



The Lighter Side

It's all new and just for you!



Avocado Toast | \$9

Smashed avocado on top of your selection of toast and topped with pico de gallo

Avocado Combo | \$13

Avocado toast paired with 2 poached eggs and fresh fruits

Steak and Eggs | \$18

3 eggs any style, 6 oz steak, toast, home fries

Fruit Salad | \$7

Cut fresh per order including seasonal local and tropical fruit

Fruit and Eggs | \$10

2 eggs any style paired with toast and fresh fruit on the side

G'morning Granola | \$10

Fresh fruits are topped with granola and drizzled with honey

Little Bites

A selection just for kids! 8 and under

Egg Breakfast | \$7

two eggs, bacon/sausage, toast

Jr. Pancakes | \$7

Served with syrup and whipped cream

Jr. Waffles | \$7

Served with syrup and whipped cream

Jr French Toast | \$7

Served with syrup and whipped cream

Grilled Cheese | \$7

Cheddar cheese sandwiched between bread

Cereal | \$6



SCAN ME

POUTINES

A twist on a favourite

Classic | \$9

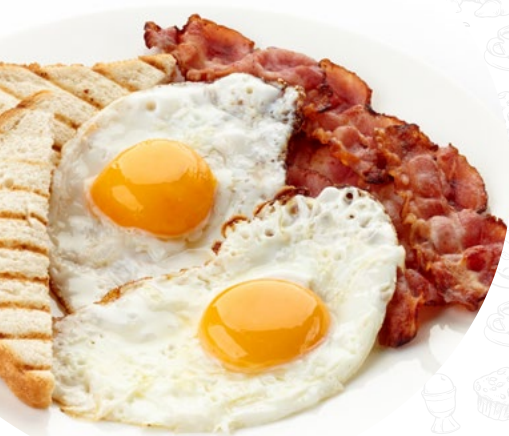
Home fries, cheese curds,
gravy.

Breakfast Style | \$11

Home fries, bacon, ham, sausage,
sauteed onion, cheese curds,
hollandaise sauce.

HOUSE SPECIALS

What we do best!



Classic Breakfast | \$8

3 eggs any style, toast, home fries

Deluxe Breakfast | \$13

3 eggs any style, choice of
bacon/ham/sausage, toast, home fries

Steak and Eggs | \$15

3 eggs any style, 6 oz steak,
toast, home fries

French Toast | \$8

Garnished with fruit topping,
whipped cream and syrup

Pancake Stack | \$8

Garnish with fruit topping,
whipped cream and syrup

Waffles| \$8

Garnish with fruit topping,
whipped cream and syrup

Best of Both| \$13

3 eggs any style, two pancakes
choice of bacon/ham/sausage
and home fries

Upgrade your side to fresh fruit for only \$3!

Sandwiches

Served with home fries

Loaded Grilled Cheese | \$13

Bacon, tomato, cheddar cheese

Mediterranean Sandwich | \$13

Egg white, lettuce, tomato
baby spinach, bell pepper

BLT | \$12

Bacon, lettuce, tomato

Breakfast Wrap | \$12

Egg, bacon, sauteed onion,
cheddar cheese, home fries

Club Sandwich | \$14

Grilled chicken breast, bacon, tomato
cheddar cheese, lettuce, garlic aioli

Peameal Sandwich | \$13

1 egg, peameal bacon, lettuce,
tomato, cheddar cheese

Western Sandwich | \$13

Egg, ham, onion, bell peppers, lettuce
tomato and garlic aioli

Fried Egg Sandwich | \$13

1 egg, tomato and cheese on an English muffin



Omelettes

Served with home fries and toast

Vegetarian | \$13

Spinach, bell pepper, mushroom
onion, tomato

Meat Lovers | \$14

Bacon, sausage, ham, mixed cheese

Western Omelette | \$15

Ham, onion, bell peppers

Benedicts

Avocado | \$13

2 eggs, English muffin, bacon
avocado, hollandaise sauce

Sunzest Bene | \$12

2 eggs, English muffin, ham
hollandaise sauce

Florentine | \$12

2 eggs, English muffin, sauteed onion,
baby spinach, swiss cheese,
hollandaise sauce

Bacon Tomato | \$13

2 eggs, English muffin, crisp bacon,
sliced tomato, hollandaise sauce

Sides

Home Fries | \$3

Corn Beef Hash | \$5

Bacon (3pc) | \$3

Ham (3pc) | \$3

Sausage (3pc) | \$3

Peameal (3pc) | \$4

Toast | \$2

Fruit | \$5

Add Ons

Chocolate Chips | \$2

Strawberry Topping | \$2

Cheese | \$2