



# BREAKFAST

## COMPLETE BREAKFAST

### Continental 22

Granola with yogurt, fresh fruits, whole wheat toast

### Canadian Breakfast 27

Two eggs, bacon, sausage, toast

## HOMEMADE OMELETS

### Three Eggs 20

Choice of items: bell peppers, ham, cheese, scallions, tomato, onion, mushrooms

### Vitality Omelet 20

Egg white, spinach, mushrooms, bell peppers

## SANDWICHES

### Egg Breakfast Sandwich 16

Bacon, sliced tomato, fried egg, cheddar cheese, toast

### Toasted Bagel & Lox 17

Cream cheese, smoked salmon, capers, red onion, fresh fruit

## DELUXE BRUNCH BUFFET

ON WEEKENDS AT 09:00AM

49\$

Extensive selection of hot and cold brunch items

## EGGS BENEDICT

### Classic 22

Two soft poached eggs on toasted English muffin, Canadian back bacon, Hollandaise sauce

### Ottawa Valley Skillet 24

Two soft poached eggs, elk sausage, Balderson cheese scone, Hollandaise sauce

### East Coast Benedict 26

Two soft poached eggs on toasted English muffin, spinach, smoked salmon, Hollandaise sauce

### Shakshouka 26

Two poached eggs, peppers, spicy tomato sauce, arugula, parmesan

## SWEET SENSATIONS

### Fresh Belgian Style Waffles 18

Berry compote, fresh whipped cream

### Wilfrid's Warm Maple Crêpes 18

Quebec maple butter, berry compote

### Buttermilk Pancakes 18

Warm bananas, fresh whipped cream

### Cinnamon French Toast 18

Icing sugar, cocoa, roasted pecans, berry compote

*\*All served with Quebec Maple Syrup*

## BEVERAGES

### Wilfrid's Coffee Shop

Regular or decaffeinated coffee 5  
Cappuccino or latte 6  
Espresso 6  
Double espresso 9  
Lot 35 teas 5  
Hot chocolate 7

### Wilfrid's Juices

Fresh squeezed orange juice 7  
Chef's daily smoothie 7  
Orange and grapefruit 4.5  
Apple, cranberry, prune 4  
Tomato or V8 4  
Iced Tea 4.5