

Breakfast

Point Breakfast two eggs any style, choice of bacon, ham or pork sausage, baked tomato, parmesan home fries, choice of toast	18
Continental choice of homemade pastry, vanilla yogurt & granola parfait, fresh sliced fruit, fruit & nut power bar	16
Eggs Benny two poached eggs, back bacon, English muffin, hollandaise, parmesan home fries	Half 13 Full 20
Porridge Canadian steel cut oats, winter fruit compote, almond praline, vanilla mascarpone	16
Fruit Plate	14
Build Your Own Omelet eggs, baked tomato, parmesan home fries, choice of toast select two ingredients: ham, bacon, goat cheese, aged cheddar, wild BC mushrooms, spinach, tomato, green onion	20
additional ingredients	1
substitute egg whites	2

Sides

house made bagel & cream cheese	7
ham, bacon or pork sausage	6
house-made muffin, croissant or breakfast pastry	5
dry cereal & fruit	8
one egg	3
parmesan home fries	6
fresh fruit bowl	9
toast - white, whole wheat, multigrain or sour dough	4
substitute fruit	1
substitute gluten free bread/English muffin	2

Coffee & Tea

Spirit Bear Organic Fair Trade Coffee our house coffee	4.5
Organic Two Leaves & a Bud breakfast, earl grey, darjeeling, chai, green, peppermint, chamomile or alpine berry	4.5

Silk Road Loose Leaf Teas

locally blended premium teas

Seamist - herbal tea an enticing blend of crisp mint & sweet lemongrass, with a restorative seaweed note	5
Silk Road Chai - black tea a well-balanced composition of aromatic spices & mellow black tea	5
Gen Mai Cha - green tea with roasted rice, showing a nutty & toasty flavour and sweet finish	5

Juice

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



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