

EAT. RELAX. ENJOY.

Oatmeal 10

Steel cut oats, caramelized apples, granola, maple syrup

The Cannery Breakfast Skillet 17

Free range eggs, choice of thick sliced bacon or farmer's sausage or peameal bacon, hash brown potato, maple baked beans.

Smashed Avocado Toast (V) 16

Heirloom tomatoes, balsamic reduction, pickled red onion, poached eggs, arugula, crunchy house baked bread.

East Coast Breakfast Platter 18

Haddock fish cake, green tomato chow, maple baked beans, free range eggs, choice of thick cut bacon or farmer's sausage or peameal bacon, potato hash.

The Benedictine 19

Classic – Peameal bacon, hollandaise.

Mediterranean – Grilled vegetable ratatouille, sundried tomato hollandaise.

Seabright Smoked Salmon - Arugula, fried capers, citrus hollandaise.

Shakshuka Eggs 16

Free range eggs, stewed kale, greek yogurt, crumbled feta, za'atar, warm garlic naan.

Smoked Salmon Stack 16

Chive blini, whipped, herbed - citrus cream cheese, wilted baby spinach, fried capers, red onions.

Mother Earth Breakfast Bowl (GF/V) 19

Honey roasted squash, black bean & couscous salad, avocado, lime roasted chickpeas, pickled onions, baby spinach, walnut – cranberry bread.

Oxford Blueberry Pancake Stack 17

Vanilla whipped cream, shaved milk chocolate, toasted pistachios, fresh mint.

Peach Pie Smoothie Bowl 14

Peaches, greek yogurt, banana, vanilla, cinnamon, kiwi, Chef's ginger granola, acai, toasted coconut.

French Toast Casserole 16

Cinnamon, vanilla cream cheese, Sugar Moon Farms maple syrup.

Tropical Fruit Bowl 12

Papaya, melon, kiwi, apples, bananas, pineapple and seasonal berries.

Cannery Continental 16

Butter croissant, yogurt parfait, fresh fruit bowl

Sides:

Thick cut bacon	5	Toast and preserve	4
Farmer's sausage	4	Hashbrown potato	4
Peameal bacon	5	Free range eggs - any style	5

BEVERAGES

Espresso	5
Cappuccino or Café au Lait	6
"Rescue" Locally Roasted Coffee	4
"Pluck" Tea	4

ALCOHOL FREE DRINKS

Sparkling Pink Mimosa	7
Cannery Ceaser	7
Sangria	7
Cucumber Lime Spritzer	7

Please advise us of any food allergies. Please be aware that undercooked foods (eggs to order, for example) pose risk of food borne illness.

Prices do not include HST

