



## BREAKFAST

<p><b>Smashed Avocado Toast</b> <b>GF</b> 15 two poached eggs, avocado, country bread, smoked paprika soffrito, herb potatoes</p> <p><b>Bagel and Lox</b> 14 whole grain bagel, cream cheese, red onion, capers, cold smoked salmon</p> <p><b>Fresh Start</b> 13 in house made granola, yogurt, fresh fruit, honey</p> <p><b>West Coast Oatmeal</b> <b>GF</b> 11 rolled oats, dried blueberries, cranberries, apricots, sultanas, cinnamon, brown sugar</p> <p><b>Three Egg Omelet</b> <b>GF</b> 16 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</p> <p style="text-align: right;">additional filling 2</p>	<p><b>Morning Hash</b> <b>GF</b> 16 potatoes, tomatoes, bell peppers, onions, chopped bacon, cheddar cheese, topped with two free range eggs, hot buttered toast</p> <p><b>Van Island Breakfast</b> <b>GF</b> 15 two free range eggs, choice of bacon, ham, or Urbani sausage, crispy garlic and herb potatoes, hot buttered toast</p> <p><b>Brentwood Benedict</b> <b>GF</b> 17   half 12 two poached free range eggs, smoked salmon, apple-fennel slaw, english muffin &amp; herb potatoes</p> <p><b>Vegetarian Benedict</b> <b>GF</b> 16   half 11 two poached free range eggs, sweet pepper jam, avocado, goat cheese, english muffin &amp; herb potatoes</p> <p><b>Classic Benedict</b> <b>GF</b> 16   half 11 two poached free range eggs, shaved black forest ham, english muffin, hollandaise &amp; herb potatoes</p> <p><b>Belgium Waffle</b> 14 fruit compote, whip cream</p>
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## ACCOMPANIMENTS

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

<p><b>Cappuccino</b> 5</p> <p><b>Americano</b> 4<sup>3/4</sup></p> <p><b>Latte</b> 5<sup>1/2</sup></p> <p><b>Mocha</b> 5<sup>1/2</sup></p> <p><b>Hot Chocolate</b> 4<sup>3/4</sup></p>	<p><b>Juice</b> 4 orange, apple, cranberry, pineapple, or grapefruit</p> <p><b>Harney &amp; Sons Teas</b> 4 Caffeinated   English breakfast, chai, earl grey, sencha green, tropical green, hot cinnamon spice Decaffeinated   chamomile, peppermint</p> <p><b>Drip Coffee</b> 3.5 medium full city or swiss water decaf</p>
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