

LIGHTER FARE

AVOCADO TOAST \$16

sourdough toast, tomato bruschetta, smashed avocado, arugula salad. side nugget potatoes

STEEL CUT OATS \$15

roasted apples, berry compote, maple syrup drizzle, vanilla cream, side 2% milk

YOGURT & GRANOLA \$15

seasonal fruit, vanilla yogurt, granola topping with mixed nuts, maple syrup drizzle

BOWL OF FRUIT \$10

seasonal fruit, fresh mint, vanilla cream

EGGS BENNY

MANGO & AVOCADO \$19

mango salsa, smashed avocado, hollandaise, poached eggs, fresh bannock bread. with side

CLASSIC \$20

cured ham, poached eggs, hollandaise sauce, over fresh bannock bread with side

SIGNATURE \$24

smoked salmon, whipped ricotta, poached eggs, sundried tomato, hollandaise, bannock. with side

CRAB CAKE \$26

housemade lump crab cakes, poached eggs, hollandaise, pickled onion, bannock. with side



BREAKFAST weekdays: 7:30am - 11:00am weekends: 7:30am - 1:00pm

BUTTERMILK PANCAKES \$15

three buttermilk pancakes, vanilla cream, berry compote. KIDS: one piece pancake \$8

CLASSIC FRENCH TOAST \$15

three vanilla cinnamon french toast, vanilla cream, berry compote. KIDS: one piece french toast \$8

MEDITERRANEAN BOWL \$18

potatoes, chorizo sausage, sauteed spinach, sundried tomato, onion, olives, feta, poached eggs

BREAKFAST BURRITO \$19

scrambled egg, peppers, onion, bacon, ham, salsa, cheddar cheese, flour tortilla. with side

THE STANDARD BREAKFAST


farm fresh eggs cooked to your liking, fruit garnish, choice of applewood bacon or ham or sausage, roasted nugget potatoes, choice of toast.

SMALL | 1 egg, 1 toast, 1 protein \$14

REGULAR | 2 eggs, 2 toast, 2 protein \$17

LARGE | 3 eggs, 3 toast, 3 protein \$20

BREAKFAST ADDITIONS

bacon or ham or sausage or smoked salmon \$5,
add egg \$3, side potatoes \$5, gluten free toast \$3 

OMELETTE BAR

MEXICANA \$20

three farm fresh eggs, peppers, onions, feta cheese, salsa, smashed avocado, sour cream

TOMATO & BASIL \$18

three farm fresh eggs, tomato bruschetta, basil, herb ricotta cheese, sauteed spinach

HAM & CHEDDAR \$19

three farm fresh eggs, diced black forest ham, cheddar cheese

SMOKED SALMON \$23

three farm fresh eggs, smoked salmon, capers, herb ricotta cheese, fresh arugula

BEVERAGES

TUG 6 COFFEE \$4

HARNEY & SONS TEA \$3.75

SINGLE ESPRESSO \$3.50

LATTE | CAPPUCINO \$5

COCA-COLA PRODUCTS \$4

JUICES - ORANGE OR APPLE \$4.25

MILK - 2% OR CHOCOLATE \$4.25