

DRINKS

OJ (150 Cals) 5

PINEAPPLE EXPRESS

pineapple simple syrup, fresh lemon & sparkling water (80 Cals) 8¾

PASSION GRAPEFRUIT MULE

fresh rosemary, grapefruit juice, pineapple syrup, cold tea, ginger beer (130 Cals) 8¾

MIMOSA (3 oz)

sparkling wine & orange juice (110 Cals) 7

APEROL SPRITZ (2 oz)

bubbles, aperol, soda (140 Cals) 15

BRUNCH

AVOCADO TOAST

seeded artisan bread with fresh avocado, pico de gallo, corn salsa, feta cheese, sour cream & soft boiled egg (660 Cals) + fresh fruit (60 Cals) 18¾

GRANOLA & YOGURT

honey toasted oats, nuts & seeds + fresh fruit (540 Cals) 15¾

HUEVOS RANCHEROS WITH SUNNY-SIDE EGGS

carne chicken & cheese filled tortillas, ancient grains, dos amigos salsa + avocado (1090 Cals) 18¾

BRIOCHE FRENCH TOAST

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

VEGETARIAN EGG WHITE OMELETTE

spinach & arugula, mushrooms, onions, tomatoes, goat cheese (260 Cals), hashbrowns (360 Cals), multi-grain toast (310 Cals) + fresh fruit (60 Cals) 18¾

PANCETTA & AGED WHITE CHEDDAR BENEDICT

pancetta bacon, hollandaise (650 Cals), hashbrowns (360 Cals) + fresh fruit (60 Cals) 19½

BACON & AGED WHITE CHEDDAR OMELETTE

with sautéed onions (550 Cals), hashbrowns (360 Cals), multi-grain toast (310 Cals) + fresh fruit (60 Cals) 18¾

**egg white option available on request*

SICILIAN SAUSAGE HASH

poached eggs, caramelized onions, sautéed peppers, topped with hollandaise + hashbrowns (880 Cals) 19¾

CLASSIC BREAKFAST

three eggs, your choice of bacon or sausage (560-720 Cals) with hashbrowns (360 Cals) + multi-grain toast (310 Cals) 18¾

KIDS

FOR KIDS UNDER TWELVE

FRENCH TOAST

brioche bread, syrup (450 Cals) + fresh fruit (60 Cals) 9½

CLASSIC BREAKFAST

one egg, your choice of bacon or sausage (190-240 Cals) with hashbrowns (360 Cals) + multi-grain toast (310 Cals) 9½

EGG SANDWICH

scrambled eggs, cheese & bacon on a brioche bun (560 Cals) with hashbrowns (360 Cals) 9½

Additional kids' meals available, please ask your server.

 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.

SIDES

BRAN OR BLUEBERRY MUFFIN  (410-420 Cals) 4¾

FRESH FRUIT  (140 Cals) 8

COLD CEREAL  (120-200 Cals) 7

HOT CEREAL  (120-200 Cals) 6

MULTI-GRAIN TOAST  (310 Cals) 4

BACON (380 Cals) 5

MILD ITALIAN SAUSAGE (250 Cals) 6

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.