

good morning

Choose a little, choose a lot

Monday to Friday, 6:30am-10:30am

The Morning Express

A fine selection of in-house baked goods, hot & cold cereal and fibers, fresh & preserved fruit, a variety of grains, yogurt, domestic cheeses and an assortment of juices Adult 13 Child 7

Buffet

Enjoy the Morning Express Bar, plus a selection of hot entées Adult 17 Child 10

Power Up

Colors Classic

Two eggs any style with your choice of bacon, ham or maple chicken sausage, served with toast and hashbrown potatoes 13

Pork and Beans

Two eggs any style, house made bacon, baked beans, baby red potatoes, cheddar biscuit 13

The Traditional Eggs Benny

Served with ham and hashbrowns 15
Substitute ham with smoked salmon Add 3

Sunrise Flatbread

Bacon, eggs, cheese, onions, peppers, Hollandaise sauce 13

Sirloin Steak and Eggs

A 6 oz. sirloin steak served with two eggs any style, toast and hashbrowns 17

Breakfast Club Sandwich

Farm fresh eggs, house smoked bacon, cheddar cheese, lettuce, waffle with maple aioli 15

Omelettes 15

Three farm fresh eggs served with hashbrowns and toast. Choose from:

Greek

Tomato, black olives, peppers, onions and feta cheese.

Steak & Mushroom

Alberta rib steak, mushrooms, onion, roasted red pepper, swiss cheese, and baked beans

Ham & Cheese

Smoked ham and cheddar cheese

Substitute with egg whites

Please advise your server if you have any personal dietary or allergy restrictions.

Breakfast Favorites

Banana Bread French Toast

House baked banana loaf, fresh strawberries and orange crème Anglaise 13
Add bacon, ham or sausage 2

Belgian Waffle

Fresh fruit and whipped cream 13

Red Velvet Pancakes

Cream cheese glaze and fresh berries 12

Hashbrown Poutine

Breakfast potatoes, poached eggs, cheese curds, gravy and Hollandaise 13

Short Rib Hash

Two poached eggs, braised beef, baby red potatoes, caramelized onions, peppers, brie fondue 15

Grilled Nutella Sandwich

Banana, hazelnut spread, cornflake crunch 13

The Side Plate

One egg 3

Two eggs 4

Cold cereal 4

Bacon, ham or chicken sausage 5

Fresh fruit cup 5

Toast 3

Pancakes 5

Sauteed Spinach 4

Energize Your Day

Banana Pecan Muesli Parfait

Swiss muesli, almonds, candied pecans, banana brulee 9

Healthy Start

Mueslix, Bran Flakes, or Special K served with a single poached egg, two slices of whole wheat toast and your choice of beverage 11

Seasonal Fresh Cut Fruit Plate 13

The Bakery Basket

Your choice of muffin, croissant, mini danishes (2), mini cinnamon swirls, English muffin, New York Style bagel, banana bread or toast with preserves 3

Steel Cut Oatmeal

With pecans, raisins and cinnamon 6

Smoked Salmon

Applewood smoked salmon, whole wheat bagel, lemon dill cream cheese, pickled red onion, crisp capers 15

Beverages

Coffee, tea or hot chocolate 2.75

Assorted chilled juices 8oz 2.75 12oz 3.25

1%, skim or chocolate milk 8oz 2.50 12oz 3.25