

# 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



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## 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	

## 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	



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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 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 cod fillets, fries, coleslaw and tartar sauce
- 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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