



BREAKFAST

== TEA & "ILLY" COFFEE ==

- DRIP COFFEE 4** **CAPPUCCINO 5.5**
- ESPRESSO 4.5** **AMERICANO 6**
- LATTE 5.5** **TEA 5**

===== SMOOTHIES =====

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

ALMOND BUTTERCUP (GF)(DF)(CN) 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 =====

CROISSANT 5
classic butter

PAIN AU CHOCOLAT 6
butter, dark chocolate

CEREAL 7
raisin bran, maple granola
or fruit loops

"MCCANN'S" IRISH OATMEAL (GF) 11
slow-cooked, stewed berries

GREEK YOGURT (GF)(V) 8
plain or vanilla

FRUIT PLATE (GF)(VG) 12
berries, melon, apple, banana, citrus

***BC SMOKED SALMON BOARD 19**
sliced & potted, bagel
capers & egg

AVOCADO TOAST (VG) 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

BREAKFAST POTATOES 5

TOASTED BAGEL 4

TOAST 4

SMOKED BACON 7

PORK SAUSAGE 7

TURKEY SAUSAGE 7

*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
(V) = VEGETARIAN, (VG) = VEGAN

