

breakfast

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

Vancouver Island ham & Swiss cheese	16.
smoked salmon, red onion, capers and arugula	16.50
caramelized onion, mushroom and creamy goat cheese	15.
cheddar and mozzarella: cheesy goodness	13.50

CLASSIC egg breakfast

prepared as you like; with hashbrowns & sourdough or multigrain toast **one egg: 7.50; two eggs: 9.50**

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

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

smoked BC salmon, arugula & capers	15	roasted tomato & arugula	14
smoked ham	14	bacon & avocado	15

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	20
bacon pancakes fluffy buttermilk flapjacks made with bacon; with whipped butter	15
buttermilk pancakes add blueberry compote to your pancakes... 1.50	13
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
french toast marinated strawberries, maple syrup & whipped butter	13
fresh fruit plate three pieces each of watermelon, orange, apple & honeydew	8

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