

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

BRUNCH

**gluten-free bread & english muffin available upon request*

ACAI BOWL **NEW**

acai sorbet, fresh fruit, honey, yogurt,
granola & coconut (730 Cals) 18½

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

FARMER'S HASH **NEW**

pancetta bacon, chicken apple sausage,
pickled onions, roasted vegetables, poached eggs,
hollandaise + breakfast potatoes (1190 Cals) 22

BRIOCHE FRENCH TOAST

brioche bread, 4 berry syrup + fresh whipped
cream (1440 Cals) 18½

BREAKFAST TACOS **NEW**

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

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) 18½

BACON & AGED WHITE CHEDDAR OMELETTE

with sautéed onions (550 Cals), breakfast potatoes
(360 Cals), choice of toast (270-310 Cals) + fresh fruit
(70 Cals) 18½

**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) 18½

PANCETTA & AGED WHITE CHEDDAR BENEDICT **NEW**

pancetta bacon, hollandaise, sliced tomatoes,
english muffin (650 Cals), breakfast potatoes (360
Cals) + fresh fruit (70 Cals) 19½

SIDES

BRAN OR BLUEBERRY MUFFIN  (410-420 Cals) 4½

FRESH FRUIT  (70 Cals) 8

COLD CEREAL  (120-200 Cals) 7

HOT CEREAL  (120-200 Cals) 6

TOAST 

sourdough, multigrain or gluten-free (270-310 Cals) 4

BACON

pork (380 Cals) or turkey **NEW** (70 Cals) 5

CHICKEN APPLE SAUSAGE **NEW** (220 Cals) 6

 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.