

# Poached & Plated

~the following items are served with a garnish of stewed vanilla blueberries & honey greek yogurt~

~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 with a choice of the following:

### *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

~or~

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

your choice of egg bene with one item from our À La Carte menu for an À La Carte single Crab & Shrimp Risotto Cake, or a single Creamy Baked Hashbrown, or the Balsamic Mango, Roasted Beet & Berry Salad add 2

16

### *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

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

for an À La Carte single Creamy Baked Hashbrown, or the Balsamic Mango, Roasted Beet & Berry Salad add 2

18

### *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

~toasted bagel instead of rye add 1.50~

~gluten free english muffin or vegan toast add 3~

# *Plated*

~the following items are served with a garnish of stewed vanilla blueberries & honey greek yogurt~

~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 for a single Creamy Baked Hashbrown instead of croquettes add 2

17

## *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

## *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 & parmesan cheese served with toasted rye

14

## *Vanilla & Bourbon Cinnamon Bun French Toast*

our classic with a little upgrade, a decadent cinnamon bun halved & dipped in a boozy vanilla egg wash, grilled, topped with maple roasted apples, caramel cream cheese, & whip

17

## *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*)

12

~toasted bagel instead of rye add 1.50~  
~*gluten free english muffin or vegan toast* add 3~

# *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, Roasted Beet & Berry Salad*  
roasted beets, mango, fresh berries, arugula,  
topped with pickled shredded beet, goat cheese,  
& a white balsamic mango dressing

8

*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

*Browned Sliced Farmer's Sausage*  
a serving of sliced farmer's sausage browned up to perfection

6

*Roasted Feta & Spinach Chicken Sausage*  
a serving of this delicious & gently spiced chicken (gluten free)

6

*Cornmeal Crusted Back Bacon*  
two slices of lean & tasty back bacon (gluten free)

6

*Roasted Asparagus*  
roasted with olive oil, sea salt & fresh ground pepper (gluten free)

8

*Potato Croquettes*  
panko crusted buttery mashed potatoes topped with goat cheese

6

*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

*Creamy Baked Cheddar Hashbrown*  
single portion baked with onion, dill, paprika, topped with aged  
cheddar & crispy bacon crumbles

7

*Side of Herb Hollandaise*

2

*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

4.25

*Toasted Bagel | Toasted Vegan Bread | or  
Toasted Gluten Free English Muffin*  
served with choice of cream cheese or jam & peanut butter

6

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

4

# Quench

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

*Fresh & Squeezed*  
fresh orange juice  
single 4.25 | 1 litre 19.25

*Espresso*  
single  
2.50  
double  
3.50

*Americano*  
single  
2.50  
refill  
2

*Cappuccino*  
double  
3.50

*Regular Latte*  
4.50  
add flavour shot  
1

*Iced Latte*  
5.50

*Soy Chai Latte*  
5.75

*London Fog*  
choice of milk  
5.50

*Green Tea Latte*  
lightly sweetened with brown sugar  
2

*Peanut Butter Hot Chocolate*  
frothed creamy peanut butter & chocolate almond milk  
6

make it a *PB & J* with a shot of chambord  
10.50

*Fresh, Squeezed, and Spiked*  
prosecco and freshly squeezed orange juice  
9.25

*Elderflower, Grapefruit, and Prosecco*  
st. germaine liqueur, refreshingly sassy!  
9

*Balsamic Bloody Mary*  
a subtle twist on the classic  
7