

breakfast

omelettes made with three free-run eggs;
with hashbrowns & sourdough or multigrain toast

Vancouver Island ham & Swiss cheese	15.50
caramelized onion, mushroom and creamy goat cheese	14.50
hand-peeled shrimp & arugula pesto	15
wild-caught smoked salmon & arugula, topped with hollandaise sauce	15.50

CLASSIC egg breakfast

prepared as you like; with hashbrowns & sourdough or multigrain toast **one egg: 6.50; two eggs: 8.50**

two eggs with roasted tomatoes	10.50	two eggs with bacon	11.50
two eggs with carved Vancouver Island ham	11.50	two eggs with Fraser Valley sausage	11.50

benedicts two poached eggs and real hollandaise sauce on a toasted english muffin;
with hashbrowns.

smoked BC salmon	15	roasted tomato & spinach	14
peameal bacon	14	pulled pork on house-made corn bread	14

Hand Helds

monte cristo croissant	13.50
egg-dipped croissant stacked with shaved Vancouver Island ham and Swiss cheese; with hashbrowns	
Popeye wrap	14
three scrambled eggs, spinach, feta and oven-roasted tomatoes in a flour tortilla; with hashbrowns	
ultimate bagel	11.50
a toasted bagel layered with avocado, fried egg, lettuce, tomato, and a choice of bacon or smoked salmon; with hashbrowns	

TRADITIONAL

heritage beef flat iron steak & eggs two eggs as you'd like, toast and hashbrowns	19
corned beef hash crispy potatoes, onions, peppers, corned beef, two eggs as you'd like, toast	15
cinnamon swirl buttermilk pancakes & bacon maple syrup	13
housemade granola & yogurt parfait	9
oatmeal with roasted apples and cream	9
toasted bagel with cream cheese	7

QUENCH

cold & sweet... orange · apple · grapefruit · pineapple **6 oz 1.95; 12 oz 3.25**

coffee 2.75 · hot chocolate 2.95 · orange pekoe tea 2.50 · milk 2.50 · chocolate milk 2.95

organic tea 2.75... earl grey · english breakfast · sencha pure green · masala chai spiced · tart berry chamomile · tart meyer lemon · decaf english breakfast · peppermint

green your breakfast: substitute green salad for hashbrowns 1.95
substitute side of fruit for hashbrowns 1.95 · substitute toast for bagel or gluten free bread \$2