

BREAKFAST

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## A HEALTHY START

ZEN SMOOTHIE   13  
Apple | Ginger | Kale | Spinach | Avocado

TROPICAL SMOOTHIE   13  
Mango | Pineapple | Banana | Lime | Coconut

HOUSE MADE GRANOLA   19  
Mixed Berries | Coconut | **Oats** | Greek Yogurt | **B-Wall Honey**

SUPER FRUIT SALAD   19  
Mixed Berries | Pomegranate | Honeydew | Pineapple | Chia Seeds | Mint

STRAWBERRY BOWL    20  
Strawberries | Sliced Banana | Cacao Nibs | Toasted Almonds | **House-Made Granola**

WELLNESS BOWL   20  
**Apple** | Kale | Avocado | Kiwi | Coconut | Hemp Seeds | **House Made Granola**


## FROM THE BAKERY

SELECTION OF ONE | THREE  8 | 20  
Croissant | Pain Au Chocolat | Banana Loaf |  
Coffee Cake | Spiced Carrot Loaf

 Vegan  Vegetarian  Contains Pork  Gluten-Free  Contains Nuts

\*All prices are exclusive of service charge, tax and gratuity.

\*Please let our colleagues know if you have any food allergy or special dietary requirement.

The menu items highlighted in green are part of our "Rooted in Nature " program, showcasing the finest local and seasonal ingredients sourced from local Canadian farmers and purveyors, meticulously crafted to pay homage to their dedication.

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## EGGS AND MORE (SERVED WITH FREE RANGE EGGS AND LOCAL ARTISANAL BREAD)

TWO EGGS	25
Eggs Any Style	
Choice of: <b>Bacon, Pork Sausage, Chicken Sausage</b>   Hashbrown	
SIGNATURE OMELETTE 	27
<b>Canadian Prosciutto   Asparagus   Bella Cesara Buffalo   Mozzarella</b>   Basil Pesto   Hashbrown	
WELLNESS OMELETTE 	27
<b>Egg White   Ontario Goat Cheese   Charred Eggplant</b>   Roasted Tomato   Spinach   Hashbrown	
EGGS BENEDICT 	27
Choice of Classic, Royal or Florentine	
<b>Poached Eggs</b>   Hollandaise   English Muffin   Hashbrown	

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## CLASSIC BREAKFAST

OATMEAL  	19
<b>100 km Steel Cut Oats</b>   Cherry Compote   Basil   Oat Crumble	
AVOCADO TOAST 	25
<b>Brodflour Sourdough</b>   Smashed Avocado   <b>House Made Whipped Ricotta</b>   Confit Tomatoes   Pickled Red Onions   Chili Flake   Hemp Seeds	
FRENCH TOAST 	26
<b>Fred's Bread Brioche</b>   <b>Poached Apples</b>   <b>B-Wall Honeycomb</b>   Cinnamon Gel   Crème Anglaise	
BAGEL AND LOX	28
Smoked Salmon   <b>Local Cream Cheese</b>   Caper Berries   Pickled Onions   Dill   Toasted Bagel	


## SIDES

TOMATO	7
BACON, PEAMEAL BACON, PORK SAUSAGE, CHICKEN SAUSAGE AVOCADO, HASHBROWN	8 PER SIDE
SMOKED SALMON, MUSHROOMS, SAUTÉD SPINACH	10 PER SIDE

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