



## BREAKFAST

<b>Huevos Rancheros</b> <b>GF</b> two free range eggs, pinto beans, onion, tomato, ranchero sauce, salsa verde, tortilla	16	<b>Smashed Avocado Toast</b> <b>GF</b> two poached eggs, avocado, country bread, smoked paprika soffrito, herb potatoes	15
<b>Bagel and Lox</b> whole grain bagel, cream cheese, red onion, capers, cold smoked salmon	14	<b>Morning Hash</b> <b>GF</b> potatoes, tomatoes, bell peppers, onions, chopped bacon, cheddar cheese, topped with two free range eggs, hot buttered toast	16
<b>Fresh Start</b> in house made granola, yogurt, fresh fruit, honey	13	<b>Van Island Breakfast</b> <b>GF</b> two free range eggs, choice of bacon, ham, or Urbani sausage, crispy garlic and herb potatoes, hot buttered toast	15
<b>West Coast Oatmeal</b> <b>GF</b> rolled oats, dried blueberries, cranberries, apricots, sultanas, cinnamon, brown sugar	11	<b>Brentwood Benedict</b> <b>GF</b> two poached free range eggs, smoked salmon, apple-fennel slaw, english muffin & herb potatoes	17   half 12
<b>Buttermilk Pancakes</b> stack of three, butter, maple syrup, fruit compote	15	<b>Vegetarian Benedict</b> <b>GF</b> two poached free range eggs, sweet pepper jam, avocado, goat cheese, english muffin & herb potatoes	16   half 11
<b>Three Egg Omelet</b> <b>GF</b> free range eggs with your choice of any two fillings: cheddar cheese, goat cheese, spinach, green onion, tomatoes, mushrooms, bacon, sausage, caramelized onion, kale Served with crispy garlic and herb potatoes, hot buttered toast	16	<b>Classic Benedict</b> <b>GF</b> two poached free range eggs, shaved black forest ham, english muffin, hollandaise & herb potatoes	16   half 11
	additional filling	2	

## ACCOMPANIMENTS

<b>Seasonal Fruit Cup</b> <b>GF</b>	5	<b>Whole Grain Bagel &amp; Cream Cheese</b>	5
<b>"Urbani" artisan breakfast sausage</b> <b>GF</b>	6	<b>Crispy Garlic &amp; Herb Potatoes</b> <b>GF</b>	4
<b>Double Smoked Vancouver Island Bacon or Country Ham</b> <b>GF</b>	6	<b>Toast &amp; Preserves</b> <b>GF</b> multi-grain, sourdough, whole wheat, marble rye, or gluten free	4

## BEVERAGES

<b>Cappuccino</b>	5	<b>Juice</b> orange, apple, cranberry, pineapple, or grapefruit	4
<b>Americano</b>	4 <sup>3/4</sup>	<b>Harney &amp; Sons Teas</b> Caffeinated   English breakfast, chai, earl grey, sencha green, tropical green, hot cinnamon spice Decaffeinated   chamomile, peppermint	4
<b>Latte</b>	5 <sup>1/2</sup>	<b>Drip Coffee</b> medium full city or swiss water decaf	4 <sup>1/2</sup>
<b>Mocha</b>	5 <sup>1/2</sup>		
<b>Hot Chocolate</b>	4 <sup>3/4</sup>		