



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

ORANGE JUICE 10
cold pressed, seasonal oranges

MORE JUICES

GRAPEFRUIT 8

APPLE 8

CRANBERRY 8

PANTRY

- CROISSANT** 5
classic butter
- PAIN AU CHOCOLAT** 6
butter, dark chocolate
- "MCCANN'S" IRISH OATMEAL (GF) 14**
slow-cooked, stewed berries
- GREEK YOGURT (GF)(V) 9**
plain or vanilla
- FRUIT PLATE (GF)(VG) 14**
berries, melon, apple, banana, citrus
- CEREAL 7**
raisin bran, maple granola
or fruit loops

== EGGS + GRIDDLE ==

- PROTEIN PLATE (GF) 16**
turmeric spiced hard cooked eggs,
smoked bacon, avocado, yogurt &
granola parfait, fresh berries
- BUTTERMILK PANCAKES (V) 19**
seasonal fruit, quebec maple syrup
- EGG WHITE FRITTATA (GF) 21**
tomato, roasted mushrooms,
spinach, goat cheese feta
- BC SMOKED SALMON BOARD 23**
sliced & potted smoked salmon,
bagel, capers & egg
- HONEY SALT BREAKFAST 25**
eggs any style, bacon or
pork sausage, toast & potatoes
- AVOCADO TOAST (V) 26**
sourdough, roasted gem tomato,
serrano chillies, tomato jam,
poached eggs, real good green juice
- SMOKED SALMON BENEDICT 26**
steelhead salmon, dill, hollandaise
- EGGS BENEDICT 24**
smoked bacon, spinach,
soft poached egg, hollandaise
- ROASTED MUSHROOM BENEDICT (V) 21**
myca farms mushrooms, spinach,
soft poached eggs, hollandaise
- STEAK & EGGS (GF) 30**
5oz striploin, fried eggs,
potatoes, tomato jam

== SIDES ==

- CRUSHED AVOCADO 6**
- BREAKFAST POTATOES 6**
- TOASTED BAGEL 5**
BUTTER & CREAM CHEESE
- TOAST 5**
BUTTER & JAM
- SMOKED BACON 8**
- PORK SAUSAGE 8**
- TURKEY SAUSAGE 8**

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

