

# breakfast

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

|   |              |
|---|--------------|
| <b>Vancouver Island ham &amp; Swiss cheese</b>            | <b>15.50</b> |
| <b>caramelized onion, mushroom and creamy goat cheese</b> | <b>14.50</b> |

## CLASSIC egg breakfast

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

|  |              |  |              |
|--|--------------|--|--------------|
| <b>two eggs with roasted tomatoes</b>            | <b>10.50</b> | <b>two eggs with bacon</b>                 | <b>11.50</b> |
| <b>two eggs with carved Vancouver Island ham</b> | <b>11.50</b> | <b>two eggs with Fraser Valley sausage</b> | <b>11.50</b> |

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

|                         |           |                                     |           |
|-------------------------|-----------|-------------------------------------|-----------|
| <b>smoked BC salmon</b> | <b>15</b> | <b>roasted tomato &amp; spinach</b> | <b>14</b> |
| <b>smoked Ham</b>       | <b>14</b> |                                     |           |

## Hand Helds

|   |              |
|---|--------------|
| <b>Popeye wrap</b>  | <b>14</b>    |
| three scrambled eggs, spinach, feta and oven-roasted tomatoes in a flour tortilla; with hashbrowns                        |              |
| <b>ultimate bagel</b>   | <b>11.50</b> |
| a toasted bagel layered with avocado, fried egg, lettuce, tomato, and a choice of bacon or smoked salmon; with hashbrowns |              |

## TRADITIONAL

|   |   |
|---|---|
| <b>heritage beef flat iron steak &amp; eggs</b> <small>two eggs as you'd like, toast and hashbrowns</small> | <b>19</b>                               |
| <b>buttermilk pancakes</b>  | <b>13</b>                               |
| <b>housemade granola &amp; yogurt parfait</b>   | <b>9</b>                                |
| <b>oatmeal</b> <small>with roasted apples and cream</small>   | <b>9</b>                                |
| <b>toasted bagel with cream cheese</b>  | <b>7</b>                                |
|   | <small>...add smoked salmon \$3</small> |

## 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