

Breakfast

Sub bacon, ham or sausage for peameal or turkey bacon \$2.00
 Sub home fries for fresh fruit or house salad \$3.00
 Sub brown or white toast for Rye \$0.50, English muffin \$1.00, Bagel \$1.50
 or Gluten free toast \$2.00

The Morning Person

2 eggs any style, your choice of 3 bacon, 2 ham or 3 sausage, served with our real potato home fries and choice of toast. **\$8.00**

The Meatless Morning Person

2 eggs any style, served with our real potato home fries and choice of toast. **\$6.00**

The Perfect Day

2 eggs any style, 3 bacon, 3 sausage served with home fries, and choice of toast or 1 pancake or French toast. **\$13.00**

Breakfast Quesadilla

Scrambled eggs, mushrooms, peppers, onions and fresh pico de gallo, seasoned to perfection and cooked inside a tortilla with melted cheddar cheese. Served with a side of home fries, salsa and sour cream. **\$12.00**

Egg-straordinary Benedicts

All Benedicts are served with our home fries. Upgrade home fries to a cup of fresh fruit \$3.00

Traditional Benedict

2 poached eggs served on top of peameal bacon and a toasted English muffin, covered in hollandaise sauce. **\$13.00**

Eggs Florentine

2 poached eggs on a toasted English muffin with spinach, topped with hollandaise sauce. **\$11.00**

Chicken and Waffle Benedict

2 Mini sweet Belgian waffles topped with 2 poached eggs, tender crispy chicken stripes and covered in hollandaise. **\$15.00**

Corn Beef Benedict

Shaved corn beef piled high on a toasted English muffin, topped with 2 poached eggs and covered in Hollandaise sauce. **\$14.00**

Breakfast Sandwiches

Western Sandwich

2 eggs scrambled with ham and onion and cheddar cheese. **\$6.00**

The Simple BLT

3 slices of thick bacon, lettuce and tomato on toast. **\$6.00**

Fried Egg on Toast \$5

PLT

2 Slices of peameal with lettuce and tomato on toast. **\$8.00**
 Add cheese or egg for \$2

Avocado Bagel

Everything bagel toasted and served with a layer of avocado, tomato, and fried egg. **\$7.00**
 Add 2 slices of bacon \$2
 Add a side of home fries \$4

Sausage and Pepper Skillet

Farmers sausage, red peppers, grilled onions and cheddar cheese served over a bed of home fries. Topped with 2 eggs any style. **\$14.00**

The Vegetarian Skillet

Grilled peppers, mushrooms, onion, served over a bed of home fries, topped with 2 eggs any style, cheddar cheese and a dollop of hollandaise. **\$13.00**

The Loaded Skillet

Cheesy home fries covered in bacon bits, Hollandaise sauce and 2 eggs any style. **\$12.00**

The Busy Momma Yogurt Bowl

Vanilla Greek yogurt, granola, honey, walnuts and fresh fruit. **\$7.00**

The "Go Getter" Oatmeal

Oatmeal mixed with brown sugar, topped with dried fruit and nuts. **\$6.00**

Breakfast Burrito

Scrambled eggs, sausage and cheddar cheese all wrapped up and grilled to perfection. Served with home fries and a side of salsa. **\$12.00**
 Veggie option: Substitute avocado **\$12.00**

The Strong Man

3 eggs any style, 4 slices of bacon, toast and a choice of oatmeal or protein smoothie. **\$15.00**

Keep it Simple Waffle

Waffle served with strawberry compote, whipped cream and 2 slices of bacon. **\$11.00**

Childhood Favourite French Toast

3 slices of Texas toast served with icing sugar and syrup. **\$9.00**



The Hangover Breakfast

3 eggs any style, 2 slices of bacon, 2 slice of sausage, 2 slices of ham, home fries, and a choice of 2 pancakes or 2 French toast. **\$16.00**



Egg-cited Omelettes

Our 3-egg omelettes are served with toast and our home fries.
 Sub egg white \$2.00
 Sub home fries for fruit or house salad \$3.00

Western Omelette

Ham and onion. **\$11.00**

Greek Omelette

Spinach, feta cheese, tomato and mushroom. **\$12.50**

Vegetable Omelette

Peppers, tomato, onion and feta cheese. **\$12.00**

Cheese Omelette

Swiss and cheddar cheese. **\$11.00**

Great Canadian Omelette

Bacon, mushrooms, peppers, and cheddar cheese. **\$13.00**

Meat Lovers

Bacon, ham, and sausage. **\$13.00**

The Keto Omelette

Sausage, mushroom and cheddar cheese omelette served with a side of hollandaise and our house salad instead of toast and home fries. **\$12.00**

Treat Yo' self with Pancakes, Waffles & French Toast

Pancakes

3 Large fluffy buttermilk pancakes. **\$8.00**

Chocolate Chip Pancakes \$9

Add 2 slices of bacon \$2

Blueberry Pancakes \$9

Add 2 slices of bacon \$2

Birthday Cake Pancakes

3 fluffy vanilla sprinkle pancakes served with icing sugar and whipped cream. **\$12.00**

Red Velvet Pancakes

Traditional red velvet, topped with a vanilla cream cheese icing. **\$12.00**



Sweet & Salty French Toast

Triple decker French toast served with double layer Nutella and bacon. **\$13.00**

Keep it Simple Waffle

Waffle served with strawberry compote, whipped cream and 2 slices of bacon. **\$11.00**

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Wraps &

Sandwiches

All sandwiches & wraps are served with your choice of soup or fries.
 Upgrade to House salad, Caesar salad, onion rings, garlic parmesan fries or sweet potato fries **\$3.00**

The Bosses Grilled Cheese

Real cheddar cheese, tomato and bacon melted between two slices of Texas toast. **\$9.00**

Crispy Chicken Wrap

All the best things you love about a Caesar salad, with a generous addition of crispy chicken and smoked bacon. **\$12.00**

Chicken Quesadilla

Grilled chicken breast, seasoned to perfection and cooked inside a tortilla with melted cheddar cheese, fresh pico de Gallo and tomato. **\$13.00**
 Make it veggie: Substitute chicken for mushrooms and peppers. **\$12.00**

Chicken Avocado Wrap

Seasoned chicken, bacon, avocado, lettuce, tomato, hummus, onion all wrapped up in a tortilla. **\$15.00**

Cuban Rueben Wrap

Corn beef, pickles, swiss cheese and mustard wrapped in a 12" flour tortilla and grilled to perfection. **\$13.00**

Peameal Bacon on a Bun

With sunny side up egg, cheddar cheese, tomato. **\$13.00**

Rise Above Club Sandwich

Double decker sandwich with real chicken breast, bacon, lettuce, tomato on your choice of toast. **\$14.00**

Gyro Wrap

Gyro meat, lettuce, tomato, onion, feta cheese, and tzatziki wrapped tight in a tortilla wrap and grilled to perfection. **\$14.00**

Steak on a Bun

6oz steak grilled to your perfection, on a soft bun, with grilled onions and garlic mayo. **\$16.00**

Chicken Fingers

3 all white meat crispy chicken strips served with plum sauce. **\$14.00**

Falafel Wrap

Falafel, hummus, lettuce, tomato, pickle, onion and garlic aioli wrapped tight in a tortilla. **\$13.00**



Steak Fajita Wrap

Grilled steak, sautéed with peppers, onions, cheddar cheese smothered in garlic mayo and served inside a soft flour tortilla. **\$15**

Soup/Salad

Rise and Shine House Salad

Mix of lettuce, feta cheese, candied walnuts, berries and served with a side of poppy seed or balsamic dressing. **\$13.00**

Caesar Salad

Romain lettuce, bacon, parmesan cheese, home made croutons and Caesar dressing. **\$13.00**

Bowl of Homemade Soup \$4.00

Dessert

Cheesecake \$6
 Feature of the month

Burgers

All our burgers are 8oz of 100% pure beef and hand formed to perfection. They are served on top of a soft bun, with lettuce, tomato, onion and pickle, with fries.

Rise and Shine Burger

Served with home made garlic mayo. **\$14.00**

Traditional Burger

Bacon and cheddar cheese. **\$16.00**

Sunny Breakfast Burger

Peameal bacon, sunny side up egg, and cheddar. **\$18.00**

Greek Burger

Tzatziki sauce and feta cheese. **\$16.00**

ISLAND FLAVOUR Brunch

Doubles

Street food originating from Sweet Trinidad and Tobago. This traditionally breakfast item is two bars (flat fried dough) filled with curry channa and topped with chutney (Spicy or mild). **\$6**

Jerk Bacon Benni

2 Poached eggs served on top of our seasoned jerk bacon and on a toasted English muffin, covered in hollandaise sauce. Served with a side of our home fries. **\$14**

Side Jerk Bacon

4 pieces of jerk seasoned bacon. **\$5**

Mexican Benni

2 Poached eggs, served on top of a toasted English muffin, avocado and house made pico de gallo and covered in hollandaise sauce. Served with a side of our home fries. **\$14**

Indian Masala Omelette

Onions, tomatoes and cilantro cooked together with Indian spices, 3 eggs and swiss cheese to give a perfect depth of flavours and heat in this Indian inspired omelette. Served with our home fries and side of toast. **\$11**

Appetizers

House Soup/ Jerk Chicken **\$5**

Ask about our soup of the day.

Small House Salad

Mix of lettuce, dried cranberries, candied walnuts, cucumber, and feta cheese, all dressed in your choice of balsamic or popping seed dressing. **\$6**
 Add: Jerk Chicken \$7.99 Steak \$5.99
 Chicken Breast...\$4.99

Small Caesar Salad

Traditional Caesar with real bacon, house made croutons, and topped with parmesan cheese. **\$6.99**

Calamari

Battered, deep-fried squid served with a sweet chilli sauce & lemon garlic aioli. **\$9.99**



Wings

1Lb of Wings
 Buffalo • Honey Garlic • BBQ • Dry
 Cajun • Jerk flavouring • Our House Suicide. **\$12.99**

Butter Chicken Patoka Wings

Trust us...these are bomb! **\$13.99**

Garlic Parmesan Fries

Served with a house made garlic aioli sauce. **\$7**

Side Reg Fries \$6

Sweet Avo Fries

Sweet potato fries layered with real cheese curds fresh avocado, covered in bacon and topped in a chipotle drizzle. **\$10.99**

Crispy Buffalo Chicken Poutine

Seasoned crispy chicken tossed in buffalo sauce and covered in peppers, cheddar, and buttermilk ranch dressing. **\$10.99**

Onion Pakoda

All time favourite Indian snack made by deep-frying onion slices in a gluten-free and vegan chickpea flour batter, served with sweet tamarind sauce. **\$6.99**

Butter Chicken Poutine

Twist to the classic poutine with creamy butter chicken sauce and topped with house made tzatziki. **\$10.99**

Jerk Fries

Our own popular French fries topped with house made spicy jerk sauce and served with a side of sour cream. **\$6.49**

ISLAND FLAVOUR

Mains

Sub any rice side for a roti \$3

Jerk chicken

Chicken quarters marinated and rubbed with authentic Jamaican Island seasonings and roasted, served with rice & beans and creamy coleslaw. **\$14.99**

Oxtail Stew

Slow braised oxtail cooked in a delicious rich flavourful sauce, that is pull apart tender and served with rice and creamy coleslaw. **\$16.99**

Curry Goat

Lovely and rich curry made with hearty goat meat, fresh spices, and potatoes, prepared in a traditional Caribbean way and served with rice and coleslaw. **\$16.99**

Geera Pork

Simple pork delicacy marinated with the blend of spices (cumin) as it's done in Trinidad and Tobago, served with white rice and coleslaw. **\$13.99**

Butter Chicken

This popular Indian mild curry has tender chunks of chicken simmered in a creamy tomato based spiced curry sauce, served with Naan bread and white rice. **\$14.99**



Island flavour in the dining district inspired by our owner Taj Marshall and Chef Vivek Agarwal. They came together to showcase some of the popular items in their cultures, Indian and West Indian cuisine.

On The Side

Side naan bread.....\$2	Classic poutine.....\$8	Turkey bacon (4 pieces)\$5
Side roti\$6	Sweet potato fries\$6	Ham\$4
Side white rice\$2.49	Small house salad\$6	Sausage (4 pieces)\$5
Side rice & beans ...\$2.99	Tzatziki sauce\$2	Jerk bacon (4 pieces) ..\$5
Side of coleslaw\$2.99	Hummus\$2	Peameal.....\$5
Nutella\$2	Fried tomato.....\$2	Toast\$2
Bowl of fruit.....\$6	Sautéed spinach	English muffin\$2.50
Home fries\$4	& mushrooms\$4	Bagel.....\$3
Onion rings\$6	Pancake\$3	Real maple syrup\$2
Cajun onion rings.....\$7	French toast.....\$3	Hollandaise.....\$2
French fries.....\$6	Bacon (4 pieces)\$4	Side gravy\$2

Featured

ISLAND FLAVOUR

Apps

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Mimosa anyone?

A delicious combination of champagne and orange juice