

breakfast

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

Vancouver Island ham & Swiss cheese	16.50
smoked salmon, red onion, capers and arugula	17.
caramelized onion, mushroom and creamy goat cheese	15.50
cheddar and mozzarella: cheesy goodness	14.

CLASSIC egg breakfast

prepared as you like; with hashbrowns & sourdough or multigrain toast **one egg: 9.50; two eggs: 11.50**

two eggs with roasted tomatoes	12	two eggs with bacon	13.50
two eggs with carved Vancouver Island ham	13.50	two eggs with sausage	13.50

Hand Held

HBI bunwich	14.50
a toasted brioche bun layered with fried egg, lettuce, tomato, and a choice of bacon, ham or lox; with hashbrowns	

TRADITIONAL

steak & eggs heritage beef flat iron, two eggs as you'd like, toast and hashbrowns	21
bacon pancakes fluffy buttermilk flapjacks made with bacon; with whipped butter	15.50
buttermilk pancakes add blueberry compote to your pancakes... 1.50	13.50
housemade granola parfait with marinated strawberries & yogurt	9.50
toasted bagel with cream cheese	7.50
bagel & lox stacked with marinated red onions and capers	12.50
french toast marinated strawberries, maple syrup & whipped butter	13.50

QUENCH

cold & sweet... orange · apple · grapefruit · pineapple **6 oz 2.50; 12 oz 4**

organic coffee 2.95 · hot chocolate 3.25 · orange pekoe tea 2.75 · milk 2.75 · chocolate milk 2.95

organic tea 2.95... earl grey · english breakfast · sencha 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 \$2.50