



# The Harvest Room

## ...Breakfast

### POWER BREAKFAST

- In House Power Granola Parfait** ...12  
Fresh fruit, mac honey yogurt, blueberries, organic granola
- Bircher Muesli** ...14  
Oats, Granny Smith apple, peaches, fresh berries & yogurt
- Smoked Salmon Bagel** MACROBIOTIC ...16  
Whole wheat bagel, cold smoked salmon, cream cheese, house pickled red onion, greens

### PLANET TO PLATE STRICTLY PLANT BASED

- Super Green Smoothie** RAW | VEGAN ...12  
Wheat grass, kale, ginger, green apple, mango, chia seeds, mint
- Apple & Saskatoon Oatmeal** ...15  
Organic steel cut oats, banana, saskatoon berry compote, toasted almonds
- Vegan Bowl** ...16  
Avocado & blueberry smoothie, banana, fresh berries, hemp & coconut
- Power Breakfast Santa Fe Bowl** ...21  
Brown rice, smashed avocado, black beans, pico de gallo, crispy tofu, cilantro

### QUICK START BUFFET

INCLUDES COFFEE OR TEA & JUICE

- Continental** ...21.5  
Selection of fresh fruit + smoked salmon + domestic cheeses + yogurts + assorted cereals
- Full Buffet** ...31.5  
In addition to our continental offerings a full selection of eggs benedict + french toast or pancakes + crispy bacon & sausage + scrambled eggs & breakfast potatoes

BUFFET MONDAY TO FRIDAY 6:30 - 10 AM & À LA CARTE UNTIL 11 AM  
BUFFET AND À LA CARTE: WEEKENDS 7 AM - 11 AM

### SIDE DISHES

- Bagel & cream cheese** ...7
- Canadian back bacon** ...7
- Pork sausage** ...7
- Chicken apple sausage** ...7
- Cottage cheese** ...6
- Plain or fruit yogurt** ...6
- Seasonal berries** ...10
- Sliced fruit plate** ...8

### DRINKS

- Café latte** ...6
- Cappuccino** ...6
- Coffee** ...5
- Mocha** ...6
- Espresso** ...5.5
- Hot chocolate** ...5
- Juice** ...5
- Lot 35 tea** ...5
- 2%, skim or chocolate milk** ...4
- Soy milk** ...5
- Freshly squeezed Orange Juice** ...10

### OMELETTES PROUDLY SERVING CAGE FREE EGGS

- Comes with choice of toast, canadian back bacon, chicken & apple sausage or pork sausage, savory potatoes & roasted vine ripe tomatoes
- Prairie Omelet** ...23  
Boar bacon lardons, charred peppers, tomatoes, green onion, smoked apple wood cheddar cheese
- Chef's Garden Omelet** DASH, DIABETIC, GLUTEN FREE ...22  
Egg whites, bell peppers, green onions, tomato, goat cheese
- Omelet – The way you like it** ...21  
Choose 3: ham, bacon, chorizo, tomato, green onion, spinach, feta cheese, smoked cheddar cheese, asparagus, peppers, mushrooms

### BENEDICTS

- Served with poached cage free eggs, toasted english muffin, hollandaise, roasted tomatoes & savory potatoes
- Classic** ...21
- Asparagus & Winter Mushroom** ...20
- Steak Benny** ...26

### FROM THE GRIDDLE

- Banana Bread French Toast** ...18  
Vanilla cream, caramel sauce, blueberries, toasted pecans
- Confederation Pancakes** GLUTEN FREE OPTION AVAILABLE ...16  
Buttermilk or whole wheat pancakes, blueberry compote, whipped cream, fresh fruit
- Harvest Room Waffles** ...18  
Whipped vanilla cream and berries

### SIGNATURE BREAKFASTS

- Heaven in a Bowl** ...22  
Herb breakfast potatoes, poached cage free egg, brown butter hollandaise, breakfast sausage & bacon scramble
- The Harvest Breakfast** ...24  
2 cage free eggs any style, served with double-smoked bacon, choice of artisan chicken & apple sausage or pork sausage, heirloom potatoes, roasted vine ripe tomato, diced fruit & choice of toast
- Avocado Toast** ...23  
Country bread, poached cage free egg, smashed avocado, mascarpone, mixed greens, hollandaise, green smoothie

COFFEE OR TEA & JUICE INCLUDED WITH BREAKFAST ENTREE

PARTIES OF 8 AND ABOVE ARE SUBJECT TO AN AUTOMATIC 18% GRATUITY

LOCAL | SEASONAL | SUSTAINABLE

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