

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 and vegan bagel halves* 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 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 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 bread add 3~

Plated

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

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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*) 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*) 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

~toasted bagel instead of rye add 1.50~

~gluten free english muffin or vegan bread add 3~

poached 
breakfast bistro

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

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 Chickpea Omelette

Quench

choice of 2% milk | unsweetened almond (+.50)
| regular soy (+.25) | oat milk (+.50)
| 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