



## beans

Spirit Bear Organic Fair Trade Coffee  
our house coffee 4.5

Espresso Single  
5  
extra shot 1

Cappuccino/Latte Espresso  
extra shot 5.5  
1

## juices

orange, grapefruit, apple or pineapple  
cranberry, tomato, V8 or clamato  
fresh squeezed orange or grapefruit 5  
5  
9

## leaves

Organic Two Leaves & a Bud Teas  
breakfast, earl grey, darjeeling, chai, green,  
peppermint, alpine berry, chamomile 4.5

## SILK ROAD Loose Leaf Teas 5

locally blended premium teas

Euphoria Herbal Tea  
Inn at Laurel Point's exclusive tea blend to gently calm the soul  
& lift the spirit

Angelwater - tea of serenity Herbal Tea  
a subtle, sweet & mellow cup of tea

Philosopher's Brew - tea of enlightenment Herbal Tea  
a luscious, lemony cup of tea with a bright golden hue

SILK ROAD Chai - warms the body & soul Black Tea  
a well balanced composition of aromatic spices & mellow black tea

Imperial Earl Grey - absolutely earl grey Black Tea  
ceylon black tea with bergamot fruit essence

Japanese Sour Cherry - cherry haiku Green Tea  
delicate cherry sencha with a beguiling, fruity aroma

Gen Mai Cha -tea of harmony Green Tea  
with roasted rice, showing a nutty & toasty flavor and sweet finish

Waterfall - sacred offerings Oolong Tea  
lightly roasted warm notes with a delicate, fresh, spring flavor

# Good Morning!

Point Breakfast	17
two free range eggs any style, choice of bacon, ham or sausage, herb baked tomato, sesame ginger kale salad, oven roasted potatoes with roasted peppers & onions, choice of toast	
Continental	16
choice of inn-baked breakfast pastry, fruit yogurt & granola parfait, sliced fresh fruit, cranberry & mint smoothie	
Build Your Own Omelet	19
choice of free range whole eggs or egg whites, herb baked tomato, sesame ginger kale salad, oven roasted potatoes with roasted peppers & onions, choice of toast	
<i>choose two ingredients:</i>	
ham, house cured bacon, goat cheese, aged BC cheddar, wild BC mushrooms, spinach, tomato, green onion	
additional ingredients	1
Porridge	14
Canadian steel cut oats, honey, inn-made granola, dried apricots, brown sugar	

Eggs Benny	half 12 full 18
two poached free range eggs, Canadian back bacon, toasted english muffin, hollandaise sauce, sesame ginger kale salad, oven roasted potatoes with roasted peppers & onions	
Steak & Eggs	24
sliced 4oz striploin steak, two free-range eggs any style, herb baked tomato, sesame ginger kale salad, oven roasted potatoes, choice of toast with roasted peppers & onions	
Pancakes	18
inn-made, orange zest, maple syrup, butter	
Vegetarian Bowl	18
organic quinoa, wild B.C. mushrooms, cherry tomato, peppers & onions, kale, gochujang sesame dressing, soft poached free-range egg	
Fruit Plate	14
fresh sliced fruit, fig & prune stew	

# Breakfast

7:00am to 11:00am

## sides

ham, bacon, or artisan sausage	6
assorted dry cereal and fruit	8
fresh fruit bowl	9
yogurt	4
inn-baked muffin, croissant, breakfast pastry	5
home fries	4
toast - white, whole wheat, multigrain, marble rye	4
gluten free toast	5
bagel & cream cheese	7
one egg	3
half grapefruit	4
sliced tomato	3
cranberry & mint smoothie	6
substitute fruit	1
substitute gluten free bread/english muffin	2

