

THE BIG Breakfast

Rise & Shine Classics

All classic breakfasts are served with shredded hashbrowns or home fries, fresh berries and homestyle toast. (GFS)

VALUE START	\$9
One egg, with your choice of bologna, bacon, sausage or ham.	
UP & GO	\$15
Two eggs, with your choice of bologna, bacon, sausage or ham.	
BIG & HEARTY	\$21
Three eggs, bologna, bacon, sausage and ham.	
GOOD & WHOLESOME	\$15
Two eggs, yogurt and turkey bacon or turkey sausage.	



Meet The Bennys

Poached, sauced and stacked. Served with shredded hashbrowns or homefries and fresh berries. (GFS)

OG BENNY	\$15
English muffin, shaved ham, poached egg and hollandaise.	
BENNY FROM THE BAY	\$16
Touton base, shaved bologna, cheese slice, poached egg, and hollandaise.	
SKIPPER BENNY	\$17
Smoked salmon, red onion, poached egg, and dill hollandaise on a toasted English muffin.	
BALANCED BENNY	\$15
Poached egg whites, turkey bacon, and a whole-wheat muffin topped with hollandaise.	

Morning Bowls

Home fries tossed with toppings, finished with two eggs. (GF)

THE MEAT LOVERS	\$17
Bacon, ham, sausage, cheddar.	
THE CAPTAIN'S CATCH	\$20
Smoked salmon, red onion, and dill hollandaise.	
THE SUNRISE POUTINE	\$20
Crispy bacon, sausage, tomatoes, onions, peppers, cheese curds, and hollandaise.	
THE LEAN MACHINE	\$18
Turkey bacon, turkey sausage, spinach, tomato, and mozzarella.	



The Omelette Station

Three-egg omelets, with your choice of filling. Served with shredded hashbrowns or homefries and fresh berries. (GF)

DENVER DELUXE	\$14
Ham, green pepper, onion, and cheddar.	
GARDEN HARVEST	\$17
Mushrooms, onion, tomato, bell peppers, spinach, and cheddar.	
MEAT LOVERS	\$20
Ham, sausage, bacon, and cheddar.	
JAM PACKED	\$23
A hearty mix of all available vegetables and meats.	
FLORENTINE	\$15
Egg whites only with spinach and mozzarella.	



The Yogurt Counter

cool, creamy, layered parfaits.

BISCOFF BERRY BURST	\$10
Vanilla yogurt layered with mixed berries and Biscoff crumble.	
NUTELLA AND BANANA (GF)	\$10
Silky yogurt with sliced banana and Nutella	
STRAWBERRY CHEESECAKE CUP (GF)	\$12
Strawberries, creamy cheesecake, and vanilla yogurt.	
OREO'S & CREAM CUP	\$11
Layers of crushed Oreo cookies and vanilla yogurt.	



Handhelds

Two-handers with big flavours. Served with homefries.

FRENCH TOAST BURGER (GFS)	\$19
Egg-dipped bun, seasoned Applewood patty, melted mozzarella, mayo and bacon.	
ITALIANO	\$19
Warm schiacciata bun loaded with mozzarella, fried egg, spinach, tomato, and turkey bacon.	
THE WEEKEND CLUB (GFS)	\$18
Sourdough with mayo, turkey bacon, tomato, ham, lettuce, and mozzarella.	
CHEESY CHICKEN WRAP	\$19
Chicken, cheesy mayo, lettuce, cheddar, crumbled bacon, and red onion.	



Build Your Own Plate

Choose Your Base:

1 Waffle (\$11) • 2 Crêpes (\$5) • 3 Pancakes (\$5)

Classic Creations

STRAWBERRY CHEESECAKE	+\$8
Strawberries, cheesecake drizzle, strawberry preserves, whipped cream.	
BERRIES & BISCOFF	+\$7
A mix of berries, Venetian cream, and whipped topping and biscoff crumble.	
NUTELLA BANANA MORNING GLOW	+\$7
Nutella, banana slices, chocolate drizzle, whipped cream.	

Sweeter Creations

OREO'S & CREAM	+\$6
Crushed Oreo cookies, Venetian cream, whipped topping, chocolate drizzle.	
CELEBRATION	+\$8
Berries, creamy cheesecake drizzle, Oreo bits, sprinkles, chocolate drizzle, and whipped cream.	
CHOCOLATE CHIP DELUXE	+\$6
Chocolate chips, Nutella, chocolate drizzle, chocolate sprinkles, and whipped cream.	



French Toast

2 slices of homestyle bread dipped in egg, grilled golden and crisp. Served with syrup. (GFS)

TRADITIONAL	\$11
SINFUL CINNAMON	\$12
Cinnamon and cream cheese drizzle.	
BLACKBERRY BUCKLE	\$15
Blackberry drizzle and fresh blackberries	

Extras

4 Slices of Bacon	\$5
1 Slice of Ham	\$5
1 Slice of Bologna	\$5
4 Pork Sausages	\$5
GF toast with preserves	\$6
Homestyle Toast with preserves	\$5
4 Slices of Turkey Bacon	\$6
4 Turkey Sausages	\$6
One egg (any style)	\$1.5
Home Fries	\$5
Yogurt	\$3