

BREAKFAST MENU

7:00 AM TO 11:00 AM

W LIVING ROOM

FROM THE BAKERY

VIENNOISERIE	6
<i>choice of classic butter croissant, almond croissant, or pain au chocolat</i>	
DAILY MUFFINS	6
<i>choice of cranberry (GF), carrot or blueberry</i>	
SPINACH & CHEESE LATTICE	6

EARLY ENERGIZER

YOGURT PARFAIT	16
<i>greek yogurt, house made (GF) granola, berry compote (GF/D)</i>	
SEASONAL FRUIT BOWL	15
<i>melons, pineapple, berries, chia seeds (VE/GF)</i>	
HEALTHY GREEN SMOOTHIE	14
<i>spinach, banana, avocado, apple, hemp seeds, almond milk (VE/N)</i>	
THREE BERRY SMOOTHIE	14
<i>strawberry, blueberry, blackberry, banana, chia seeds, oat milk (VE/GF)</i>	
W OVERNIGHT MUESLI	16
<i>rolled oats (GF), coconut flakes, shaved almond, pepitas, hemp seeds, in - house compote (GF/DF)</i>	

SIDES

EGG	6
BACON	6
PEAMEAL BACON	8
CHICKEN APPLE SAUSAGE	8
SLICED AVOCADO	5
HOUSE SMOKED SALMON	9

MORNING BOOST

FRESH SQUEEZED ORANGE JUICE OR GRAPEFRUIT (V/VE/GF)	10
COLD PRESSED GREEN JUICE	11
DRIP COFFEE & TEA	7
ESPRESSO SGL/DBL	6/7
SPECIALTY COFFEE	8

Proudly serving locally sourced artisan ingredients & sustainably certified seafood, teas and coffee.

LAY OF THE DAY

WELLNESS EGG WHITE FRITTATA	27
<i>sauteed spinach, cherry tomato, caramelized onions, feta cheese, green salad (GF/D/E)</i>	
EGGS BENEDICT	27
<i>two free run poached eggs, canadian peameal bacon, english muffin, hollandaise sauce, fingerling hash potato (G/D/E/Pork)</i>	
EGGS ROYALE	27
<i>two free run poached eggs, smoked salmon, croissant hollandaise sauce, fingerling hash potato (G/D/E/Seafood)</i>	
EGGS FLORENTINE	27
<i>two free run poached eggs, sauteed spinach and mushroom, english muffin, hollandaise sauce, fingerling hash potato (G/D/E/V)</i>	

CLASSICS

CANADIAN BREAKFAST	30
<i>two free run eggs (prepared the way you like), fingerling hash potato choice of: bacon, chicken apple sausage or peameal bacon (GF/NF), choice of artisanal toast, choice of coffee or tea</i>	
<small>*We are proudly supporting Children's Miracle Network Hospitals with a \$1.00 donation with every Canadian Breakfast sold.</small>	
SMOKED SALMON AND BAGELS	25
<i>house smoked salmon, herbed cream cheese, pickled onion, gherkin, cucumber, everything bagel (G/D/Sesame)</i>	

LEMON RICOTTA PANCAKES	25
<i>macerated berries, canadian maple syrup, powder sugar (G/D)</i>	

KIDS MENU

KID'S BREAKFAST SANDWICH	14
<i>english muffin, fried egg, peameal bacon, cheese, house potatoes</i>	
KID'S PANCAKE	14
KID'S FRUIT BOWL	10

(V) - Vegetarian | (VE) - Vegan | (G) - Gluten | (E) - Contains Egg
(GF) - Gluten Free | (D) - Contains Dairy | (DF) - Dairy Free
(N) - Contains Nuts | (NF) - Nut Free | (P) - Contains Pork