## Breakfast

Regular Coffee, Tea or Juice included

### One Egg Your Way 10
Choice of two pieces of Bacon or Sausage + Griddle Potatoes + Toast
*Additional Egg 3*

### The Double Stack 9
Two Fluffy Buttermilk Pancakes
+ Mixed Berry Compote
+ Whipped Cream

### Chefs Energy Boost Smoothie 7
Daily Smoothie Creation

### Classic Egg Benedict 12
One Poached Egg
+ Grilled English Muffin + Back Bacon
+ Hollandaise Sauce + Griddle Potatoes
*Additional Benedict 5*

### Chef’s “Mic-Muffin” 12
Fried Egg + Chipotle Aioli
+ Cheddar Cheese + Smoked Bacon
+ Grilled English Muffin
+ Griddle Potatoes

### The Manitoban 18
Two Eggs Your Way
+ Smoked Bacon + Sausage
+ Two Fluffy Buttermilk Pancakes
+ Griddle Potatoes

### The Healthy Start 17
Two Poached Eggs
+ Avocado on Naan Bread
Tomato & Basil Salad + Local Seedling

### Protein Breakfast Wrap 14
Fried Tofu + Mushroom + Spinach
+ Avocado + Flour Tortilla
+ Lentils with Tomato & Basil

### Your Omelet Your Way 18
Whole Eggs or Egg Whites
+ Griddle Potatoes
Choose 3 Fillings:
Heirloom Tomato, Peppers, Mushroom, Avocado, Red Onion, Feta, Cheddar Goat Cheese, Bacon, Sausage or Ham

### Specialty Drinks

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Espresso</td>
<td>5</td>
</tr>
<tr>
<td>Double Espresso</td>
<td>7</td>
</tr>
<tr>
<td>Americano</td>
<td>7</td>
</tr>
<tr>
<td>Cappuccino</td>
<td>7</td>
</tr>
<tr>
<td>Cafe Latte</td>
<td>7</td>
</tr>
<tr>
<td>London Fog</td>
<td>8</td>
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</tbody>
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If you have any allergies, dietary restrictions or simply a personal preference, our team would be happy to customize your meal. Some menu items may contain raw or undercooked items. Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of food borne illness.