

## QUICK AND EASY

<b>Oatmeal</b> <b>V/VG</b>	<b>7</b>	<b>Yogurt Parfait</b> <b>V</b>	<b>15</b>
Cinnamon, brown sugar, bananas, raisins		Greek yogurt, granola, honey, mixed berries	
<b>Smashed Avocado Toast</b>	<b>17</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>21</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>17</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, peameal bacon, toasted English muffin, hollandaise sauce	<b>21</b>
Tofu scramble, avocado, breakfast potatoes, baked beans, choice of toast		<b>Florentine</b> - poached eggs, spinach, mushrooms, toasted English muffin, hollandaise sauce <b>V</b>	<b>21</b>
<b>Well-being Omelette</b> <b>V/VG</b>	<b>20</b>	<b>Smoked Salmon</b> - poached eggs, smoked salmon, toasted English muffin, hollandaise sauce	<b>23</b>
Egg whites, feta, spinach, mushrooms, tomatoes, onions, served with fresh fruit and choice of toast		<b>Build Your Own Omelette</b> <b>GF</b>	<b>20</b>
<b>Southwest Omelette</b> <b>V/VG</b>	<b>21</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	
Peppers, onions, cheddar cheese, served with avocado, salsa, sour cream, breakfast potatoes and choice of toast			

## SWEET TOOTH

<b>Belgian Waffle</b> <b>V</b>	<b>16</b>	<b>Cinnamon French Toast</b> <b>V/GF</b>	<b>18</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>15</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>6</b>
Peameal or regular bacon	<b>6</b>	Baked beans <b>V/VG</b>	<b>4</b>
Smoked salmon	<b>7</b>	Avocado <b>V/VG/GF</b>	<b>5</b>

## BEVERAGES

Brewed coffee	<b>3</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>4</b>
Espresso	<b>4</b>	Soft drinks	<b>4</b>
Selection of teas	<b>3</b>	Hot chocolate	<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.