



== TEA & "ILLY" COFFEE ==

DRIP COFFEE 4	CAPPUCCINO 5
ESPRESSO 4	AMERICANO 4
LATTE 5	TEA 5

===== SMOOTHIES =====

OKANAGAN BERRY (GF)(DF) 11
blueberry, raspberry, banana,
& maple syrup

ALMOND BUTTERCUP (GF)(DF) 11
almond milk, raw almond butter,
cacao, banana & agave

===== JUICE BAR =====

GREEN GOODNESS 10
apples, cucumber, spinach,
celery & ginger

CITRUS GLOW 10
grapefruit, orange, lemon,
lime, carrot & cayenne

ORANGE JUICE 8

GRAPEFRUIT 8

APPLE 6

CRANBERRY 6


TOMATO 6



*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS
MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

(GF)=GLUTEN FREE, (DF)=DAIRY FREE, (CN)=CONTAINS NUTS

PANTRY

CROISSANT 5 classic butter	GREEK YOGURT (GF) 8 plain or vanilla
PAIN AU CHOCOLAT 6 butter, dark chocolate	FRUIT PLATE (GF) 12 berries, melon, apple, banana, citrus
CEREAL 7 raisin bran, maple granola or fruit loops	*BC SMOKED SALMON BOARD 19  sliced & potted, bagel capers & egg
"MCCANN'S" IRISH OATMEAL (GF) 11 slow-cooked, stewed berries	AVOCADO TOAST (DF)(V) 19 toasted sourdough, serrano chillies, pickled peppers, watermelon radish, green goodness juice

===== EGGS + GRIDDLE =====

HONEY SALT BREAKFAST 22
eggs any style, bacon or
pork sausage, toast & potatoes

EGG WHITE FRITTATA (GF) 20
tomato, roasted mushrooms,
spinach, goat cheese feta

BUTTERMILK PANCAKES 18
seasonal fruit & quebec maple syrup

EGGS BENEDICT 22
smoked bacon, spinach, soft poached egg & hollandaise

===== SIDES =====

CRUSHED AVOCADO 5

SMOKED BACON 7

BREAKFAST POTATOES 5

PORK SAUSAGE 7

TOASTED BAGEL 4

TURKEY SAUSAGE 7

TOAST 4

