



BREAKFAST

Regular Coffee, Tea or Juice Included

HOURS OF OPERATION

7:00 am – 10:00 am

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)

-Specialty Drinks-

ESPRESSO 5, DOUBLE ESPRESSO 7

AMERICANO 7

CAPPUCCINO 7

CAFÉ LATTE 7

LONDON FOG 8