

The *Ground Floor*

BREAKFAST

CONTINENTAL \$7

Toast, muffin, danish or croissant accompanied by apple, orange or pink grapefruit juice and fresh brewed coffee or tea with fresh fruit cup

FRESH FRUIT PLATE \$6

Served with honey yogurt dip

YOGURT AND GRANOLA PARFAIT \$6

Granola, fresh berries and vanilla yogurt

BUTTERMILK PANCAKES \$8

Served with butter, syrup and triple berry compote

BELGIAN WAFFLE \$8

Served with butter, syrup and triple berry compote

CINNAMON FRENCH TOAST \$8

Egg dipped french bread with cinnamon and powdered sugar served with butter, syrup and triple berry compote

CANADIAN BREAKFAST \$9

Two free range organic eggs any style served with bacon, ham or sausage, pancakes or toast and shredded hash browns

MORNING SCRAMBLE \$9

Scrambled eggs with shredded ham, cheddar cheese, and scallions served with pancakes or toast and shredded hash browns

FREE RANGE ORGANIC OMELETTE \$10

Three egg omelette served with pancakes or toast and shredded hash browns

Bacon and cheese

Ham, cheese and scallions

Vegetarian omelette with cheese

STEAK AND EGGS \$15

Grilled 7oz Manitoba Natural Prairie Beef New York striploin steak and two free range organic eggs. Served with pancakes or toast and shredded hash browns

THE URBAN BURRITO \$8

Shredded hash browns, strip bacon, two organic free range eggs, local jack & cheddar cheese layered inside a soft flour tortilla. Topped with melted cheese and served with house salsa and sour cream

HOT OATMEAL \$4

Served with dried fruits and brown sugar

CEREAL \$4

Kashi, Fibre One, Special K, Cheerios, Fruit Loops, Raisin Bran

CROISSANT, DANISH OR TOAST \$3

BAGEL WITH CREAM CHEESE \$3

FRUIT CUP \$3

BEVERAGES

COFFEE OR TEA \$2

Regular, decaffeinated or herbal

CAPPUCCINO, LATTE, OR HOT CHOCOLATE \$3

MILK \$2

2%, skim or chocolate

CHILLED JUICE \$3

Orange, pink grapefruit, apple, cranberry, tomato or V8

Served daily until closing