



Starbucks® coffee regular or decaffeinated	4.25
selection of tazo® teas	3.75
Starbucks® dark roast espresso regular or decaffeinated	4.50
Starbucks® dark roast cappuccino regular or decaffeinated	5.00
Starbucks® dark roast latte regular or decaffeinated	5.50
Fruit juice - apple, orange, grapefruit, cranberry	3.75
Milk - skim, 2%, soya. chocolate	3.00
Hot chocolate	4.00

Buffet
Monday—Friday; 7am - 9am
Saturday & Sunday: 8am—12pm
holidays: 7am-11am

Continental	16.00
Fresh fruit, pastries, and a selection of hot and cold Cereal. Coffee, tea & juice	
Full western	20.00
Continental, with bacon, sausage, eggs, and additional warm selections. Coffee, tea & juice	

Complete Breakfasts
Includes Starbucks® Coffee or Tazo® Tea & Choice of Juice

Traditional breakfast	17.00
two omega 3 eggs any style, served with bacon, ham or maple sausage, and your choice of toast	
Three egg omelet	17.50
Egg Whites or whole eggs; filled with mushroom, ham, tomatoes, scallions and cheese; served with chef’s potatoes and your choice of toast	
Canadian bacon Benedict	18.00
Poached omega 3 eggs with Canadian back bacon on a toasted English muffin; served with chef’s potatoes	
Spolumbo’s chorizo sausage hash	18.00
Onions, potatoes and chorizo sausage; served with two poached eggs, ancho pepper hollandaise, guacamole & choice of toast	
Smart choice breakfast	17.00
Granola, strawberries, carrot-zucchini bread & skim milk	

On the Sweeter Side

Pancakes	14.50
Choice of buttermilk, blueberry or banana; served with butter & real maple syrup	
House made chocolate chip banana bread	14.00
Citrus honey ricotta cheese, fresh strawberry salad	
Waffle	14.00
Whipped cream & strawberries; served with butter & real maple syrup	

On the Lighter Side

Continental breakfast	14.00
Choice of cereal or seasonal mixed fruit; with an assortment of fresh baked Danish & croissant; bagel or toast	
Cold cereal	6.00
Special K, Raisin Bran, Shredded Wheat, All Bran, Rice Krispies	
Steel cut oatmeal	7.00
Served with cinnamon, pecans & raisins & brown sugar	
Swiss muesli	13.00
Traditional Swiss style muesli prepared with yogurt, topped with bananas, seasonal berries and walnuts	
Parfait	12.00
Greek yogurt, seasonal fresh berries, granola & flax seed	

Sides

One Egg - omega 3, any style	3.00
Market fresh fruit & berries	7.00
Yogurt - low fat; plain or fruit	4.25
Bacon - four strips	3.50
Grilled ham - one piece	3.50
Sausage - three maple breakfast sausages	3.50
Chef’s potatoes	2.75
Tomato - grilled or fresh; four slices	2.50
Bagel with cream cheese	3.50
Bread - wheat, white, rye, multi-grain	3.00
Pastry (2)— Danish, muffin, croissant	3.50

Please advise your server of any allergies prior to ordering.

There will be an 18% service charge added to parties of 8 or more