



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

<b>DRIP COFFEE</b>	<b>3</b>	<b>CAPPUCCINO</b>	<b>4</b>
<b>ESPRESSO</b>	<b>4</b>	<b>AMERICANO</b>	<b>4</b>
<b>LATTE</b>	<b>4</b>	<b>TEA</b>	<b>4</b>

### "ILLY" COLD BREW

**4 GLASS 12 PITCHER**

choice of classic, house-made vanilla bean or toasted hazelnut syrup

## ==SMOOTHIES==

### OKANAGAN BERRY(GF & DF) 9

blueberry, raspberry, banana, pomegranate & maple syrup

### ACAI(GF) 11

strawberry, banana, toasted coconut & chia seeds

### ALMOND BUTTERCUP(GF & DF) 9

almond milk, raw almond butter, cacao, banana & agave

### DARK CHOCOLATE(GF) 9

70% chocolate, dates, coconut nectar, avocado & soy milk

## ==JUICE BAR==

### GREEN GOODNESS 9

apples, cucumber, spinach, fennel, celery & ginger

### RED DRAGON 9

beets, carrots, pineapple, basil, lime, turmeric & ginger

### CITRUS GLOW 9

grapefruit, orange, lemon, lime, carrot & cayenne

<b>FRESH OJ</b>	<b>8</b>	<b>APPLE</b>	<b>6</b>
<b>GRAPEFRUIT</b>	<b>8</b>	<b>CRANBERRY</b>	<b>6</b>
<b>ACAI</b>	<b>6</b>	<b>TOMATO</b>	<b>6</b>
<b>POMEGRANATE</b>	<b>6</b>		



## PANTRY

<b>SEASONAL FRUIT(GF)</b>	<b>9</b>	<b>CEREAL</b>	<b>6</b>
berries, melon, apple, banana, citrus & whipped honey ricotta		kashi, raisin bran, maple granola or fruit loops	
<b>MUESLI</b>	<b>11</b>	<b>"MCCANN'S" IRISH OATMEAL</b>	<b>10</b>
almond milk, rolled oats, apples, banana & dried fruit, dairy free		slow-cooked, stewed green apples & pears	
<b>YOGURT BAR(GF)</b>	<b>8</b>	<b>BACON &amp; CHEDDAR SCONE</b>	<b>5</b>
greek, plain or vanilla		whipped honey butter	
<b>CROISSANT</b>	<b>4</b>	<b>PAIN AU CHOCOLAT</b>	<b>5</b>

## EGGS

<b>ENGLISH BREAKFAST</b>	<b>19</b>	<b>EGG WHITE FRITTATA(GF)</b>	<b>16</b>
eggs any style, bangers, bacon, baked beans, potatoes, tomato & toast		tomato, roasted mushrooms, spinach, goat feta	
<b>HS BREAKFAST GALETTE</b>	<b>17</b>	<b>STEAK &amp; EGGS</b>	<b>24</b>
scrambled eggs, berkshire ham, spinach, mushrooms & gruyere cheese		newport strip, fried eggs, potatoes & tomato jam	
<b>EGGS BENEDICT</b>	<b>17</b>	<b>DUNGENESS CRAB OMELETTE(GF)</b>	<b>22</b>
peameal bacon, soft poached egg & hollandaise		mushrooms, charred leeks & herb salad	

## HONEY SALT FAVOURITES

### POTATO LATKES(GF) 10

double thick sour cream & apple sauce

### AVOCADO TOAST 15

serrano chillies, pickled peppers, watermelon radish, green goodness juice

### \*BC SMOKED SALMON BOARD 17

sliced & potted, bagel capers & egg

### STUFFED STRAWBERRY

### FRENCH TOAST 15

streusel, cupcake cream

## GRIDDLE

<b>BRISKET HASH</b>	<b>18</b>
poached eggs, roasted mushrooms, peppers, salsa verde	
<b>BUTTERMILK PANCAKES</b>	<b>15</b>
seasonal fruit & quebec maple syrup	
<b>GLUTEN FREE SWEET POTATO PANCAKE</b>	<b>16</b>
almond butter & oat crumble	
<b>WAFFLES</b>	<b>16</b>
mixed berry jam & lemon custard	

## SIDES

<b>MAPLE-SMOKED BACON</b>	<b>5</b>
<b>PEAMEAL BACON</b>	<b>6</b>
<b>BREAKFAST SAUSAGE</b>	<b>5</b>
<b>CHICKEN &amp; APPLE SAUSAGE</b>	<b>5</b>
<b>BREAKFAST POTATOES</b>	<b>4</b>
<b>CRUSHED AVOCADO</b>	<b>3</b>
<b>TOASTED BAGEL</b>	<b>4</b>
<b>TOAST</b>	<b>3</b>

\*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