

## QUICK AND EASY

<b>Oatmeal</b> <b>V/VG</b> 9 Cinnamon, brown sugar, bananas, raisins	<b>Yogurt Parfait</b> <b>V</b> 16 Greek yogurt, granola, honey, mixed berries
<b>Smashed Avocado Toast</b> 16 Sourdough bread, smashed avocado, watercress, feta crumble <b>V/VG/GF</b>	<b>Fresh Fruit Bowl</b> <b>V/VG/GF</b> 17 Seasonal fruit and berries
<b>Add:</b> Two eggs 3 Smoked salmon 6	<b>Cannery Continental</b> <b>V</b> 19 Butter croissant, yogurt parfait, fresh fruit bowl

## ALL THINGS EGGS

<b>Cannery Breakfast</b> <b>GF</b> 17 Two eggs your way, choice of bacon or sausage, breakfast potatoes, baked beans, choice of toast	<b>Eggs Benedict</b> Served with breakfast potatoes
<b>Vegan Cannery Breakfast</b> <b>V/VG/GF</b> 17 Tofu scramble, avocado, breakfast potatoes, baked beans, choice of toast	<b>Traditional</b> - poached eggs, peameal bacon, toasted English muffin, hollandaise sauce 20
<b>Wellbeing Omelette</b> <b>V/VG</b> 23 Egg whites, feta, spinach, mushrooms, tomatoes, onions, served with fresh fruit and choice of toast	<b>Florentine</b> - poached eggs, spinach, mushrooms, toasted English muffin, hollandaise sauce <b>V</b> 19
<b>Southwest Omelette</b> <b>V/VG</b> 22 Peppers, onions, cheddar cheese, served with avocado, salsa, sour cream, breakfast potatoes and choice of toast	<b>Smoked Salmon</b> - poached eggs, smoked salmon, toasted English muffin, hollandaise sauce 23
	<b>Build Your Own Omelette</b> <b>GF</b> 19 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> 17 Fresh-off-the-iron with bananas, berries, whipped cream, maple syrup	<b>Cinnamon French Toast</b> <b>V/GF</b> 17 French toast, whipped cream, butter, maple syrup
<b>Buttermilk Pancakes</b> <b>V</b> 16 Three fluffy pancakes, berries, butter, maple syrup	

## A LITTLE EXTRA

Pork or chicken sausage 5	Breakfast potatoes <b>V/VG</b> 6
Peameal or regular bacon 5	Baked beans <b>V/VG</b> 4
Smoked Salmon 7	Avocado <b>V/VG/GF</b> 6

## BEVERAGES

Brewed coffee 3	White or chocolate milk 5
Cappuccino 5	Oat or almond milk 5
Latte 5	Assorted juices 4
Espresso 4	Hot chocolate 4
Selection of teas 3	Whipped cream 2

**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.