

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 14

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

Ham & Cheese

Smoked ham, cheddar cheese

Substitute with egg whites

Beverages

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| 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

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|-------------------------------|---|
| 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