



# Breakfast

FRESHLY BREWED COFFEE, TEA, OR JUICE INCLUDED

## Continental

### CLASSIC SMOOTHIE (VG/GF) 14

strawberry, banana, orange juice

### GREEN SMOOTHIE (VG/GF) 14

spinach, ginger, green apple, pineapple juice

### CHIA SEEDS PUDDING (VG/GF) 16

fresh seasonal berries, coconut milk, mango dice, pumpkin seeds, desiccated coconut, berry coulis

### BREAKFAST PARFAIT (V) 21

choice of vanilla or plain yogurt, fresh berries, house granola, honey

### STEEL CUT OATMEAL (VG/DF) 15

stewed apple, cinnamon dust, brown sugar

### FRUIT & BERRY PLATTER (VG/GF/DF) 16

seasonal selection

### AÇAÍ SMOOTHIE BOWL (V) 22

mix berries, kiwi, banana, granola crisp, yogurt, sunflower seeds & chia seeds

### AVOCADO SMOOTHIE BOWL (VG) 24

coconut milk, vegan granola, sliced almonds, blueberries, goji berries, chia seeds, toasted coconut

## Classics

### COLD SMOKED SALMON 27

cream cheese, onion, capers, montréal-style bagel  
*served with arugula salad*

### AVOCADO & RICOTTA (V) 26

poached eggs, sundried tomato, arugula salad, pumpkin seeds, multigrain

### STEAK & EGGS 29

6oz flat iron steak, two eggs your way, potato wedges, béarnaise sauce

### THE MANITOBAN 28

two eggs your way, smoked bacon, sausage, two fluffy buttermilk pancakes, potato wedges

### TWO EGGS YOUR WAY 25

smoked bacon, sausage, toast, potato wedges

### OMELETTE YOUR WAY 27

whole eggs or egg whites, potato wedges, toast  
choose 3 fillings:

**CRISPY BREAKFAST BURRITO (V) 25**  
refried beans, scrambled eggs, cotija cheese, monterey jack, guacamole, pickled onions, jalapeño dressing, ancho aioli

tomato / bell pepper / mushroom / red onion  
feta cheese / goat cheese / cheddar  
bacon / sausage / ham



## Benny Your Way 28

two perfectly poached eggs, grilled english muffin, hollandaise sauce, potato wedges

### CHOOSE ONE:

back bacon / smoked salmon / spinach / avocado

PLEASE INFORM YOUR SERVER OF ANY DIETARY RESTRICTIONS.

(V) - vegetarian (VG) - vegan (GF) - gluten free (DF) - dairy free

Smoked Salmon is from "True North" sourced/sustainably certified Fish Company

All Eggs are free-range and sourced from "Nature's Farm" approved local supplier

All the Tea & Coffee served are sustainably certified

## Enhancements

### TOAST 7

### BACON/SAUSAGE 10

### FRUIT & BERRY PLATE 9

### CHOICE OF TWO BAKED GOODS 8

croissants, danishes or muffins

## Fresh Juice

### FRESH ORANGE JUICE 12

### FRESH GRAPEFRUIT JUICE 12

## Lot 35 Tea

### BLACK TEA 6

creamy early grey, imperial breakfast, orange pekoe, darjeeling, decaffeinated english breakfast

### GREEN TEA 6

japan sencha, jasmine gold dragon

### HERBAL TEA 6

flora berry, bella coola, egyptian camomile, peppermint, market fresh

## Beverages

### JUICE 6

orange, apple, grapefruit, cranberry

### SODA 3

coca cola, diet coke, coke zero, iced tea, root beer, ginger ale, soda water, tonic water

### FRESHLY BREWED POT OF COFFEE

small 6  
large 8

### CAPPUCCINO, AMERICANO, DOUBLE ESPRESSO, LATTE 8

### LONDON FOG 8

### HOT CHOCOLATE 6

### MILK 5

skim, 2%, soy, oat, almond, chocolate

## Libations

(AVAILABLE AFTER 9:00AM)

### MIMOSA 11

### CAESAR 15

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VELVET  
GLOVE

