

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 sausage, served with toast and hashbrown potatoes 13

**Vegetable Frittata**

Three scrambled eggs mixed with spinach, mushrooms and potatoes, served with fresh cut fruit, toast and preserves 15

**The Traditional Eggs Benny**

Served with ham and hash brown Full 15 Half 13  
Substitute ham with smoked salmon Full 3 Half 2

**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

**Scrambled Egg White and Roasted Turkey Wrap**

Scrambled egg whites, roasted turkey, cheddar cheese, spinach and oven cured tomatoes, served with seasonal fruit 16

**Omelettes 14**

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

**Greek**

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

**Protein**

Sausage, bacon, mushrooms and cheddar cheese

**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 caramelized orange crème Anglaise 13  
Add bacon, ham or sausage 2

**Belgian Waffle**

Served with your choice of syrup or triple berry sauce, fresh fruit and whipped cream 13

**The Canadian**

Two buttermilk pancakes, bacon and two fried eggs 13

**Hash Brown Poutine**

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

**Smoked Ham Crepe**

Farm fresh eggs, edam cheese, ham served with fresh fruit 13

**Smoked Salmon**

Applewood smoked salmon, whole wheat bagel, Greek yogurt, alfalfa sprouts, tomato 15

**The Side Plate**

One egg 3  
Two eggs 4  
Cold cereal 4  
Bacon, ham or sausage 5  
Fresh fruit cup 5  
Toast 3

**Energize Your Day**

**Berry and Yogurt Parfait**

Vanilla yogurt, flax seed, berries and all natural granola 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

**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 |  |