

## 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