



## BREAKFAST

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

DRIP COFFEE 4      CAPPUCCINO 6

ESPRESSO 4.5      AMERICANO 6

LATTE 6      TEA 5

**SUB (+0.75)**

ALMOND MILK / OAT MILK / SOY MILK

### == SMOOTHIES ==

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

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

### == THE JUICE TRUCK ==

Vancouver's first Cold-Pressed Juice Company

**THE REMEDY 10**  
cucumber, kale, ginger, pineapple & mint

**THE TURMERIC 10**  
orange, carrot, pineapple, turmeric,  
ginger & lemon

**ORGANIC ORANGE JUICE 10**  
cold pressed, seasonal oranges

#### MORE JUICES

**GRAPEFRUIT 8**

**APPLE 6**

**CRANBERRY 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) 13**  
slow-cooked, stewed berries

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

**FRUIT PLATE (GF)(VG) 13**  
berries, melon, apple, banana, citrus

**BC SMOKED SALMON BOARD 21**  
sliced & potted smoked salmon,  
bagel, capers & egg

**AVOCADO TOAST (VG) 20**  
sourdough, serrano chillies,  
pickled peppers, watermelon radish,  
real good green juice

### EGGS + GRIDDLE

**HONEY SALT BREAKFAST 24**  
eggs any style, bacon or  
pork sausage, toast & potatoes

**EGG WHITE FRITTATA (GF) 21**  
tomato, roasted mushrooms,  
spinach, goat cheese feta

**BUTTERMILK PANCAKES (V) 19**  
seasonal fruit & quebec maple syrup

**EGGS BENEDICT 24**  
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**

(GF)=GLUTEN FREE, (DF)=DAIRY FREE, (CN)=CONTAINS NUTS  
(V) = VEGETARIAN, (VG) = VEGAN

