

CLASSIC BRUNCH

West Coast Croissant

2 Scrambled Eggs, Shrimp, Smoked Salmon and Swiss Cheese with Pesto. Served with your choice of:
Hash Browns, Organic Greens, Grilled Tomato \$11.00

Steak and Eggs

A 6oz AAA Top Sirloin, 2 Eggs any style, Grilled Tomato, Hash Browns and Multi Grain Toast \$16.00

Bacon and Eggs

2 Eggs any style, Bacon, Grilled Tomato, Hash Browns and Multi Grain Toast \$9.50

Sausage and Eggs

2 Eggs any style, Farmers Sausage (Beef Sausage) or South African Sausage (Pork Sausage), Grilled Tomato, Hash Browns and Multi Grain Toast \$9.80

Waffle Breakfast

2 Eggs any style, Bacon or Farmers Sausage, Grilled Tomato and 2 Belgian Waffles \$11.50

Belgian Waffles

Served with Fruit, Whipped Cream, Syrup and Berry Compote \$11.00

South African Sausage Breakfast

Boerewors (Combo of Beef and Pork), Bacon, 2 Eggs any style, Hash Browns, Grilled Tomato and Toast \$12.00

French Toast

Brioche French Toast served with Bananas, Candied Pecans and Maple Syrup \$9.50

FRITATAS

Open Faced Omelette served with:
Hash Browns, Greens or Grilled Tomato

Veggie Frittata

Spinach, Artichokes and Sun Dried Tomatoes topped with Mozzarella Cheese \$10.80
ADD Bacon \$1.00

Spanish Frittata

Diced Chorizo Sausage, Olives, Tomato, Green Onion, Salsa and Quattro Formagio \$10.80

EGGS BENEDICT

Eggs Benedict are served with your choice of:
Hash Browns, Organic Greens or Grilled Tomatoes

Classic Canadian Benny

Black Forest Ham, Poached Eggs and our House Made Hollandaise Sauce \$10.80

Mediterranean Benny

Red Peppers, Sun Dried Tomatoes, Black Olives and Feta Cheese, 2 Poached Eggs and our House Made Hollandaise Sauce \$10.80

Smoked Salmon Benny

Smoked Wild BC Salmon with Cream Cheese, 2 Poached Eggs and our House Made Hollandaise Sauce \$10.80

Veggie Benny

Spinach, Tomato and Mushrooms topped with Feta Cheese, 2 Poached Eggs and our House Made Hollandaise Sauce \$10.80

OMELETTES

"Egg White" or "Regular" served with Multi Grain Toast and your choice of **Hash Browns, Greens or Grilled Tomatoes**

Smoked Salmon Omelette

with Cream Cheese, Green Onions and Tomato \$10.80

Farmers Omelette

Sautéed Mushrooms, Green Onions and Ham with Cheddar Cheese \$10.80

Build Your Own Omelette

Please choose three of the following items:

Mushroom, Red Pepper, Shrimp, Bacon, Tomato, Artichokes, Spinach, Red Onions, Ham, Cheddar, Feta or Provolone \$10.80

Additional items each \$1.00

HEALTHY CHOICES

Seasonal Fruit Salad \$5.50

Yogurt \$2.50

Oatmeal / Fruit Cup

Creamy Oatmeal slow cooked in Fresh Apple Juice, topped with Toasted Almonds and Sun Dried Cranberries. Served with Brown Sugar and a Fruit Bowl \$8.00

EXTRAS

ADD TO YOUR ORDERED BREAKFAST

2 Pieces Multi Grain Toast	\$1.50
Croissant	\$2.80
2 Pieces Bacon	\$1.85
4 Pieces Bacon	\$3.20
S.A.Sausage (Combo Beef & Pork)	\$3.50
Farmers Sausage (100% Beef)	\$3.50
Pan Fried Tomatoes	\$2.00
1 Egg	\$1.00
Hash browns	\$2.75
Extra Slice Banana Bread	\$1.25

SOUP

Butternut Squash	Bowl	\$6.75
with Crème Fraiche	Cup	\$5.75
French Onion		
With Herbed Croutons and Melted Swiss Cheese		\$7.80

SALAD

House Salad

Organic Mixed Greens served with Cherry Tomatoes, Cucumbers, Sun Dried Cranberries and Roasted Pumpkin Seeds nestled in a Papadum

With Your Choice Of Balsamic Raspberry Dressing or our House Made Pomegranate Vinaigrette

Large	\$9.25
Small	\$5.75

Caesar Salad

Crisp Romaine tossed with our Caesar Dressing, Herbed Croutons, and topped with Parmesan Cheese

Large	\$9.25
Small	\$5.75

Add to your salad:

Wild Pacific Salmon Filet (Grilled or Cajun)	\$6.00
Chicken Breast (Grilled or Cajun)	\$6.00
Marinated Ginger Soy Tofu	\$5.70
Garlic Prawns	\$7.80

Spinach Salad

Marinated Chicken Breast, Grapefruit, Orange Segments, Sun Dried Cranberries, Toasted Almonds, Naan Bread and our Zesty Thai Vinaigrette \$16.00

7 Herb Chicken Salad

Tomatoes, Chickpeas, Black Olives and Feta Cheese tossed with Mixed Organic Greens and our Signature Pomegranate Vinaigrette. Topped with Candied Pecans and a Chicken Breast \$16.00

PANINIS AND SANDWICHES

All Paninis are served with **Fries, Salad or Soup**

Substitute French Onion Soup \$ 1.50

Chicken Breast Club House Maple Smoked Bacon, Tomato & Dijonaise on Toasted Multi Grain Bread \$12.00

Vegetarian Panini Roasted Red Peppers, Olives, Artichokes, Sun Dried Tomato, Fresh Basil, Feta Cheese with Pesto Aioli \$12.00

Chicken Panini Herbed Chicken Breast, Cheddar Cheese, Lettuce and Tomato with Dijonaise \$12.00

Montreal Smoked Meat Panini Mustard, Sun Dried Tomato, Fresh Tomato, and Mozzarella Cheese \$12.00

Bocconcini Panini Bocconcini Cheese, Tomato, Fresh Basil and Pesto Aioli \$12.00

COMFORT FOOD

Guinness Stew

Beef, Carrots and Pearl Onions braised in Guinness and served with Mash and Vegetable \$15.00

Authentic Curry for One

Your choice of:

Spicy Lamb, Chicken, Vegetable or Chickpea Curry with Basmati Rice, Salsa, Yoghurt, Chutney and Warm Naan Bread \$15.00

Curried Chicken Crepe

Chicken Curry wrapped in a Crepe, topped with Apricot Chutney and served with Organic Greens \$11.50

Chicken Tenders

Breaded Chicken Filets served with Fries and Dips \$12.00

Fish and Chips

Beer Battered Cod, served with French Fries and our House Made Tartar Sauce \$9.80

Extra Piece of Cod \$4.75

Our Signature Calamari

Over Crispy Rice Noodles tossed in a Garlic Chilli Oil and drizzled with Sweet Soy Sauce \$12.00

BURGER PLATTER

All Burgers are served with Lettuce, Tomato, Red Onion, Pickle and Fries.

Substitute

Fries with Caesar Salad or Organic Greens	\$ 1.25
Substitute Fries with Yam Fries	\$ 2.50

BBQ Beef Short Rib Burger with Sautéed

Onions, Peppers & Dijonaise \$14.00

100 % Beef Burger with Chipotle Aioli \$12.80

Chicken Burger with Chipotle Aioli \$12.80

Wild Salmon Burger with Tartar Sauce \$12.80

Tuna Burger with Tartar Sauce \$12.50

Vegetarian Burger with Pesto Aioli \$10.50

Add

Cheddar, Mozzarella, Swiss, Feta, Sautéed Onions, Crispy Bacon, Mushrooms, Salsa, Guacamole
Each \$1.00

COCKTAILS & BEVERAGES

Mimosa Champagne & Orange Juice \$ 6.50

Caesar Vodka & Clamato Juice \$ 4.20

Mojitos Rum, Mint & Lime \$ 4.95

Regular / Decaffeinated Coffee \$ 2.75

Espresso \$ 2.90

Cappuccino \$ 3.85

Americano \$ 2.90

Latte \$ 3.85

Mocha \$ 3.85

Hot Chocolate \$ 3.85

Tea A variety of herbal teas are available \$ 2.50