

Full Breakfasts

Substitute freshly sliced tomato for potatoes where applicable

Classic Breakfast \$16.75
Two omega-3 eggs any style, crisp bacon and Spolumbo's maple pork sausage, Chef's potatoes, toast

Eggs on Toast \$16.00
Two Omega-3 eggs cooked any style, guacamole, Red Hat tomato, Cobs toast, Chef's potatoes

Egg White Frittata \$17.00
Prosciutto, sweet potato, baby kale, leek, goat cheese, Chef's potatoes

Barclay's Omelet \$16.50
Whole egg or egg white, Valbella ham, Portobello mushroom, tomato, white cheddar, Chef's potatoes

Steak and Eggs \$22.50
6oz Black Apron striploin steak, two Omega-3 eggs any style, Chef's potatoes, toast

Roasted Vegetable Hash \$16.50
Two soft poached Omega-3 eggs, crispy potatoes, butternut squash, beet, rapini, hollandaise sauce, crispy Brussels sprouts

House Smoked Brisket Eggs Benedict \$17.00
Two soft poached Omega-3 eggs, shaved beef brisket, house made sauerkraut, toasted English muffin, grainy mustard hollandaise, Chef's potatoes.

Traditional Eggs Benedict \$17.00
Two soft poached Omega-3 eggs, Valbella pea meal bacon, toasted English muffin, hollandaise sauce, Chef's potatoes

Portobello Mushroom Eggs Benedict \$16.75
Two soft poached Omega-3 eggs, toasted English muffin, roasted red pepper, Portobello mushroom, spinach, hollandaise sauce, crispy Brussels sprouts, Chef's potatoes

Substitute fruit for potatoes add \$4.00

On the Sweet Side

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

From Scratch Buttermilk Pancakes \$15.00
Add banana, blueberries or chocolate chips \$ 1.00
Mixed Berry Garnish

Golden Waffle Full \$15.00
Chantilly cream, fresh strawberries Half \$ 8.00

Pumpkin Spice French Toast \$15.00
Brioche bread, cream cheese glaze, pumpkin seeds

Please inform your server of any dietary restrictions




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, pecan, plum compote

Fruit and Yogurt Parfait \$13.50
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

Cold Cereal \$8.00
Highwood Crossing Organic Sunflower Flax Seed Granola, All-Bran, Raisin Bran, Special K, Rice Krispies, Cheerios

Daily Fresh Pressed Juice \$8.50
Made in house, ask your server for today's selection

Side Dishes

Maple pork sausage (3 pieces) \$ 7.75
Bacon (4 pieces) \$ 6.00
Pea meal bacon (4 pieces) \$ 8.00
One Omega 3 egg any style \$ 3.00
Chef's potatoes \$ 3.50
Sliced fruit with berries \$10.00
Grilled or fresh tomato \$ 3.50
Yogurt; low fat fruit or plain Greek \$ 5.00
COBS Bakery Toasted Bread (2 pieces) \$ 3.50
choose from; Cranberry Sourdough, Country grain, white, light rye
Pastries (2 pieces) \$ 4.00
choose from; Danish, muffin or croissant

Beverages

Starbucks' coffee \$4.25
regular or decaffeinated To Go (Tall - 12oz) \$2.00
selection of

Assorted TAZO' teas \$4.00
Espresso single \$4.50
double \$6.50

Cappuccino \$5.50

Latte \$5.50

Americano \$5.50

Fruit juice \$3.75
apple, orange, grapefruit, cranberry

Milk \$3.00
skim, 2%, soy, chocolate

Hot chocolate \$4.75

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

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