

Trios Breakfast

Simplicity Perfected

The Standard

Two eggs any style with crisp gem potatoes, choice of smoked bacon, grilled ham steak, maple sausage or peameal bacon. Includes juice and coffee. 20

Fruit and Berries

Sliced seasonal fruit and fresh berries, choice of yogurt or cottage cheese [475 cal.] 15

Yogurt and Housemade Granola Parfait

Canadian honey, fresh berries [500 cal.] 9

AM Power Bowl

Organic steel cut oats, brown sugar, organic chia, choice of sultanas, berries or sliced banana, fine filtered milk, coffee [485 cal.] 17

AM Reimagined

Crunchy French Toast

Corn flake crusted, strawberries, bananas, lite syrup [495 cal.] 14

Avocado Toast

Rosemary focaccia, two poached eggs, rustic salsa, crisp gem potatoes 16

Superseed Crunch Pancakes

Wild blueberry compote, Lemon Ricotta 16

Farmers Biscuit Sandwich

Cheddar and chive scone, Canadian bacon, vine ripe tomato, rocket, mayo, crispy gem potato 16

Superfood Breakfast Bowl

Organic blend quinoa, baby spinach, heirloom grape tomato, 2 sunny side up eggs, chili aioli 17

House Smoked Brisket Benedict

Two poached eggs, English muffin, hollandaise, crispy gem potato 17

Omelets \$16

Ontario Bounty

Cage free egg, chorizo sausage, cremini, baby spinach, woolwich chevre

Veggie Harvest

Cage free egg whites, Vidalia onion, bell pepper, basil, romano cheese

All Omelets are served with crispy gem potato and choice of toast

Amped Up Booster Shots \$3

Immunity Boost

Mango, Bartlet, Orange, Bing Cherry

Antioxidant Blast

Berry Blend

Early Riser

Granny Smith, Kiwi, Watercress