

Buffet

Continental \$16.00

Fresh fruit, pastries, and a selection of hot and cold cereal.
Coffee, tea & juice

Full Western \$22.00

Continental with with bacon, sausage, eggs, and additional warm selections. Coffee, tea & juice

Complete Breakfasts

Includes Starbucks® Coffee or Tazo® Tea & Choice of Juice
Substitute greens or freshly sliced tomato for potatoes where applicable
Substitute Fruit for potatoes add \$4.00

Classic Breakfast \$16.50

Two omega 3 eggs any style, crisp bacon and Spolumbo's maple pork sausage or Valbella's beef sausage, Chef's potatoes, toast

Egg White Frittata \$17.00

Spinach, gem tomatoes, spring onion, goat cheese, sliced fruit

Barclay's Omelet \$16.50

Whole egg or egg white, sundried tomato, portobello mushroom, zucchini, fresh herbs, ricotta cheese, Chef's potatoes

Steak and Eggs \$22.00

6oz Black Apron striploin steak, two omega 3 eggs any style, Chef's potatoes, toast

Grilled Vegetable Hash \$16.00

Two soft poached omega 3 eggs, crispy potatoes, bell peppers, zucchini, red onion, chive hollandaise sauce, crispy kale

House Smoked Brisket Hash \$17.00

Two soft poached omega 3 eggs, crispy potatoes, sautéed red onion and house made sauerkraut, swiss cheese, grainy mustard hollandaise sauce

Traditional Eggs Benedict \$17.00

Two soft poached omega 3 eggs, Valbella pea meal bacon, toasted english muffin, hollandaise sauce, Chef's potatoes

Spinach, Tomato and Avocado Eggs Benedict \$17.00

Two soft poached omega 3 eggs, toasted english muffin, wilted spinach, beefsteak tomato, guacamole, hollandaise sauce, micro greens, Chef's potatoes

Proud Partners with:

Cobs Bread—Marda Loop Location

Black Apron Beef Company—Alberta Angus beef raised without growth hormones and antibiotics

Highwood Crossing—Alberta Family run business producing organic cereals

 **Recommended by the Vancouver Aquarium as ocean-friendly.**

Vancouver Aquarium conservation program empowering consumers about the issues surrounding sustainable seafood

On the Lighter Side

Highwood Crossing Organic Oatmeal \$8.00

Flax seed, hemp hearts, dried blueberries, banana compote

Fruit and Yogurt Parfait \$13.00

Highwood Crossing organic sunflower flax seed granola, Greek yogurt, mixed berry compote

Smoked Salmon Bagel \$14.00



Wild sockeye salmon, 12 grain bagel, capers, shaved onion, lemon, whipped cream cheese

BLT Sandwich with Egg \$15.00

Crisp bacon, over medium fried egg, green leaf lettuce, beefsteak tomato, mayonnaise, Chef's potatoes

Quick Start Breakfast \$20.50

Fruit and yogurt parfait, antioxidant juice, cashews, sliced fruit

Cold Cereal \$8.00

Highwood Crossing Organic Sunflower Flax Seed Granola, All-Bran, Raisin Bran, Special K, Rice Krispies, Cheerios

On the Sweet Side

The following are served with pure Canadian maple syrup and a dusting of powdered sugar

Gluten Free Buttermilk Pancakes \$15.00

Mixed berries

Golden Waffle \$15.00

Chantilly cream, fresh strawberries

Cinnamon French Toast \$15.00

Saskatoon berry syrup, brioche bread

Side Dishes

Sausage; beef or pork (3 pieces) \$5.00

Bacon (4 pieces) \$5.00

Pea meal bacon (4 pieces) \$5.50

One Omega 3 egg any style \$3.00

Chef's potatoes \$3.50

Sliced fruit with berries \$7.50

Grilled or fresh tomato \$3.50

COBS Bakery Toasted Bread (2 pieces) \$3.50

choose from; Sourdough, country grain, white, fruit challah

Pastries (2 pieces) \$4.00

choose from; Danish, muffin or croissant

Yogurt; low fat fruit or plain greek \$4.25

Beverages

Starbucks® coffee \$4.25

regular or decaffeinated

selection of **tazo® teas** \$3.75

Starbucks® dark roast espresso \$4.50

regular or decaffeinated

Starbucks® dark roast cappuccino \$5.00

regular or decaffeinated

Starbucks® dark roast latte \$5.50

regular or decaffeinated

Fruit juice \$3.75

apple, orange, grapefruit, cranberry

Milk \$3.00

skim, 2%, soya, chocolate

Hot chocolate \$4.00

Please advise your server of any allergies prior to ordering.
An 18% service charge will be added to parties of 8 or more