

BREAKFAST

*All breakfast choices (except bowls) come with a side of fresh fruit.
For choices with smashed potatoes, substitute potato for house salad
at no additional cost.*

CRAVE BREAKFAST GFO

two free range eggs any style, smashed potatoes/
baked beans/ choice of black forest ham, farmer
sausage, applewood smoked bacon/
choice of toast/ gluten free bread +3

21

ALBERTA STEAK & EGGS GF

grilled Alberta AAA strip loin/ Alberta free-range
eggs/ mushrooms/ caramelized onion rémoulade

33

WESTERN HASH POUTINE GFO

free-range eggs/ hash brown potato/ bacon/ farmer's
sausage/ mushroom/ cherry tomatoes/ cheddar
blend/ poutine gravy/ choice of toast

21

BREAKFAST BURRITO V+

free-range eggs scrambled/ sweet peppers/
mushroom/ red onions/ tomatoes/ cheddar blend in
a whole wheat tortilla/sour cream & salsa
additional toppings +1.5

Fairwind Farm goat cheese/ chorizo/
black forest ham/ bacon
vegan option/ tofu scramble

19

HAM & CHEESE CRÊPES

black forest ham/ Jarlsberg cheese/ fried free-range
egg/ smashed potatoes/ sour cream

19

ALBERTA EGGS BENEDICT

free-range eggs/ hollandaise/ english muffin/
smashed potatoes

your choice of:

canadian back bacon 23

smoked salmon 25

avocado & spinach 22

BUILD YOUR OWN OMELETTE GFO

two free range eggs with your choice of the
following ingredients;

sweet peppers/ green onions/ red onions/
tomato/ mushrooms/ cheddar blend

+ smashed potatoes & toast

Fairwind Farm goat cheese/ chorizo/

black forest ham/ bacon +1.5 ea

gluten free bread +3

19

please notify your server regarding any
allergies or dietary requests

18% gratuity added to all parties of 6 or more



BREAKFAST



BUTTERMILK PANCAKES

whipped butter/ seasonal berries/ Québec maple syrup/ crème chantilly

19



BRIOCHE CINNAMON FRENCH TOAST N

Nutella/ Québec maple syrup/ crème chantilly/ sliced banana/seasonal berries

19



BOWLS//

CHIA PARFAIT BOWL GF/ N

seasonal berries/ yogurt/ chia/ organic nuts & seeds granola

16



VEGAN COCONUT MUESLI GF/ DF/ V+/ N

mango compote/ sliced banana/ organic nuts & seeds granola/ seasonal berries

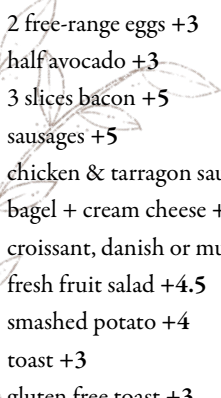
16

DAILY HOT CEREAL GF/ DF/ V+



organic steel cut oats/ mixed berry compote/ spiced brown sugar

11

UPGRADES & ADD ONS//

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- 2 free-range eggs +3
 - half avocado +3
 - 3 slices bacon +5
 - sausages +5
 - chicken & tarragon sausages +5
 - bagel + cream cheese +4.5
 - croissant, danish or muffin +4
 - fresh fruit salad +4.5
 - smashed potato +4
 - toast +3
 - gluten free toast +3

BEVERAGES//

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- 
- | | | |
|-----------------|------------------|--------------------|
| coffee 4 | milk 4 | fresh oj 5.75 |
| tea 4 | chocolate milk 4 | chilled juices 4.5 |
| herbal tea 4.25 | oat milk 4.25 | orange/ apple/ |
| hot chocolate 4 | pop 4 | cranberry/ peach |

gfo gluten free option available

v+ vegan/ vegan option available

n contains nuts

please notify your server regarding any allergies or dietary requests

