



Grill Breakfast Menu

ENERGIZE YOUR DAY

Steel Cut Oatmeal **GF**
Dried fruits and brown sugar 10

Assorted Dry Cereals
Choose from a variety including gluten free or crunchy granola, served with seasonal berries or sliced bananas, Special K, All Bran, Müslix, Raisin Bran, Frosted Flakes, Corn Flakes or Rice Krispies 9

Blackberry and Yogurt Smoothie **GF**
Banana, low fat yogurt 10

Fresh Berry and Yogurt Parfait
Layered with all natural granola 14

EARLY FAVORITES

Build Your Own Continental Breakfast
Individual flavoured yogurt, fresh sliced fruit and choose one of the following: Danish, muffin, croissant or toast. Choice of coffee, tea or juice 17

Deep Pocket Belgian Waffle
Golden waffle, fresh berries, maple syrup, whipped cream 18

Griddled Buttermilk Pancakes
Fresh berries and maple syrup 18

Chef's Omelet
Three eggs packed with smoked ham, sautéed onions, mushrooms, aged cheddar, served with crispy golden breakfast potatoes and your choice of toast 18

The Fresh Start
Two eggs done your way, bacon or ham or sausage, crispy golden breakfast potatoes and your choice of toast 18

POWER UP

Smoked Salmon Bagel
Atlantic smoked salmon, your choice of white or whole wheat bagel, served with cream cheese, onions and capers 16

Western Breakfast Egg Wrap
Bell peppers, onions, ham served with chunky salsa, your choice of crispy golden breakfast potato or seasonal fruits 18

Poached Egg and Smoked Chicken Hash **GF**
Two eggs poached your way, applewood smoked chicken hash, tomatoes, green onions 17

Egg White and Spinach Omelet **GF**
Fresh egg whites, spinach, diced tomatoes and aged cheddar cheese, choice of crispy golden breakfast potato or fruit and your choice of toast 19

The Benedict
Poached eggs, served on smoked back bacon, toasted English muffin, crispy golden breakfast potatoes, hollandaise 20

Grilled Steak and Eggs **GF**
Aged striploin steak and two eggs done your way, crispy golden breakfast potatoes, your choice of toast 28

THE SIDE PLATE

Big Bowl of Market Fruits and Berries **GF**
A bright mix of seasonal favourites 12
Choose only berries for 3 more

Smoked Bacon, Breakfast Sausage Links or Grilled Ham 8

A Cup of Yogurt **GF**
Choice of Greek, non-fat, flavoured or plain, served with fresh berries 8

Crispy Golden Breakfast Potatoes 6
Add smoked chicken for 3 more

Toasted Bagel with Philadelphia® Cream Cheese
Low fat or regular 7

Breads and Pasties
Choose one of the following: croissant, daily muffin, English muffin, sourdough, multi-grain, rye or white toast 5

BEVERAGES

Juice
Orange, apple, grapefruit, cranberry or tomato 5

Fresh Brewed Starbucks® Coffee
Regular or decaffeinated 5

Cappuccino or Latte 6

Espresso 5

Milk
Non-fat, 2%, soy or chocolate 5

Tazo® Tea
Choose from a selection of regular and decaffeinated teas 5

*Consuming raw or undercooked meat, seafood and eggs may increase your risk of food-borne illness.

GF We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten free diet, please be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.

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