

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 4.25 | 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

Matcha Latte
soy milk, vanilla, & lightly sweetened with brown sugar
6

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

~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

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

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

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

to choose a single Crab & Shrimp Risotto Cake, or a
single Creamy Baked Hashbrown, or the Balsamic
Mango, Roasted Beet & 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

to choose a single Creamy Baked Hashbrown instead of croquettes add 3

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 & aged cheddar served with toasted rye

14

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

Pecan Bourbon Fall French Toast

homemade spiced loaf dipped in vanilla egg wash, grilled til golden & served with dark chocolate ganache, caramel pumpkin cream cheese, topped with crushed pecans & candied cranberries served with four of our signature pecan & maple syrup bacon roll ups

18

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
10

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