

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.



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

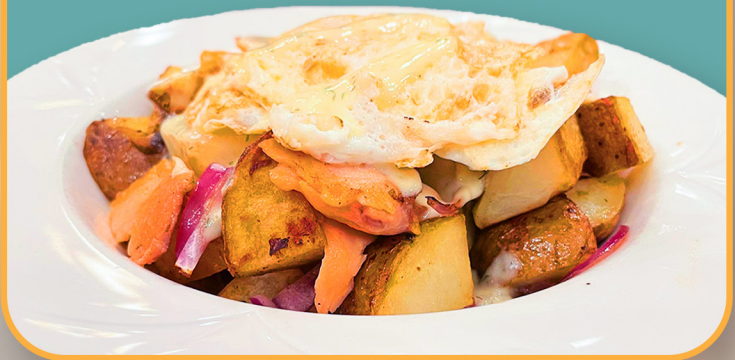
Smoked salmon, red onion, and dill hollandaise.

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.



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.

The Yogurt Counter

cool, creamy, layered parfaits.

- BISCOFF BERRY BURST

Vanilla yogurt layered with mixed berries and Biscoff crumble.

\$10
- NUTELLA AND BANANA (GF)

Silky yogurt with sliced banana and Nutella

\$10
- STRAWBERRY CHEESECAKE CUP (GF)

Strawberries, creamy cheesecake, and vanilla yogurt.

\$12
- OREO'S & CREAM CUP

Layers of crushed Oreo cookies and vanilla yogurt.

\$11



Handhelds

Two-handers with big flavours. Served with homefries.

- FRENCH TOAST BURGER (GF\$)

Egg-dipped bun, seasoned Applewood patty, melted mozzarella, mayo and bacon.

\$19
- ITALIANO

Warm schiacciata bun loaded with mozzarella, fried egg, spinach, tomato, and turkey bacon.

\$19
- THE WEEKEND CLUB (GF\$)

Sourdough with mayo, turkey bacon, tomato, ham, lettuce, and mozzarella.

\$18
- CHEESY CHICKEN WRAP

Chicken, cheesy mayo, lettuce, cheddar, crumbled bacon, and red onion.

\$19



Build Your Own Plate

Choose Your Base:
1 Waffle (\$11) • 2 Crêpes (\$5) • 3 Pancakes (\$5)

Classic Creations

- STRAWBERRY CHEESECAKE

Strawberries, cheesecake drizzle, strawberry preserves, whipped cream.

+\$8
- BERRIES & BISCOFF

A mix of berries, Venetian cream, and whipped topping and biscoff crumble.

+\$7
- NUTELLA BANANA MORNING GLOW

Nutella, banana slices, chocolate drizzle, whipped cream.

+\$7

Sweeter Creations

- OREO'S & CREAM

Crushed Oreo cookies, Venetian cream, whipped topping, chocolate drizzle.

+\$6
- CELEBRATION

Berries, creamy cheesecake drizzle, Oreo bits, sprinkles, chocolate drizzle, and whipped cream.

+\$8
- CHOCOLATE CHIP DELUXE

Chocolate chips, Nutella, chocolate drizzle, chocolate sprinkles, and whipped cream.

+\$6



French Toast

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

- TRADITIONAL

\$11
- SINFUL CINNAMON

Cinnamon and cream cheese drizzle.

\$12
- BLACKBERRY BUCKLE

Blackberry drizzle and fresh blackberries

\$15

Extras

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