

## QUICK AND EASY

<b>Oatmeal</b> <b>V/VG</b>	<b>9</b>	<b>Yogurt Parfait</b> <b>V</b>	<b>13</b>
Cinnamon, brown sugar, bananas, raisins		Greek yogurt, granola, honey, mixed berries	
<b>Smashed Avocado Toast</b>	<b>14</b>	<b>Fresh Fruit Bowl</b> <b>V/VG/GF</b>	<b>15</b>
Sourdough bread, smashed avocado, watercress, feta crumble		Seasonal fruit and berries	
<b>V/VG/GF</b>		<b>Cannery Continental</b> <b>V</b>	<b>18</b>
<b>Add:</b> Two eggs <b>3</b> Smoked salmon <b>6</b>		Butter croissant, yogurt parfait, fresh fruit bowl	

## ALL THINGS EGGS

<b>Cannery Breakfast</b> <b>GF</b>	<b>19</b>	<b>Eggs Benedict</b>	
Two eggs your way, choice of bacon or sausage, breakfast potatoes, baked beans, choice of toast		Served with breakfast potatoes	
<b>Vegan Cannery Breakfast</b> <b>V/VG/GF</b>	<b>19</b>	<b>Traditional</b> - poached eggs,	<b>20</b>
Tofu scramble, avocado, breakfast potatoes, baked beans, choice of toast		peameal bacon, toasted English muffin, hollandaise sauce	
<b>Wellbeing Omelette</b> <b>V/VG</b>	<b>21</b>	<b>Florentine</b> - poached eggs,	<b>19</b>
Egg whites, feta, spinach, mushrooms, tomatoes, onions, served with fresh fruit and choice of toast		spinach, mushrooms, toasted English muffin, hollandaise sauce <b>V</b>	
<b>Southwest Omelette</b> <b>V/VG</b>	<b>24</b>	<b>Smoked Salmon</b> - poached	<b>23</b>
Peppers, onions, cheddar cheese, served with avocado, salsa, sour cream, breakfast potatoes and choice of toast		eggs, smoked salmon, toasted English muffin, hollandaise sauce	
		<b>Build Your Own Omelette</b> <b>GF</b>	<b>20</b>
		Choose up to three: tomatoes, bell peppers, onions, mushrooms, spinach, cheddar cheese, feta, bacon, sausage, smoked salmon, served with breakfast potatoes and choice of toast	

## SWEET TOOTH

<b>Belgian Waffle</b> <b>V</b>	<b>17</b>	<b>Cinnamon French Toast</b> <b>V/GF</b>	<b>17</b>
Fresh-off-the-iron with bananas, berries, whipped cream, maple syrup		French toast, whipped cream, butter, maple syrup	
<b>Buttermilk Pancakes</b> <b>V</b>	<b>16</b>		
Three fluffy pancakes, berries, butter, maple syrup			

## A LITTLE EXTRA

Pork or chicken sausage	<b>5</b>	Breakfast potatoes <b>V/VG</b>	<b>5</b>
Peameal or regular bacon	<b>5</b>	Baked beans <b>V/VG</b>	<b>3</b>
Smoked salmon	<b>8</b>	Avocado <b>V/VG/GF</b>	<b>5</b>

## BEVERAGES

Brewed coffee	<b>4</b>	White or chocolate milk	<b>5</b>
Cappuccino	<b>5</b>	Oat or almond milk	<b>5</b>
Latte	<b>5</b>	Assorted juices	<b>5</b>
Espresso	<b>4</b>	Hot chocolate	<b>4</b>
Selection of teas	<b>4</b>	Whipped cream	<b>2</b>

**GF** Gluten Friendly/Gluten Friendly Option Available  
**VG** Vegan/Vegan Option Available  
**V** Vegetarian/Vegetarian Option Available

Please advise us of any food allergies and be aware that any undercooked foods ordered by request pose a risk of foodborne illness. Cannery restaurants are not gluten-free, vegetarian, or vegan restaurants and take no responsibility should cross-contamination occur.

\*Prices do not include sales tax.