
BREAKFAST

STEEL CUT OATMEAL	15	YES CHEF! - YOUR OMELET, YOUR WAY	21
Brown Sugar + Raisins + Warm Milk		Whole Eggs/Egg Whites with Your Choice of Three Fillings: Cherry Tomatoes/Peppers/Mushrooms/Avocado/Red Onions/Feta Cheese/Goat Cheese/Cheddar Cheese/Bacon/Sausage/ Ham + Our Signature Griddle Potatoes + Toast	
SLICED FRUIT AND BERRIES	16	VG EGGS BENNY BAR	23
Maple Ripple Greek Yogurt + Chocolate Chip Banana Bread		Create Your Own Benedict Starting with Poached "Nature's Farm" Eggs & One of Each of the Following:	
GREEK YOGURT PARFAIT	15	On the Bottom: Traditional English Muffin/Savory Waffle/Toasted Dark Rye/Grilled Multigrain/Sliced Tomato	
Poached Vanilla Apricots + Preserved Saskatoon Berry Compote + VG's Own Rooftop Honey + Almond & Pumpkinseed Granola		In the Middle: Smoked Salmon/Back Bacon/Smoked Bacon/Chicken & Apple Sausage/Avocado/Sautéed Spinach	
THE HEALTHY START	20	Hollandaise: Black Pepper/Truffle/Basil/Balsamic/Pickled Jalapeño	
Two Poached "Nature's Farm" Eggs + Avocado on Naan Bread + Basil Tomato Salad + Local Seedlings		Served with Our Signature Griddle Potatoes	
PROTEIN BREAKFAST WRAP	18	BLUEBERRY PANCAKE STACK	19
Fried Tofu + Mushrooms + Spinach + Avocado + Lentil Salad with Tomato & Basil		Blueberry Syrup + Whipped Lemon Cream Cheese	
SIDE BY EACH	20	DOUBLE CHOCOLATE WAFFLES	19
Two "Nature's Farm" Eggs Your Way + Three Slices of Bacon/Sausage/Roasted Mushrooms + Our Signature Griddle Potatoes + Toast		"Cornell Creme" Chocolate Ice Cream + Whipped Top Half Cream + Seasonal Berries	
STEAK & EGGS	26	BANANA BREAD FRENCH TOAST	19
Grilled Beef Tenderloin + Two "Nature's Farm" Eggs Your Way + Black Pepper Hollandaise + Basil Tomato Salad + Our Signature Griddle Potatoes		Whipped Vanilla Cream Cheese + Caramelized Bananas + Foster Sauce	
SMOKED BACON & FRIED EGG BLT	17		
Spicy Tomato Mayo + Multigrain Bread + Our Signature Griddle Potatoes			
SIDES		ENERGY BOOST SMOOTHIES	
Bagel & Whipped Cream Cheese	7	Creamy Blueberry Smoothie	10
Nova Scotia Smoked Salmon	12	Spinach Flax Protein Smoothie	10
Bacon/Peameal Bacon/Sausage	6	Fresh Orange Smoothie	10
One "Nature's Farm" Organic Egg Your Way	5		
Side of Toast with Butter & Preserves	5		
Selection of Cold Cereal & Milk	6		

If you have allergies, dietary restrictions or simply a personal preference, our team would be happy to customize your meal. Some menu items may be raw or undercooked or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of food-borne illness.