## Healthy Choices

Bircher Muesli or Porridge |8 Yoghurt: Fresh Fruit or Plain |5 Seasonal Berries Cup 18
Fresh Fruit Plate |12
Half Grapefruit $\mid 5$
Fresh Fruit Salad |7

## From the Bakery

Selection of Toast with Jam, Marmalade, Honey and Butter 15 Choice (2) of Croissant, Danish or Muffin 16
Bagel and Cream Cheese 18
Bagel and Cream Cheese, Smoked Salmon |18

## Free Range Eggs

Served with choice of toast, sautéed potatoes, baked beans and a choice of ham, bacon or sausages.

Two Eggs |19
Two Eggs Benedict |23
Plain Omelette |20
Omelette 122
Prepared with choice (3) of mushroom, spinach, onion, scallion, tomato, pepper or goat cheese
Egg White Frittata 123
Spinach, sundried tomatoes and goat cheese

## Side Orders

Sautéed Potatoes or Baked Beans 16
Ham, Bacon or Sausages 16 each
Smoked Salmon |12
Cretons 16
Sautéed Mushrooms 16
Strawberry Compote |7

## Breakfast

Served with fresh orange or grapefruit juice and your choice of H.C. Valentine coffee, decaffeinated coffee or Lot 35 tea.

## Canadian Breakfast $\mid 2$

Two eggs any style, baked beans, choice of ham, bacon or sausages, sautéed potatoes and choice (2) of toast, croissant or muffin

Coureurs des Bois 128
American pancakes, served with two eggs any style baked beans, bacon, sausages and sautéed potatoes

Château Breakfast |25
Seasonal fruit plate, French crêpes with
maple butter, bacon and sausages
Continental Breakfast |18
Fresh fruit salad, choice (2) of toast, croissant, danish or muffin

## Healthy Breakfast |2

Yoghurt parfait with organic granola, Montebello honey and berries, egg white omelette served with mushroom, pepper, spinach, bran or carrot muffin

## French Toast |19

Raisin bun, cinnamon, caramelized bananas, candied pecans and maple chantilly

## Belgian-Style Waffle

$\mid 19$
Strawberry compote, warm maple syrup
and whipped cream
French Crêpes |19
Maple butter

American Pancakes |19
Citrus fromage frais, blueberries and maple syrup

Full ..... 29
Continental ..... 25
Buffets
Beverages
H.C. Coffee, Lot 35 Tea ..... 5
Espresso ..... 5
Hot Chocolate or Milk ..... 5
Cappuccino ..... 5
Latté ..... 8
Fresh Orange Juice or ..... 5
Grapefruit Juice
Smoothie of the Day ..... 8
Do not hesitate to share your dietary needs andpreferences. Gluten and dairy free options are available. Our goal is to consistently embrace and support the utilization of local raised produce, wild sustainable fish and natural hormone-free pork, poultry and protein.

Taxes and gratuities not included.

