

THE BIG Breakfast

Rise & Shine Classics

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

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| 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.

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| 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.

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| 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.

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| 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.

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| BISCOFF BERRY BURST | \$10 |
| Vanilla yogurt layered with mixed berries and Biscoff crumble. | |
| NUTELLA AND BANANA | \$10 |
| Silky yogurt with sliced banana and Nutella | |
| STRAWBERRY CHEESECAKE CUP | \$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.

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| FRENCH TOAST BURGER | \$19 |
| Egg-dipped bun, seasoned Applewood patty, melted mozzarella, and bacon. | |
| ITALIANO | \$19 |
| Warm schiacciata bun loaded with mozzarella, fried egg, lettuce, tomato, and turkey bacon. | |
| THE WEEKEND CLUB | \$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:

Waffle (\$11) • Crêpe (\$5) • Pancake (\$5)

Classic Creations

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| STRAWBERRY CHEESECAKE | +\$8 |
| Strawberries, cheesecake bites, 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

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| OREO'S & CREAM | +\$6 |
| Crushed Oreo cookies, Venetian cream, whipped topping, chocolate drizzle. | |
| CELEBRATION STACK | +\$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 maple syrup.

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

Extras

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| 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 |