



A LA CARTE

Menu

Light Breakfast

(Served with Assorted Butter & Jellies)

- Cinnamon Twist OR Apple OR Blueberry Fritters | \$3.00
- Mini Avocado & Smoked Salmon Toast | \$3.00
- Scrambled Egg & Cheese Stuffed Mini Pitas **VEG** | \$3.00
- Assorted Individual Yogurts | \$3.00
- Individual Fruit Cups OR 8oz Individual Yogurt Parfaits | \$4.00
- Stuffed Turkey, Tomato, Cucumber & Cheese Croissants | \$4.50
- Stuffed Tomato, Cucumber & Cheese Croissants **VEG** | \$4.50
- Everything or Plain Bagel Thins **VEGAN, GF** | \$4.00

Eggs and Savoury

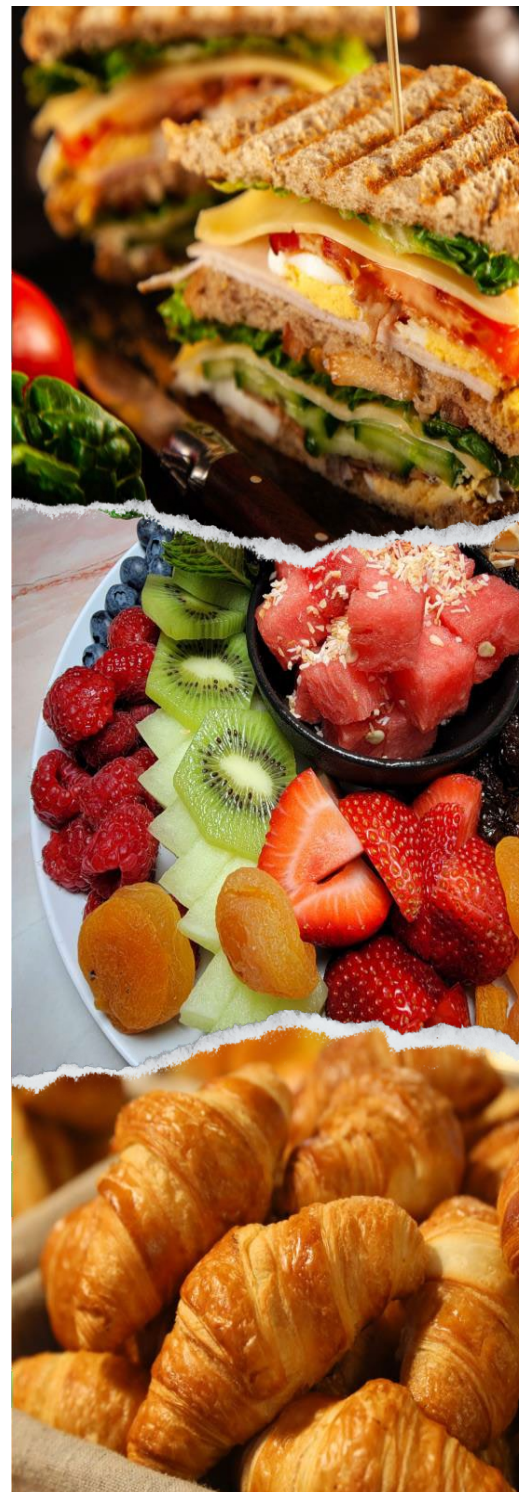
- Savoury Baked Egg with Spinach, Smoked Salmon, Red Onion, Cream Cheese & Dill | \$6.00
- Savoury Baked Egg with Italian Sausage, Roasted Tomato, Goat Cheese & Basil | \$5.00
- Baked Spinach, Mushroom & 3 Cheese Stuffed Crepes **VEG** | \$5.00
- Baked Spinach, Roasted Red Pepper, Bacon & Goat Cheese | \$5.00
- Garlic Spinach & Roasted Tomato Eggs Benny **VEG** | \$5.00
- Smoked Salmon, Avocado & Potato Rosti Eggs Benny | \$6.00
- Spinach, Sundried Tomato, & Goat Cheese Omelet **VEG** | \$5.00
- Bacon, Cheddar, Avocado Omelet | \$5.50
- Fried Chicken & Waffles with Maple Syrup **HALAL** | \$6.00
- BBQ Pulled Pork & Waffles with Maple Syrup | \$6.00
- Vegan Sausage & Waffles with Maple Syrup | \$6.00
- Scrambled Egg, Roasted Red Pepper, Feta & Dill Stuffed Potato Skins **VEG** | \$5.00
- Scrambled Egg, Bacon, Cheddar Cheese Stuffed Potato Skins | \$5.00

Breakfast Protein

- Apple Turkey Sausage | \$3.25
- Cheese Turkey Sausage | \$3.25
- Double Smoked Bacon **DF, GF** | \$3.25
- Chicken Patty **HALAL** | \$3.25
- Beef Brisket Bacon **HALAL** | \$4.25
- Vegan Sausage **VEGAN** | \$4.25

Starch

- Roasted Potatoes with Garden Fresh Herbs **VEG, DF** | \$3.25
- Mini Rosti (Potato Pancakes) **VEG, DF** | \$3.25
- Potato Hash with Bell Peppers & Onions **VEG, DF** | \$3.25





A LA CARTE *Menu*

Chicken | \$5.75 per person

- Braised Chicken Thighs with Truffled Wild Mushroom Cream Sauce [HALAL](#)
- Curried Coconut Chicken [HALAL](#)
- Chicken Saltimbocca (Prosciutto Sage), Lemon & Caper Sauce
- Chicken & Chorizo Paella

Beef | \$6.50

- Corned Beef & Cabbage [HALAL](#)
- Beef Schnitzel with Caramelized Onion & Mustard Jus [HALAL](#)
- Herb Crusted Roast Beef with Mushroom Peppercorn Sauce [HALAL](#)

Fish | \$5.75

- Tortilla Crusted Tilapia with Chipotle & Lime
- Potato Crusted Haddock with Roasted Red Pepper Rouille Sauce
- Grilled Red Snapper with Lemon & Saffron Cream Sauce

Vegetarian | \$5.50

- Thai Vegetable Tofu Curry [VEGAN](#)
- Baked Stuffed Eggplant with Vegan Sausage, Spinach, Lentil & Feta [VEG](#)

Starch | \$4.75

- Vegetable Biryani [VEGAN, DF, GF](#)
- Potato Parmesan Gratin [VEG](#)

Vegetable Side | \$4.00

- Herb Roasted Root Vegetables [VEGAN, DF, GF](#)
- Garlic Braised Rapini & Carrots [VEGAN, DF, GF](#)
- Green Bean & Roasted Mushrooms [VEGAN, DF, GF](#)

Salad | \$6.50

- Baby Spinach Salad with Cherry Tomatoes, Red Onions, Candied Walnuts, Goat Cheese with Balsamic Vinaigrette [VEG, GF, CONTAIN NUTS](#)
- Roasted Chili Lime Corn, Tomato & Avocado Salad [VEGAN, DF, GF](#)
- Potato Salad with Red & Green Peppers, Celery, Red Onions and Creamy Garlic-Mustard Dressing [VEG](#)
- Asian Salad with Spinach, Green Beans, Cucumber, Carrot and Shaved Cabbage with Wafu Dressing [VEGAN, DF, GF](#)
- Caesar Salad with Parmesan Cheese & Caesar Dressing [VEG, GF](#) (*Bacon - On-the-Side*)
- Quinoa & Baby Arugula Salad with Broccoli, Cannellini Beans, Roasted Tomatoes, Butternut Squash and Toasted Pumpkin Seeds [VEGAN, DF, GF](#) with Creamy Avocado Dressing [VEG, GF](#)

Dessert | \$4.25

- Chocolate Brownies
 - Cheesecake
 - Churros with Caramel Sauce
 - Mini Butter Tarts
 - Chocolate Fudge Cake
 - Lemon Squares
 - Tiramisu
 - Nanaimo Bars
 - Mini Eclairs
 - Tiger Brownies
 - Carrot Cake with Cream Cheese Icing
- GF/Vegan Options Available Upon Request +\$2.00*



A LA CARTE *Menu*

Hot Beverages | \$2.65 per person

- Maderas Columbian Coffee Blend
 - Medium Roast
 - Dark Roast
- Assorted Tea
- Hot Chocolate Station | \$6.00 per person

Cold Beverages

- Assorted Fruit Juices | \$4.00
- Assorted Soft Drinks | \$4.00
- Flow Water | \$4.00
- Perrier | \$3.75
- San Pellegrino | \$3.75
- Mocktails (Sunrise, Blue Lagoon, Pink Lady & Strawberry Lemonade) | \$5.75 per serving

Hot Beverages To-Go | \$25.00

- Coffee-To-Go (10 Servings) Maderas Columbian Coffee Blend
 - Medium Roast
 - Dark Roast
- Assorted Tea-To-Go (10 Servings with 10 Tea Bags)
- Hot Chocolate To-Go (10 Servings with Marshmallow on the side) | \$28.00

