



## == TEA & "ILLY" COFFEE ==

|                      |                       |
|----------------------|-----------------------|
| <b>DRIP COFFEE</b> 4 | <b>CAPPUCCINO</b> 5.5 |
| <b>ESPRESSO</b> 4.5  | <b>AMERICANO</b> 6    |
| <b>LATTE</b> 5.5     | <b>TEA</b> 5          |

## ===== SMOOTHIES =====

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

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

## ===== 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

## PANTRY

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

\*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

