



Express Breakfast

fresh fruit bowl / 5
assorted fresh fruits.

breakfast wrap / 6
warm tortilla shell filled with scrambled eggs, bell peppers, onions, tomatoes, cheddar cheese, bacon & spinach. side salsa.

assorted fresh muffins & loaves / 2.5
new varieties everyday. baked with real fruit & whole grains.
Freshly baked gluten free options are available

bagels / 2.5
multi-grain, sunflower, sourdough or marble rye
extra peanut butter, cream cheese, raspberry & strawberry jam/ \$1

greek yogurt parfait / 5

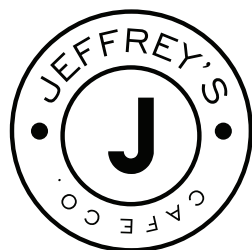
- maple syrup & vanilla
- fresh fruit

breakfast sandwich / 5

- thick bacon, egg & cheddar cheese on an english muffin
- sausage patty, egg & swiss cheese on a ciabatta bun
- ham, egg & cheddar cheese on an english muffin
- turkey bacon, egg & cheddar cheese on a ciabatta bun

fresh brewed coffee / from 2.25
roasted in calgary by fratello coffee roasters

pot of tea / 3
loose leaf tea from brooklyn by bellocq tea atelier **NEW!**



Vibrant Mornings

peace country harvest breakfast / 12

2 eggs cooked any style, choice of farmers sausage or bacon, toast or croissant & served with farmers potatoes.

daily hash / market priced

our chef's creation with a seasonal twist.

vanilla custard crêpes / 12

4 crêpes filled with rich vanilla custard and topped with fresh berries, whipped cream & maple syrup.

hot oatmeal with fresh apples & spiced pecans / 7.5

delicious warm oatmeal topped with apple slices, spiced pecans & maple syrup. served with warm milk (available with fresh blueberries when in season).

bacon & cheddar breakfast quesadilla / 13

bacon, cheddar, sweet bell peppers, and cream cheese grilled in a tortilla shell. served with fresh fruit bowl & salsa.

quiche & fresh fruit / 13

choose one of our hand made quiche selections. served with a fresh fruit bowl & cheddar biscuit.

bacon, lettuce & tomato bagel / 7.5

crisp bacon, lettuce & fresh tomato on a toasted multi-grain bagel with basil mayo.

prosciutto breakfast sandwich / 8

scrambled egg, crisp prosciutto, avocado, tomato, spinach, lemon aioli on a brioche bun.

eggs benedict sandwich / 8

poached egg on toasted focaccia, grilled ham & fresh spinach with warm hollandaise sauce & fresh tomato.

toast / multigrain, sunflower, sourdough or marble rye / 3

croissant / white or multigrain / 2.5

peanut butter, cream cheese, raspberry & strawberry jam / 1