BREAKFAST

POWER BREAKFAST

In House Power Granola Parfait
Fresh fruit, mac honey yogurt, berries, organic granola  ...15

House Cured Salmon Bagel
Whole wheat bagel, cream cheese, pickled red onion, greens  ...18

Super Green Smoothie RAW / VEGAN
Wheat grass, kale, ginger, green apple, mango, chia seeds, mint  ...14

Oatmeal
Organic steel cut oats, banana, berry compote, toasted almonds  ...16

EGGS & OMELETTES

Comes with choice of toast, Canadian back bacon, chicken & apple sausage or pork sausage, savory potatoes & roasted vine ripe tomatoes

Omelet – The way you like it  ...26
Choose 3: ham, bacon, chorizo, tomato, green onion, spinach, smoked cheddar cheese, asparagus or peppers

Classic Egg Benedict  ...25
Local cage free eggs, back bacon, toasted english muffin, hollandaise, roasted tomatoes & savory potatoes

Mushroom  ...24
Local cage free eggs, toasted english muffin, hollandaise, roasted tomatoes & savory potatoes

SIGNATURE BREAKFASTS

Heaven in a bowl
Herb breakfast potatoes, poached egg, brown butter hollandaise, breakfast sausage & bacon scramble  ...28

Avocado Toast
Country bread, poached cage free egg, smashed avocado, hollandaise, green smoothie  ...26

FROM THE GRIDDLE

Brioche French Toast  ...21
Vanilla cream, caramel sauce, berries, toasted pecans

Confederation Pancakes GLUTEN FREE OPTION AVAILABLE  ...20
Fluffy buttermilk pancakes, berry compote, whipped cream, Canadian maple syrup

SIDE DISHES

Canadian back bacon  ...8
Pork sausage  ...8
Chicken apple sausage  ...8
Plain or fruit yogurt  ...7
Seasonal berries  ...10
Sliced fruit plate  ...8

DRINKS

Café latte  ...6
Cappuccino  ...6
Coffee  ...7
Espresso  ...5
Hot chocolate  ...5
Fresh orange juice, grapefruit juice or juice of the day  ...5
Lot 35  ...4
2%, skim or chocolate milk  ...4
Soy milk  ...5