

## FREE-RANGE EGGS

### **classic eggs benedict 15**

free-range poached eggs, sliced back bacon, english muffin, hollandaise, roast potatoes

### **bc wild smoked salmon benedict 16**

free-range poached eggs, sliced smoked salmon, english muffin, fresh herb hollandaise, roast potatoes

### **lake country vegetable "benny" 14**

free-range poached eggs, spinach, mushroom sauté, organic tomato, shredded zucchini, avocado, fresh herb hollandaise, focaccia bread, roast potatoes

### **field spinach, swiss chard & sautéed mushroom omelette 13**

three eggs, happy day's goat cheese, roast potatoes, sliced tomato, choice of toast

### **ham & smoked applewood cheddar omelette 14**

three eggs, ham, applewood cheddar, sliced tomato, choice of toast

### **organic vegetable & smoked cheddar scramble 13**

three eggs, organic tomato, avocado, basil hummus, roast potatoes, grilled rosemary bread

## TRADITIONAL

### **canadian breakfast 14**

two styled free-range eggs, bacon or canadian back bacon or signature breakfast sausage, roast potatoes, choice of toast

### **wild apple french toast, quebec organic maple syrup 13**

cinnamon spiced bread, little quailicum fromage frais, caramelized apples, field berry tumble

### **continental 12**

freshly baked butter croissant, featured weekly smoothie, glass of juice and a choice of: cherry hill organic coffee or "T" room tea

### **housemade buttermilk waffle 13**

smoked bacon, field berry essence, vanilla whipped cream, lavender sugar, quebec organic maple syrup

### **fraser valley blueberry & cornmeal pancakes 13**

smoked bacon, field berry essence, vanilla whipped cream, quebec organic maple syrup

## SANDWICHES

### **breakfast on a bun 10**

multigrain kaiser bun, fried egg, bacon, cheddar cheese, lettuce, tomato, mayonnaise, roast potatoes

### **breakfast blt 11**

toasted white bread, bacon, lettuce, tomato, mayonnaise, roasted potatoes

## LIGHTER

### **chef bernard's dried fruit nut granola 10**

locally inspired berries & nuts, skim milk; choice of toast

### **cinnamon-spiced large flaked oatmeal, toasted english muffin 10**

organic apples, raisins, wild flower honey, cinnamon steeped milk

### **freshly-baked butter croissant, fresh fruit & berry plate 8**

orchard & field berry plate, our spiced apple butter

### **keep fit 13**

featured weekly smoothie, two free-range poached eggs, vine-ripened tomato, fresh fruit, dry multigrain toast

## BEVERAGES

cherry hill organic coffee	3	organic "T" room teas	3.50
tropicana orange & grapefruit juice	3.50	harker's pressed organic apple juice	3.50
espresso	3	chai tea latte	5
cappuccino or latte	4	mocha	5
sub soya milk	1	add vanilla or caramel	0.50

Chef Bernard Casavant  
Executive Chef

 signature preserve available for retail