

# 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, an assortment of juices Adult 13 Child 7

### Buffet

Enjoy the Morning Express Bar, plus a selection of hot entées Adult 16.95 Child 8.95

## Power Up

### Colors Classic

Two eggs any style with your choice of bacon, ham or maple chicken sausage, served with toast, baby red 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 on an english muffin with ham, baby red potatoes 15  
Substitute ham with smoked salmon Add 3

### Breakfast Tacos

Chorizo sausage, scrambled egg, cheese, pico de gallo, baby red potatoes 14

### Sirloin Steak and Eggs

A 6 oz. sirloin steak served with two eggs any style, toast, baby red potatoes 17

### Grilled Breakfast Panini

Farm fresh eggs, house smoked bacon, cheese, tomato, cheddar bread, baby red potatoes 14

## Omelettes 15

Three farm fresh eggs served with baby red potatoes, toast. Choose from:

### Greek

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

### Steak & Mushroom

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

### Ham & Cheese

Smoked ham, cheddar cheese

Substitute with egg whites

## Beverages

Coffee, tea or hot chocolate	3.00		
Assorted chilled juices	8oz 3.00	12oz 3.50	
2%, skim or chocolate milk	8oz 3.00	12oz 3.50	

## Breakfast Favorites

### Stuffed French Toast

Peanut butter and bacon stuffed french toast, fresh strawberries 13  
Add bacon, ham or sausage 2

### Sugar Waffles

Fresh fruit, vanilla bean custard 10

### Banana Pancakes

White chocolate, macadamia nuts, butter sauce 13

### Hashbrown Poutine

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

### Short Rib Hash

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

### Green Eggs and Ham Breakfast Wrap

Egg whites, spinach, smoked ham, fontina cheese, baby red potatoes 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

### Healthy Start

Mueslix, Bran Flakes, or Special K served with a single poached egg, two slices of whole wheat toast 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 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

## Parfait Bar

### Traditional Berry Parfait

Vanilla yogurt, seasonal berries, granola 9

### Strawberry Cheesecake Granola Parfait

Vanilla yogurt, honey graham granola, strawberries, whipped cream cheese 9

### Pumpkin Cookie Parfait

Pumpkin custard, banana, vanilla yogurt, cookie shortbread 9