

BREAKFAST

Sunrise Breakfast	16
Two "eggs your way", breakfast potatoes, choice of breakfast meats, choice of toast	
Eggs Benedict	19
Poached eggs, Canadian bacon, English muffin, hollandaise sauce, breakfast potatoes	
Florentine Benedict	19
Poached eggs, mushrooms, spinach, English muffin, hollandaise sauce, breakfast potatoes	
Build Your Own Omelet	18
Choose 3 from: bacon, sausage, ham, tomatoes, bell peppers, onions, mushrooms, cheddar, Monterey jack, served with breakfast potatoes and choice of toast	
Wellbeing	20
Egg whites or scrambled, feta, kale, spinach, mushroom, tomato, onion, served with sliced seasonal fresh fruit and multigrain bread	
Steak & Eggs	28
Two "eggs your way" center cut sirloin 6 oz, breakfast potatoes, choice of toast	
Tofu Scrambled Eggs – Vegan	18
Shredded tofu, turmeric, ginger, garlic, bell peppers, tomatoes, onions, breakfast potatoes, choice of toast	
Breakfast Burrito	18
Scrambled eggs, cheddar and mozzarella cheese, guacamole, sour cream, lettuce, salsa, choice of white or whole wheat tortilla, breakfast potatoes	
Mushroom Hummus Toast – Vegan	18
Toasted sourdough bread, hummus, sauté mushrooms, sprouting microgreens	
Smoked Salmon Toast	20
Grilled multigrain bread, herbed cream cheese, smoked salmon, red onion, capers, everything bagel seasoning	
Buttermilk Pancakes	14 / 16
Short or tall stack, butter, warm maple syrup	
Classic Belgian Waffle	16
Butter, warm maple syrup	
Yogurt Parfait Bowl	14
Greek yogurt, bananas, strawberries, blueberries, toasted coconut flakes, honey, walnuts	

SIDES

Egg Your Way	5
Selection of Toasted Breads	5
Breakfast Potatoes	6
Yogurt, Greek Yogurt	6
Bacon, sausage, Ham	7
Chicken Sausage	7
Bagel W/Cream Cheese	8
Selection of Cold Cereals	8
Fresh Fruit	9
Add bananas or Fresh Fruit	+\$3

BEVERAGES

Freshly Brewed Premium Coffee	4
Selection of Teas	4
Assorted Juices	5
Assorted Fountain Beverages	5
Milk, Chocolate Milk, Hot Chocolate	5
Cappuccino, Latte, Espresso	6
Strawberry Banana Smoothie	8
Mean Green Smoothie	8



AROUND THE TABLE

Loaded Nachos	21
Corn chips, olives, pico de gallo, green onions, jalapenos, sour cream, three cheeses. Add: grilled chicken 8 / guacamole 3	
Whipped Feta Bruschetta	15
Toasted ciabatta, marinated tomatoes drizzled with aged balsamic vinegar reduction	
Spinach & Artichoke Dip	16
Parmesan, goat and cream cheese with wilted spinach and artichoke hearts, served hot with fried pita	
Fried Calamari	23
Flour dusted and deep fried, jalapenos, peppers, roasted garlic aioli, spicy Sriracha sauce	
Chicken Wings	21
Dusted and with your choice of sauces: BBQ, hot, or honey garlic, served with carrots, celery, creamy blue cheese dip	
Chicken Fillets	21
Coleslaw, fries, honey mustard dip	
Steak Bites	25
Soy marinated bites of steak, served with roasted garlic horseradish aioli, creamy blue cheese dip	
Loaded potato skins	21
Baked potato, topped with grilled chicken, bacon crumble, mozzarella cheese, green onion, chipotle baja sauce	
Classic Poutine	15
Crisp French fries, Quebec cheese curds, home style gravy	
Meatloaf Poutine	21
The classic, with mushrooms, green onions, Quebec cheese curds	

TO START

Market Fresh Soup	10
Chef's daily inspiration	
Seafood Chowder	16
Local fish, shellfish and Yukon potatoes in a creamy broth flavoured with dill	
Gathered Greens	Side 10 / Bowl 14
Seasonal greens, cucumber, grape tomatoes, radish, red onions and carrots tossed in a house herb & spice dressing or balsamic olive oil dressing	
Caesar Salad	Side 11 / Bowl 15
Romaine lettuce, croutons, bacon, parmesan cheese, tossed in a classic Caesar dressing	
Quinoa, Arugula & Feta Cheese Salad	20
Edamame, Granny Smith apple, walnuts, dried cranberries, toasted sunflower seeds and red onions tossed in cranberry poppyseed vinaigrette	
Add a protein to any salad: Salmon (4oz) 8 / Shrimp (5 pieces) 11 / Chicken (6 oz.) 7 / Steak (6oz) 18	

ARTISAN PIZZA 10" *Gluten Free Available*

Margherita	18
Signature tomato sauce, sliced tomato, mozzarella cheese and basil oil Add: pepperoni 3 / chicken 4 / grilled vegetables 3	
Cannery	21
Pesto sauce, prosciutto, bruschetta, goat cheese, Mozzarella cheese, topped with arugula leaves tossed in a citrus vinaigrette	
Norwegian	22
Ranch dressing, smoked salmon, red onion, capers, fresh dill leaves, mozzarella cheese	



BURGERS & MORE

(Served with Fries or Salad)

- Classic Burger** 21
8 oz. Sirloin beef patty, lettuce, tomatoes, pickles, red onions, mayo on a bistro bun. Add: Bacon 4 Cheddar 2 Sautéed Mushrooms 2
- Cannery Burger** 24
8 oz. sirloin beef patty glazed with Cafe de Paris herb butter, bacon, melted Swiss cheese, tomato, onion straws, bistro bun
- Canadian Burger** 23
8 oz. sirloin beef patty with Maple whisky BBQ sauce and Quebec cheese curds, bistro bun
- Fully Loaded Burger** 24
8 oz. sirloin beef patty, fried egg, Swiss cheese, sauteed mushroom, caramelized onion, tomato, saffron aioli, pretzel bun
- Go Beyond** 24
6 oz. vegan patty, hummus, sautéed mushroom, caramelized onion, tomato, arugula, vegan cheddar cheese, vegan bun
- Clubhouse Sandwich** 21
Triple decker, roasted chicken, bacon, cheddar cheese, tomatoes, lettuce, saffron aioli
- Crispy Fried Chicken Burger** 21
Lettuce, tomato, creamy coleslaw, chipotle Baja sauce on a pretzel bun

MAINS

- Thai Red Curry sesame crusted Salmon** 34
Red pepper chutney, sticky rice, bok choy
- Creamy Tuscan Shrimp & Scallops** 34
Sun-dried tomatoes, basil, baby spinach, served with parmesan risotto
- Four Cheese Cajun Style Chicken Penne** 29
Penne, spinach, roasted red peppers, mushroom, cheddar, mozzarella, Monterey jack and feta, served with garlic bread
- Wild Mushroom Ravioli** 26
Pesto tomato sauce, goat cheese and garlic bread
- Vegetable Ratatouille with Goat Cheese Polenta** 26
Served with sautéed greens
- Butter Chicken** 32
Boneless chicken simmered in a rich tomato cream sauce, served with basmati rice, cucumber salad and naans
- Traditional Fish & Chips** 24
Beer battered haddock fillets, fries, coleslaw and tartar sauce
- Steaks** **New York Style: 8oz 40 / 10oz 43**
Rib Eye: 12oz 58
Fillet Mignon: 7oz 64
Grilled to your perfection. Served with seasonal vegetables, garlic whipped potatoes and your choice of blue cheese sauce or peppercorn sauce.

DESSERT

- Molten Lava Cake** GF 14
Deeply chocolate, unleashing a rush of warm liquid chocolate, served with vanilla ice-cream
- Red Velvet Cake** 14
Red velvet sponge soaked in raspberry puree and finished with cream cheese frosting and splashed red chocolate
- Blueberry Lemon Tart** 14
Fresh lemon curd and blueberries baked in a crispy pastry tart shell and finished with a burned sugar
- Blueberry and white chocolate mousse** 15
White chocolate mousse with a blueberry compote filling resting on almond biscuit. Finished off with blueberry chocolate spray
- Vanilla Bean Mousse Heart** 15
Vanilla Bean mousse covered in belgium chocolate and finished with gold
- Black Forest Dome** 15
A rich chocolate anglaise mousse with a bing cherry mousse centre, resting on a Kirsch chocolate biscuit
- Apple and Caramel Cheese Cake** 15
Ontario apples baked in a cheese cake and finished with home made caramel



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