

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