

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
5.50

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

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