

A LA CARTE BREAKFAST BOARDS AND GRAB & GO

GLUTEN FREE, DAIRY FREE, AND VEGAN SUBSTITUTES AVAILABLE ON REQUEST

PETIT PASTRIES \$2.95 EA

SERVED WITH WHIPPED SWEET BUTTER AND PRESERVES

INDIVIDUAL YOGURT PARFAITS 🌾 \$6.95 EA

WITH FRESH BERRIES, CRISP GRANOLA, AND LOCAL MAPLE SYRUP

BIRCHER MUESLI 🌾 \$6.95 EA

SWISS ROLLED OATS, GREEK YOGURT, FLAX, HONEY, APPLE

SLICED SEASONAL FRUIT 🌿 🥛 🌾 \$5.95 PP

FRESH CITRUS, LOCAL MELONS AND STONE FRUIT
WITH RIPE BERRIES AND GRAPES

POWER BITES 🌾 \$ 3.25 PP

GLUTEN FREE OATS, PEANUT BUTTER, DARK CHOCOLATE

APPLE WOOD SMOKED SALMON BAGELS \$9.95 EA

CAPER CREAM CHEESE, SHAVED ONION & ARUGULA

BAKED BREAKFAST GALETTES \$11.95 PP

-SQUASH AND BRIE

-COUNTRY HAM, CHEDDAR & SPINACH

INDIVIDUAL BREAKFAST QUICHES \$11.95 PP

-CARAMELIZED ONION, THYME, & AGED CHEDDAR

-VINE RIPENED GRAPE TOMATOES, BABY BOCCONCINI & SWEET BASIL





BREAKFAST BOWLS

GLUTEN FREE, DAIRY FREE, AND VEGAN SUBSTITUTES AVAILABLE ON REQUEST

\$12.50 - \$15.95 EA

PEACHES AND CREAM BREAKFAST BOWL

ONTARIO PEACHES, YOGURT, KIWI, ROASTED NUTS, GRANOLA, FLAX, HONEY

BLUEBERRY BREAKFAST BOWL

OVERNIGHT VANILLA OATS, BLUEBERRY, BANANA SLICES, HAZELNUTS, BANANA BREAD CROUTONS

CHOCOLATE OATS BREAKFAST BOWL

CHIA PUDDING, GRANOLA, BERRIES, ALMOND BUTTER, HEMP SEED

BIRCHER BREAKFAST BOWL

CINNAMON OATS, BALKAN YOGURT, APPLE, BANANA, BERRIES, TOASTED BUCKWHEAT

THE GOLDEN HOUR BOWL

SCRAMBLED EGG, ARUGULA, SWEET POTATO, BLISTERED GRAPE TOMATOES, EVERYTHING BAGEL

THE GREENHOUSE BOWL

MARINATED MUSHROOM, WHITE KIDNEY BEANS, FRESH CHEESE, SOFT SCRAMBLE, PESTO, CRISPY SHALLOT

BREAKFAST BUFFETS

GLUTEN FREE, DAIRY FREE, AND VEGAN SUBSTITUTES AVAILABLE ON REQUEST

FULL BRITISH \$20.95 PP

CHIVE SCRAMBLED EGG
CLASSIC BREAKFAST SAUSAGES
ST. LAWRENCE MARKET PEAMEAL BACON
BAKED BEANS
ROASTED PLUM TOMATO
PORTOBELLO
MINI BUTTER CROISSANTS
SLICED FRUIT WITH FRESH BERRIES

FRITTATA BUFFET \$17.95 PP

GRILLED VEG FRITTATA
HASH BROWNS WITH PARSLEY AND THYME
BANANA BREAD WITH MAPLE BUTTER
ASSORTED PASTRIES, SWEET BUTTER & PRESERVES
FRESH FRUIT SALAD

SCRAMBLED \$16.95 PP

SCRAMBLED EGG WITH CHIVE
CINNAMON FRENCH TOAST OR FLUFFY BUTTERMILK PANCAKES
HICKORY SMOKED BACON AND/OR ALL BEEF BREAKFAST SAUSAGES
ACQUAS HOME FRIES

SPANISH TORTILLA \$21.95

YUKON GOLD AND ONION FRITTATA WITH ROMESCO
SLICED PORK BELLY
ASSORTED BREAKFAST PASTRIES AND LOAVES, SWEET BUTTER & PRESERVES
ACQUAS HOME FRIES

CONTINENTAL \$8.95 PP

ASSORTED BREAKFAST PASTRIES AND LOAVES
SLICED FRESH FRUIT WITH BERRIES OR FRUIT SALAD



GLUTEN FREE



DAIRY FREE



VEGAN



HOT SANDWICHES

GLUTEN FREE, DAIRY FREE, AND VEGAN SUBSTITUTES AVAILABLE ON REQUEST

BREAKFAST SANDWICHES \$7.95 EA

WITH SPICY MAYO AND HOUSE PICKLE ON TOASTED ENGLISH MUFFIN

- THICK CUT BACON AND EXTRA OLD CHEDDAR
- SMASHED SAUSAGE PATTY AND HAVARTI
- FRIED HALLOUMI AND HEIRLOOM TOMATO

CALI-STYLE BREAKFAST BURRITOS \$11.95 EA

- CHORIZO, JALAPENO CREMA, HASH BROWN, GUACAMOLE, CHEDDAR, EGG
- CARNE ASADA, BLACK BEANS, HASH BROWN, SALSA ROJA, COTIJA, EGG
- CRISPY BACON, CHIPOTLE, TATER TOTS, CHEDDAR, PEPPERS, ONIONS
- BIRRIA KING OYSTER MUSHROOM, STEWED BLACK BEANS, CRISPY POTATO, SALSA VERDE



BREAKFAST AREPAS \$8.50 EA

BACON, EGG, CHIPOTLE, GUACAMOLE, REFRIED BLACK BEANS, PICKLED JALAPENOS



GLUTEN FREE



DAIRY FREE



VEGAN

