

## breakfasts

### **canadian breakfast** 14

two styled eggs, roast potatoes, bacon, canadian back bacon or signature breakfast sausage, choice of toast, includes coffee or tea

### **keep fit** 13

two poached eggs, yogurt & granola parfait, stewed fruit, multigrain toast

### **warm apple rice pudding** 8

slow cooked arborio rice, apple, dark brown sugar, almond milk, banana fritters

### **baked egg tortilla** 12

two baked eggs, crisp tortilla, cheddar cheese, black bean & chorizo succotash, avocado, salsa

### **warm housemade muesli** 9

flax, oats, rice, dried papaya, coconut, almonds, honey, cinnamon milk or soy

### **baked potato omelette** 12

three eggs, gold potato, bacon, cheddar, sour cream & chives, choice of toast

### **capiccoli & cheddar omelette** 12

fresh capiccoli. three eggs, roast potatoes, choice of toast

### **wild apple french toast** 12

organic apple cinnamon bread, caramelized apples, pecan streusel, mascarpone, maple syrup

### **buttermilk belgium waffles** 10

vanilla sugar, wild berry compote, maple syrup,

### **classic benny** 13

two poached eggs, sliced back bacon, english muffin, hollandaise, roast potatoes

### **crab cake benny** 14

two poached eggs, west coast crab, potato, hollandaise, sliced tomatoes, choice of toast

### **mini bagels** 9

toasted, strawberry chutney, cream cheese, fresh fruit kabobs

### **bowl of fruit** 5

### **apple corn bread muffin** 5

## beverages

### **mango tango smoothie** 5

non fat yogurt, strawberries & mango

### **manteo passion smoothie** 5

non fat yogurt, mango & passion fruit

### **strawberry colada smoothie** 5

non fat yogurt, strawberry, pina colada

### **chai tea** 5

house brewed with aromatic spices, black tea, honey & steamed milk