

FREE-SPIRITED

OJ (150 Cals) 5

TROPIC THUNDER

seedlip grove, passion fruit, citrus,
chili lime rim (160 Cals) 9

UPTOWN SPRITZ

italian orange bitters, strawberries,
ginger beer (150 Cals) 9

PINEAPPLE EXPRESS

pineapple simple syrup, fresh lemon,
sparkling water (80 Cals) 9

PASSION GRAPEFRUIT MULE

fresh rosemary, grapefruit juice, pineapple
syrup, cold tea, ginger beer (130 Cals) 9

BRUNCH COCKTAILS

APEROL SPRITZ (2oz)

sparkling wine, aperol, soda (140 Cals) 14

MIMOSA (3oz)

sparkling wine with choice of juice (110 Cals) 7
choose from; grapefruit, pineapple or orange
juice

SIDES

FRESH FRUIT (70 Cals) 8

TOAST

sourdough or multigrain (270-310 Cals) 4

BACON

pork (380 Cals) or turkey ^{NEW} (70 Cals) 5

CHICKEN APPLE SAUSAGE ^{NEW}

(220 Cals) 6

BRUNCH

BRIOCHE BITES

for the table, brioche french toast bites with
caramel sauce (880 Cals) 12

AVOCADO TOAST

toasted sourdough with guacamole, pico de gallo,
corn salsa, feta cheese, sour cream & soft boiled egg
(780 Cals) + fresh fruit (70 Cals) 18½

BRIOCHE FRENCH TOAST

brioche bread, 4 berry syrup + fresh whipped cream
(1440 Cals) 18¾

BREAKFAST TACOS ^{NEW}

potato, egg, chorizo, salsa, avocado, feta cheese (300
Cals per serving, 3 servings), served with tajin chips &
guacamole (180 Cals) 17

PANCETTA & AGED WHITE CHEDDAR BENEDICT ^{NEW}

pancetta bacon, hollandaise, sliced tomatoes,
english muffin (650 Cals), breakfast potatoes (360
Cals) + fresh fruit (70 Cals) 19¾

BRUNCH BURGER

over easy egg, bacon, cheddar, burger sauce,
lettuce, tomatoes, red onions & pickles on a toasted
buttered brioche bun (1180 Cals) + breakfast potatoes
(360 Cals) 23

BACON & AGED WHITE CHEDDAR OMELETTE

with sautéed onions (550 Cals), breakfast potatoes
(360 Cals), choice of toast (270-310 Cals) + fresh fruit
(70 Cals) 18¾

**egg white option available upon request*

VEGETARIAN EGG WHITE OMELETTE

spinach & arugula, mushrooms, onions, tomatoes,
goat cheese (260 Cals), breakfast potatoes (360 Cals),
choice of toast (270-310 Cals) + fresh fruit (70 Cals) 18¾

CLASSIC BREAKFAST

three eggs, your choice of chicken apple sausage or
bacon (410-720 Cals) with breakfast potatoes (360
Cals) + choice of toast (270-310 Cals) 18¾

Vegetarian items

Not all ingredients are listed, please advise your server about food sensitivities & ensure you speak to a manager regarding severe allergies. Liquor service start times are subject to provincial government regulations.

Note: actual calories of alcoholic beverages may vary; the addition of mixes will increase the calories of these beverages. Standard serving sizes are based on one drink as outlined in canada's low-risk alcohol drinking guidelines.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day; however, individual needs vary.