



# BREAKFAST

FRESHLY BREWED COFFEE, TEA, OR JUICE INCLUDED

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## BOWLS

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### **CLASSIC ROLLED OATMEAL 12**

Brown Sugar + Cinnamon + Raisins + Steamed Milk

### **BREAKFAST PARFAIT 16**

Choice of Vanilla or Plain Yogurt  
Fresh Berries + House Granola + Honey Drizzle

### **POWER BOWL (V) (GF) 19**

Turmeric Quinoa + Soft Poached Egg + Roasted Mushroom  
Sweet Potato + Chickpea + Avocado + Tomato  
Maple Sesame Lemon Dressing

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## TOASTS AND TARTINES

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### **AVOCADO TOAST (V) 22**

Two Poached Eggs + Avocado + Naan  
Tomato & Basil Salad  
Fruit Bowl

### **COLD SMOKED SALMON 23**

Cream Cheese + Onion + Capers  
Toasted Bagel

### **VEGAN TOAST (V) 19**

Scrambled Tofu + Onion + Mushroom + Spinach  
Avocado + Rye Toast  
Tomato & Basil Salad  
Fruit Bowl

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## CLASSICS

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### **THE MANITOBAN 26**

Two Eggs Your Way + Smoked Bacon + Sausage  
Two Fluffy Buttermilk Pancakes + Griddled Potatoes

### **STEAK & EGGS 27**

Flat Iron Steak + Nature's Farm Eggs  
Chimichuri + Fries

### **TWO EGGS YOUR WAY 21**

Smoked Bacon + Sausage + Toast  
Griddled Potatoes

### **BREAKFAST SANDWICH 21**

Two Fried Eggs + Sliced Cheddar + Bacon  
Tomato + Chipotle Aioli + Toasted Brioche Bun  
Fries

### **OMELET YOUR WAY 22**

Whole Eggs or Egg Whites + Griddled Potatoes  
Choose 3 Fillings:  
Tomato / Bell Pepper / Mushroom / Red Onion  
Feta Cheese / Goat Cheese / Cheddar  
Bacon / Sausage / Ham

### **THE DOUBLE STACK 19**

Two Fluffy Buttermilk Pancakes  
Mixed Berry Compote + Whipped Cream  
Choice of Bacon or Sausage

### **BLUEBERRY & FLAX PROTEIN SHAKE 9**

Blueberry + Greek Yogurt + Honey Toasted Flax  
Chocolate Protein Powder (21g)

### **BENNY YOUR WAY 25**

Two Perfectly Poached Eggs  
Grilled English Muffin + Hollandaise Sauce  
Griddled Potatoes  
Choose One: Back Bacon / Smoked Salmon / Spinach / Avocado

**(V) VEGETARIAN (GF) GLUTEN FREE**

If you have any allergies, dietary restrictions or simply a personal preference, our team would be happy to customize your meal.

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## ENHANCEMENTS

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**TOAST 5**  
**FRUIT BOWL 6**  
**BACON OR SAUSAGE OR PANCAKE 7**

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## HOUSE BAKED PASTRIES

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**CROISSANTS 4**  
**DANISHES 5**  
**MUFFINS 5**

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## COLD DRINKS

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**JUICE 5**  
Apple / Orange / Grapefruit / Cranberry / Pineapple

**ARNOLD PALMER 5**  
Iced Tea + Lemonade

**MILK 4**  
2% / Skim / Chocolate / Soy

**POP 3**  
Coke / Coke Zero / Diet Coke / Sprite / Root Beer / Ginger Ale

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## HOT DRINKS

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**BREWED COFFEE 5**  
**ESPRESSO 5**  
**AMERICANO / DOUBLE ESPRESSO 7**  
**CAFÉ LATTE / CAPPUCCINO 8**

**LONDON FOG 8**  
**MOCHA 8**  
**HOT CHOCOLATE 5**

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## LOT 35 TEA

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**BLACK TEA 5**  
Creamy Earl Grey / Imperial Breakfast / Orange Pekoe / Darjeeling / Decaffeinated English Breakfast

**GREEN TEA 5**  
Japan Sencha / Jasmine Gold Dragon

**HERBAL TEA 5**  
Flora Berry / Bella Coola / Egyptian Camomile / Peppermint / Market Fresh

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## LIBATIONS

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(AVAILABLE AFTER 9:00AM)

**MIMOSA (ORANGE JUICE + CAVA) 10**  
**BLOODY MARY 12**

**VIRGIN BLOODY MARY 6**  
**COFFEE + BAILEY'S 15**

**CAESAR 13**

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