

# Quench

choice of 2% milk | unsweetened almond (+.50)  
| regular soy (+.25) | coconut milk (+.50) | oat milk (+.50)  
\*all of our coffee beverages are espresso based\*

*Fresh & Squeezed*  
fresh orange juice  
single 4.50 | 1 litre 19.25

*Espresso*  
single  
2.75  
double  
3.75

*Americano*  
single  
2.75  
refill  
2.25

*Cappuccino*  
double  
3.75

*Regular Latte*  
4.75  
add flavour shot  
1.25

*Iced Latte*  
5.75

*Soy Chai Latte*  
6

*London Fog*  
choice of milk  
5.75

*Matcha Latte*  
soy milk, vanilla, & lightly sweetened with brown sugar  
6.25

*Peanut Butter Hot Chocolate*  
frothed creamy peanut butter & chocolate almond milk  
7

make it a *PB & J* with a shot of chambord  
11.50

*Fresh, Squeezed, and Spiked*  
prosecco and freshly squeezed orange juice  
9.50

*Elderflower, Grapefruit, and Prosecco*  
st. germaine liqueur, refreshingly sassy!  
9.25

*Balsamic Bloody Mary*  
a subtle twist on the classic  
7.25

# Poached & Plated

~our regular poached eggs would be considered soft-medium~

## *Eggs Benedict*

two poached eggs over toasted English muffin halves,  
or *gluten free English muffin halves or vegan toast* for an additional charge  
please select from the following choices:

### *Classic*

cornmeal crusted back bacon, gruyère cheese,  
& finished with herb hollandaise

### *Butternut Crunch*

tender roasted butternut squash & red onion  
spiced for a little kick, topped with crispy bacon crumbles  
& finished with herb hollandaise

### *Creamy Veggie*

creamy spinach, red onion, & bell pepper sauté,  
flavoured with dill, parsley, feta, & finished with herb hollandaise

**16.50**

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## *Poached over Crab & Shrimp Risotto Cakes*

two poached eggs over our house made shrimp,  
pollock crab, & white wine risotto cakes, flavoured with dijon & dill,  
finished with herb hollandaise  
served with toasted rye

**18.50**

## *Poached over Creamy Baked Hashbrowns*

two portions of our creamy baked hashbrowns with  
onion, dill, paprika and topped with crumbled crisp bacon,  
two poached eggs & served with a side of our sriracha ketchup & toasted rye

**17.50**

## *1/2 Order and One À La Carte Item*

have any of the above as a 1/2 order and choose one item from our À La Carte Item

**\*price is same as listed below *Poached & Plated* item**

**except to choose a single Crab & Shrimp Risotto Cake,**

**or a single Creamy Baked Hashbrown,**

**or the Balsamic Mango, Roasted Beet, Candied pecan & Berry Salad add 3**

~toasted bagel instead of rye add 1.50~

~*gluten free english muffin or vegan toast* add 3~

# *Plated*

~our regular poached eggs would be considered soft-medium~

## *The Breakfast Plate*

two eggs done your way, your choice of one of the following:  
farmer's sausage, back bacon (*gluten free*), pecan & maple  
syrup bacon roll ups (*gluten free*), feta & spinach chicken sausage (*gluten free*),  
or roasted asparagus (*gluten free*)  
served with potato croquettes & toasted rye

SUBSTITUTE A SINGLE CREAMY BAKED HASHBROWN INSTEAD OF CROQUETTES ADD 3  
**17.50**

## *Garlic & Sherry Mushroom Sauté with Brie Omelette*

two egg omelette (*or our vegan chickpea omelette +1*) with  
plenty of delicious mini portobello & white button mushroom sauté & gooey melted brie  
served with toasted rye

**13.50**

## *Roasted Asparagus & Baby Potato Omelette*

two egg omelette (*or our vegan chickpea omelette +1*) with  
tender roasted asparagus & baby potatoes seasoned with herbes de provence,  
melted gruyère & aged cheddar  
served with toasted rye

**14.50**

## *The Stacker*

a hash of all our favourites!  
tender roasted baby potatoes, sherried mushrooms,  
crisp back bacon, creamy veggie sauté of spinach, feta,  
and bell peppers, topped with a creamy baked cheddar hashbrown,  
a poached egg, and glorious herb hollandaise  
served with toasted rye

**18.50**

~toasted bagel instead of rye add 1.50~

~gluten free english muffin or vegan toast add 3~

## *The Berry Bowl*

decadent honey greek yogurt topped with seasonal fresh berries,  
our own stewed vanilla blueberries, & granola made with  
coconut, almond, cranberry, pumpkin & sunflower seeds (*gluten & grain free*)

**13**

## *Baileys Banana Bread French Toast*

banana bread dipped in a boozy baileys & vanilla egg wash,  
grilled til golden & served with stewed raspberries,  
hazelnut chocolate spread, honey greek yogurt, and whip

**18.50**

# *À La Carte*

~add any of the following to your plate or create your own~  
please accept we cannot guarantee that any cross contamination for those with allergies will not occur

***Balsamic Mango, Candied Pecan, Roasted Beet & Berry Salad***

roasted beets, mango, fresh berries, arugula,  
topped with pickled shredded beet, goat cheese, candied pecans,  
& a white balsamic mango dressing  
10.25

***Pecan & Maple Syrup Bacon Roll Ups***

crushed pecans mixed with pure maple syrup & a hint of cayenne pepper,  
& rolled inside sliced bacon  
(gluten free)  
6.25

***Browned Sliced Farmer's Sausage***

a serving of sliced farmer's sausage browned up to perfection  
6.25

***Roasted Feta & Spinach Chicken Sausage***

a serving of this delicious & gently spiced chicken (gluten free)  
6.25

***Cornmeal Crusted Back Bacon***

two slices of lean & tasty back bacon (gluten free)  
6.25

***Roasted Asparagus***

roasted with olive oil, sea salt & fresh ground pepper (gluten free)  
8.25

***Potato Croquettes***

panko crusted buttery mashed potatoes topped with goat cheese  
6.25

***Crab & Shrimp Risotto Cake***

house made lightly seasoned risotto cake with shrimp,  
pollock crab, white wine risotto, seasoned with dijon, dill, a little kick, & panko crusted  
8.25

***Creamy Baked Cheddar Hashbrown***

single portion baked with onion, dill, paprika, topped with  
aged cheddar & crispy bacon crumbles  
7.25

***Side of Herb Hollandaise***

2.25

***Side of Dill Cream Cheese, Caramel Cream Cheese***

*or Sriracha Ketchup*

.75

***Toasted Rye or English Muffin***

served with choice of cream cheese or jam & peanut butter  
4.50

***Toasted Bagel | Toasted Vegan Bread | or***

***Toasted Gluten Free English Muffin***

served with choice of cream cheese or jam & peanut butter  
6.25

***2 Eggs Your Way (or vegan Chickpea Omelette +1)***

4.25