunwich</b>	<b>14.95</b>
toasted ciabatta bun with fried egg, cheese, and choice of bacon, ham, lox or extra cheddar; with hashbrowns	
<b>epic breakfast wrap</b> choice of bacon, ham, roasted tomatoes or lox, with three scrambled eggs, spinach, tomato, cheese, sauteed peppers & mushrooms, onion & house-made mayo; with hashbrowns	<b>16.95</b>

<b>toasted bagel with cream cheese</b>	<b>7.95</b>	<b>bagel with cream cheese &amp; lox</b>	<b>12.95</b>
		with marinated red onions & capers	

## TRADITIONAL-ISH

<b>steak &amp; eggs</b> beef flat iron, two eggs as you'd like, toast and hashbrowns	<b>21.95</b>
<b>housemade granola parfait</b> with house made granola, marinated strawberries & plain greek yogurt	<b>9.95</b>
<b>french toast</b> three pieces; marinated strawberries, with real maple syrup & butter	<b>14.95</b>

weekend benedicts available Friday, Saturday & Sunday... two poached eggs and real hollandaise sauce on a toasted english muffin; with hashbrowns

<b>smoked BC sockeye salmon, arugula &amp; capers</b>	<b>17.50</b>	<b>roasted tomato &amp; arugula</b>	<b>15.50</b>
<b>Canadian ham</b>	<b>16.95</b>		

**add a mini parfait 5.50 • add 2 oz real maple syrup 2.50**

substitute green salad for hashbrowns 1.95 or sub six pieces of fruit for hashbrowns 2.95 or gluten free bread or bagel for toast \$3.50

## Quench

**cold & sweet...** orange • apple • grapefruit • pineapple **6 oz 2.95; 12 oz 4.50**

**organic coffee 2.95 • hot chocolate 3.50 • orange pekoe tea 2.95 • milk 2.95 • chocolate milk 3.25**

**organic tea 3.25...** earl grey • english breakfast • sencha green • masala chai spice • tart berry  
chamomile • tart meyer lemon • decaf english breakfast • peppermint