## **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 Two "eggs your way" center cut sirloin 6 oz, breakfast potatoes, choice of toast	
Tofu Scrambled Eggs – Vegan  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 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 Greek yogurt, bananas, strawberries, blueberries, toasted coconut flakes, honey, walnuts	

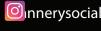
SIDES			BEVERAGES	
Egg Your Way		5	Freshly Brewed Premium Coffee 4	
Selection of Toasted Breads		5	Selection of Teas	4
Breakfast Potatoes		6	Assorted Juices	5
Yogurt, Greek Yogurt		6	Assorted Fountain Beverages	5
Bacon, sausage, Ham		7		
Chicken Sausage		7	Milk, Chocolate Milk, Hot Chocolate	5
Bagel W/Cream Cheese		8	Cappuccino, Latte, Espresso	6
Selection of Cold Cereals		8	Strawberry Banana Smoothie	8
Fresh Fruit		9	Mean Green Smoothie	8
Add bananas or Fresh Fruit	+\$3			



## **AROUND THE TABLE**

Corn chips, olives, pico de gallo, green onions, jalapenos, sour cream, three cheeses. Add: grilled chicken 8 / guacamole 3	21
Whipped Feta Bruschetta Toasted ciabatta, marinated tomatoes drizzled with aged balsamic vinegar reduction	15
Spinach & Artichoke Dip Parmesan, goat and cream cheese with wilted spinach and artichoke hearts, served hot with fried pita	16
Fried Calamarl Flour dusted and deep fried, jalapenos, peppers, roasted garlic aioli, spicy Sriracha sauce	23
Chicken Wings Dusted and with your choice of sauces: BBQ, hot, or honey garlic, served with carrots, celery, creamy blue cheese dip	21
Chicken Fillets Coleslaw, fries, honey mustard dip	21
Steak Bites Soy marinated bites of steak, served with roasted garlic horseradish aioli, creamy blue cheese dip	25
Loaded potato skins Baked potato, topped with grilled chicken, bacon crumble, mozzarella cheese, green onion, chipotle baja sauce	21
Classic Poutine Crisp French fries, Quebec cheese curds, home style gravy	15
TO START	
Market Fresh Soup Chef's daily inspiration	10
Seafood Chowder Local fish, shellfish and Yukon potatoes in a creamy broth flavoured with	16 dill
Gathered Greens Side 10 / Bowl Seasonal greens, cucumber, grape tomatoes, radish, red onions and carrotossed in a house herb & spice dressing or balsamic olive oil dressing	
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Caesar Salad Side 11 / Bowl Romaine lettuce, croutons, bacon, parmesan cheese, tossed in a classic Caesar dressing	
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## 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 8 oz. sirloin beef patty glazed with Cafe de Paris herb butter, bacon, melted Swiss cheese, tomato, onion straws, bistro bun	1
Canadian Burger 8 oz. sirloin beef patty with Maple whisky BBQ sauce and Quebec cheese curds, bistro bun	}
Fully Loaded Burger 8 oz. sirloin beef patty, fried egg, Swiss cheese, sauteed mushroom, caramelized onion, tomato, saffron aioli, pretzel bun	
Go Beyond 6 oz. vegan patty, hummus, sautéed mushroom, caramelized onion, tomato, arugula, vegan cheddar cheese, vegan bun	ļ
Clubhouse Sandwich 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	1
Creamy Tuscan Shrimp & Scallops 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 Pesto tomato sauce, goat cheese and garlic bread	5
Vegetable Ratatouille with Goat Cheese Polenta 26 Served with sautéed greens	
Butter Chicken Boneless chicken simmered in a rich tomato cream sauce,	)

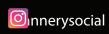
Traditional Fish & Chips
Beer battered cod fillets, fries, coleslaw and tartar sauce
Steaks

New York Style: 8oz 40 / 10oz 43
Rib Eve: 12oz 58

Steaks New York Style: 8oz 40 / 10oz 43
Rib Eye: 12oz 58
Fillet Mignon: 10oz 64
Grilled to your perfection. Served with seasonal vegetables, garlic whipped potatoes and your choice of blue cheese sauce or peppercorn sauce.

## **DESSERT**

Please ask your server for our daily selection



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