



## à la carte

full breakfast buffet	29
continental breakfast buffet	21

## à la carte

24	three egg omelet choice of mushrooms, cheese, ham peppers, onions, spinach or tomatoes fresh fruit & home fried potatoes
26	rocky mountain two eggs any style   choice of bacon, peameal bacon, or farmer sausage   fresh fruit & home fried potatoes
26	sunrise two poached eggs   choice of peameal bacon, honey ham & brie or smoked salmon & asparagus hollandaise sauce   fresh fruit & home fried potatoes
25	trail rider choice of buttermilk pancakes or french toast warm berry compote   choice of bacon, peameal bacon, or farmer sausage   fresh fruit & home fried potatoes
25	breakfast sandwich ham & green onion scramble   peameal bacon beefsteak tomato   avocado aoli   havarti cheese   grilled ciabatta bread   fresh fruit & home fried potatoes
26	mountaineer two eggs any style   6oz alberta beef flat iron steak choron sauce   grilled tomato   fresh fruit & home fried potatoes

## lifestyle cuisine plus

egg white omelet	24
low fat cheese   green onions   spinach   tomatoes fresh fruit & home fried potatoes	

*DASH, gluten free, diabetes*

All a la carte orders include the  
Continental Buffet



### breakfast additions

6	four strips of bacon
6	three country style sausages
6	four slices of back bacon
6	one egg
8	two eggs

### lifestyle cuisine plus

fresh fruit plate	14
cottage cheese   yogurt   seasonal fresh fruit & berries	
<i>DASH, gluten free, diabetes</i>	
add continental buffet	8

muesli parfait	16
layers of bircher muesli   yogurt   berry compote	
crunchy granola   fresh fruit & berries	
<i>DASH</i>	
add continental buffet	8

banana berry smoothie	13
yogurt   banana   seasonal fresh berries	
orange juice   fresh fruit & berries	
<i>DASH</i>	
add continental buffet	8

### specialty coffee

all our specialty coffees are made with illy espresso with your choice of 2%, skim, or soy milk

6.50	cappuccino
6.50	mocha
4.50	americano
6.50	latte
6.50	café au lait
5.25	single espresso
6.00	double espresso
5.00	hot chocolate
	garnished with whipped cream

join us for a legendary brunch in  
The Bow Valley Grill

Saturday \$43.00  
Sunday \$45.00

