

The Terrace

HOT BREAKFAST BUFFET \$23

Eggs Benedict, Pancakes & Maple Syrup,
Scrambled Eggs, Breakfast Potato,
Oatmeal, Smoked Bacon, Pork Sausage,
Yogurt, Pastries, Croissants, Cakes,
Muffins, Cereals, Chia Pudding
Sliced & Whole Fruit, Chilled Juice,
Fresh Brewed Coffee or Tea.

TERRACE BREAKFAST \$20

Two Free Run Eggs Your Way,
Smoked Bacon, Pork Sausage,
Mixed Greens & Breakfast Potatoes,
Multigrain or White toast.

THREE EGG OMELETTE \$20

Mixed Greens & Breakfast Potatoes,
Multigrain or White Toast.

TRADITIONAL

Bacon, White Cheddar, Scallion.

VEGETARIAN

Roasted Mushrooms, Spinach, Goat Cheese.

YOGURT GRANOLA (GF) \$17

Greek Whole Milk Yogurt, Berries,
House Made Granola, Coconut Chips,
Cosman & Whidden Local Honey,
Manitoba Hemp Hearts.

BERRY PANCAKE STACK \$17

Buttermilk Pancakes (3), Berries,
Mango Puree, Yogurt, Coconut Chips,
Maple syrup.

MEDITERRANEAN BOWL (GF) \$16

Quinoa, Kale, Feta, Pickled Red Onion,
Cucumber, Dukka, Beets, Radish, Hummus,
Zhoug, Mint, Preserved Lemon Vinaigrette.
(contains nuts)

Add Smoked Paprika Chicken+\$8
Garlic Herb Tofu or Haloumi +3
Falafel(VG)+\$6

TURKISH EGGS (CILBIR) \$17

Whole Milk Yogurt, Garlic, Lemon,
Soft Poached Eggs, Red Chili, Harissa Butter,
Dukka Spice Crunch, Dill, Mint, Coriander,
Luke's Sourdough Toast. (contains nuts)

FANCY PORRIDGE (GF/VGO) \$15

Gluten Free Organic Oats, Whole Milk,
Brown Sugar, Strawberry Compote, Strawberries,
Candied Pistachio, Maple Syrup, Greek Yogurt,
Lemon Zest.(soy milk available upon request)

AVOCADO TOAST (V/VGO) \$15

Luke's Sourdough, Smashed Avocado, Feta, Lime,
Chilli, Pea Shoots, "everything bagel" Crunch.
Free Run Egg + \$3 OR Garlic Herb Tofu + \$3

PLOUGHMAN'S LUNCH \$17

Smoked Prosciutto, Farm House Cheese,
Sea Salt & Olive Oil Almonds, Pickles,
Grapes, Fig and Onion Chutney,
Luke's Sourdough Baguette.

EGGS BENNY \$20

Two Poached Free Run Eggs, English Muffin,
Mixed Greens and Breakfast Potatoes.

THE CLASSIC

Bacon or Prosciutto, Lemon Hollandaise.

THE VEGGIE

Roasted Mushrooms, Spinach, Lemon Hollandaise.

THE N.S.

Smoked Salmon, Pickled Red Onion,
Lemon Hollandaise. +\$4

NS SMOKED SALMON TOAST \$19

Herb Cream Cheese, Lemon,
Pickled Red onion, Capers, Cucumber,
Luke's Toasted Sourdough, Shoots.
Free Run Egg + \$3

Berry Bowl - small \$6 large \$16

Sliced Fruit, Berry Plate- small \$5 large \$14

MUSHROOM TOAST (VG/GFO) \$15

Luke's Sourdough, Garlic Roasted Mushrooms,
Spinach, Whipped Hummus, Root Chips.
Free Run Egg +\$3 OR Garlic Herb Tofu + \$3

CHIA BOWL (VG/GF) \$15

Chia Pudding, Vanilla, Plant Based Milk, Berries,
Coconut chips, Manitoba Hemp Hearts, Cocoa Nibs
Strawberry Puree, Canadian Maple Syrup

IMMUNITY BOOST SMOOTHIE (GF/DF/VG) \$8

Mango, Pineapple, Banana, Orange Juice,
Fresh Ginger

SUPER GREEN SMOOTHIE (GF/DF/VG) \$8

Pineapple, Banana, Hemp Hearts, Spinach,
Soy Milk

Coffee 5 / Tea 4 / Cappuccino 5 /

Espresso 4 / Espresso Double 6

Assorted Juice 3 / Milk 4

SIDES

MacDougall Farms Pasture Raised Egg \$3

Thick Cut Smoked Bacon (GF) \$5

Pork Sausage (GF) \$5

½ Avocado Sliced \$3

Garlic herb Tofu \$3

Haloumi \$3

Mixed greens \$6

Breakfast Potatoes \$5

Freshly Baked Muffin \$4

Fresh Baked GF Muffin \$4

(ask for daily selections)

Assorted cereal \$5

Multigrain or White Toast (2 slices)

Sweet Butter, Preserves \$4

GF available upon request

Luke's Sourdough toast (1 slice)

sweet butter, preserves \$3