



BREAKFAST

Regular Coffee, Tea or Juice Included

THE MANITOBAN 19

Two Eggs Your Way
Smoked Bacon + Sausage
Two Fluffy Buttermilk Pancakes
+ Griddled Potatoes

YOUR OMELET YOUR WAY 19

Whole Eggs or Egg Whites
+ Griddled Potatoes
Choose 3 Fillings:
Heirloom Tomato, Peppers, Avocado,
Mushroom, Red Onion, Feta, Goat Cheese,
Cheddar, Bacon, Sausage or Ham

THE DOUBLE STACK 15

Two Fluffy Buttermilk Pancakes
Mixed Berry Compote + Whipped Cream
Choice of two pieces of Bacon or Sausage

CHEF'S "MIC-MUFFIN" 15

Fried Egg + Chipotle Aioli
Cheddar Cheese + Smoked Bacon
Grilled English Muffin + Griddled Potatoes

BREAKFAST PARFAIT 9

Choice of Vanilla or Plain Yogurt
Fresh Berries + House Granola
Honey Drizzle

SIDE FRUIT & BERRIES 5

SIDE BACON OR SAUSAGE 5

SIDE TOAST 5

CLASSIC EGG BENEDICT 19

Two Poached Eggs
Grilled English Muffin + Back Bacon
Hollandaise Sauce + Griddled Potatoes

PROTEIN BREAKFAST WRAP 18

Fried Tofu + Mushroom + Spinach
Avocado + Flour Tortilla
Lentils with Tomato & Basil + Side Fruit

THE HEALTHY START 18

Two Poached Eggs
Avocado on Naan Bread + Micro Greens
Tomato & Basil Salad + Side Fruit

ONE EGG YOUR WAY 12

Choice of two pieces of Bacon or Sausage
Griddled Potatoes + Toast
Add One Egg 5

STEEL CUT OATMEAL 9

Brown Sugar + Cinnamon + Raisins +
Steamed Milk

CHEFS ENERGY BOOST SMOOTHIE 7

Daily Smoothie Creation

-Specialty Drinks-

ESPRESSO 5, DOUBLE ESPRESSO 7

AMERICANO 7

CAPPUCCINO 7

CAFÉ LATTE 7

LONDON FOG 8

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