# EPIC

LOCAL SEASONAL SUSTAINABLE

## BREAKFAST MENU

**THE CLASSIC** 21 AVAILABLE GLUTEN FREE
Two Organic Farm Fresh Eggs Any Style,
Herb Roasted Potatoes, Oven Roasted Tomatoes

**Choice of:**
Bacon, Pork or Chicken Apple Sausage
**AND**
Mutigrain, Whole Wheat, Rye, White Toast or Gluten Free Bread

**EPIC OMELETTES** 22

**Western**

**Lobster, Asparagus & Brie**

**Egg White Spinach, Chevre & Tomato** DASH

All omelettes served with herbed potato gratin,
oven roasted tomatoes, your choice of toast.

**MAPLE GLAZED BACON BENEDICT** 21
Soft Poached Eggs, English Muffin, Maple glazed Double Smoked Bacon,
Herbed Potato and Goat Cheese Gratin, Hollandaise

**CRAB BENEDICT** 23
Soft Poached Eggs, Brioche, Dungeness Crab Cake,
Arugula and Citrus Salad, Lime Hollandaise

**TOMATO AND SPINACH EGGS BENEDICT** 19 VEGETARIAN
Soft Poached Eggs, Brioche, Oven Roasted Tomatoes,
Wilted Spinach, Herbed Potato and Goat Cheese Gratin, Hollandaise

**MARITIME LOBSTER B.L.A.T** 21
Niagara Prosciutto, Brioche, Boston Bibb, Avocado,
Sundried Tomato Pesto

**NOVA SCOTIA SMOKED SALMON** 17
Fresh Cottage Cheese, Capers, Shaved Red Onions,
Marinated Cucumber & Tomato Salad, Fresh Croissant

**ROYAL STEAK & EGGS** 26 AVAILABLE GLUTEN FREE
Two Organic Farm Fresh Eggs Any Style, AAA Alberta Striploin Steak,
Arugula, Yellow Tomato Ketchup

**EPIC BREAKFAST BUFFET** 29

Our quickest option for guests on the go. Our renowned buffet includes offerings such as; cereals, sliced fresh fruit, fresh juices, pastries and various hot breakfast items including made-to-order omelettes that vary based on seasonality and local availability.

**CONTINENTAL BUFFET** 24
Selection of Cold Items including:
Fresh Fruit, Croissants, Danish, Yogurt, Cereal, Cheeses, Tea and Juices

## ROYAL YORK SMOOTHIES

**BERRY MELON** 9
Strawberry, Goji Berry, Watermelon, Yogurt

**GOLDEN SUNRISE** 9
Orange, Pineapple, Banana, Bee Pollen

**HEALTHY CLEANSE** 9 LOW FAT
Lychee, Coconut Water, Mint, Lime

## SIDES

**BAGEL AND CREAM CHEESE** 8

**NOVA SCOTIA SMOKED SALMON** 12

**BACON, PEAMEAL BACON, PORK SAUSAGE OR ONTARIO CHICKEN-APPLE SAUSAGE** 9

**ONE ORGANIC EGG ANY STYLE** 5

**SELECTION OF NATURE'S PATH ORGANIC CEREAL** 6
Blueberry Cinnamon, Raisin Bran, Multibran

**SLICED SEASONAL FRUITS OR BERRIES** 10

**STRAWBERRY FRENCH TOAST** 18
Warm Maple Drizzle, Fresh Seasonal Fruits

**MUESLI BERRY PARFAIT** 14 LOW CARB
Pumpkin Granola, Fresh Berries, Fruit Yogurt

**HEALTHY START BREAKFAST** 18
Bran Muffin, Ontario Organic Yogurt, Sliced Fruit and Berries,
Pumpkin Seed Granola, Organic Honey

**THE PERFECT STACK** 19
Blueberry Orange Zest Honey Pancakes,
Whipped Cream, Maple Syrup

**MARKET FRUIT PLATE** 16 VEGAN
Chef's Seasonal Fruit, Vanilla Yogurt

**OATMEAL** 9
Maple Syrup, Brown Sugar
Add Berries 9

Fairmont Lifestyle Cuisine dishes contribute to optimal health & wellness. Created using fresh & nutritionally balanced ingredients.
Additionally, nutritious meals designed around select dietary needs & diet-dependent requirements.