

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
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
16.50

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

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
17.50

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

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

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

~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