

breakfast

omelettes made with three free-run eggs;
with hashbrowns & sourdough or multigrain toast

Vancouver Island ham & Swiss cheese	16.50
smoked BC sockeye salmon, red onion, capers and arugula	17.
sautéed onion, mushroom and creamy goat cheese	15.50
cheddar and mozzarella: cheesy goodness	14.

CLASSIC egg breakfast

prepared as you like; with hashbrowns & sourdough or multigrain toast **one egg: 9.50; two eggs: 11.50**

two eggs with roasted tomatoes	12	two eggs with bacon	13.50
two eggs with carved Vancouver Island ham	13.50	two eggs with sausage	13.50
“goin’ fishing” breakfast three eggs, ham, sausage & bacon, three slices of toast			17.00

benedicts two poached eggs and real hollandaise sauce on a toasted english muffin;
with hashbrowns

smoked BC sockeye salmon, arugula & capers	16.50	roasted tomato & arugula	15
garlic butter-poached shrimp + red pepper confit	17	bacon & avocado	16

Hand Held

HBI bunwich		14.50	
toasted brioche bun with fried egg, lettuce, tomato and choice of bacon, ham, avocado or lox; with hashbrowns			
epic breakfast wrap choice of bacon, ham, avocado or lox, with three scrambled eggs, spinach, tomato, cheese, sauteed peppers & mushrooms, onion & house-made mayonnaise; with hashbrowns	16.50		
add garlic butter-poached atlantic shrimp two ounces...		4.95	
toasted bagel with cream cheese	7.50	bagel with cream cheese & lox	12.50
		with marinated red onions & capers	

TRADITIONAL-ISH

steak & eggs beef flat iron, two eggs as you'd like, toast and hashbrowns	21
bacon pancakes fluffy flapjacks cooked with bacon right in them; with butter & real maple syrup	15.50
chocolate chip pancakes a stack of five 5" chocolate-studded pancakes with whipped cream & real maple syrup	14.50
buttermilk pancakes a stack of five 5" pancakes, with butter & real maple syrup	13.50
add blueberry compote or marinated strawberries to your pancakes...	1.50
housemade granola parfait with house made granola, marinated strawberries & plain greek yogurt	9.50
french toast marinated strawberries, with real maple syrup & butter	13.50

add a mini parfait 5.50 • add two ounces garlic butter poached atlantic shrimp 4.95 • add a quarter of an avocado 1.95

make your hashbrowns into breakfast poutine (grated cheddar cheese and hollandaise) ... add \$4 • add two oz real maple syrup 2.50

substitute green salad for hashbrowns 1.95 or sub side of fruit for hashbrowns 2.95 or sub bagel or gluten free bread for toast \$2.50

QUENCH

cold & sweet... orange • apple • grapefruit • pineapple **6 oz 2.50; 12 oz 4**

organic coffee 2.95 • hot chocolate 3.25 • orange pekoe tea 2.75 • milk 2.75 • chocolate milk 2.95

organic tea 2.95... earl grey • english breakfast • sencha green • masala chai spice • tart berry
chamomile • tart meyer lemon • decaf english breakfast • peppermint