



## **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

### **VEGAN WRAP 18**

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

### **AVOCADO TOAST 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

### **BLUEBERRY & FLAX PROTEIN SHAKE 7**

Blueberry + Greek Yogurt + Honey Toasted Flax  
Chocolate Protein Powder (21g)

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## ***-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.