

FROM THE BAKERY CLASSIC BREAKFAST A HEALTHY START OATMEAL ZEN SMOOTHIE SELECTION OF ONE | THREE 8 | 20 19 13 Croissant Pain Au Chocolat 100 km Steel Cut Oats | Cherry Compote | Basil | Oat Crumble Apple | Ginger | Kale | Spinach | Avocado Banana Loaf Coffee Cake 25 TROPICAL SMOOTHIE 13 Spiced Carrot Loaf AVOCADO TOAST Mango | Pineapple | Banana | Lime | Coconut Brodflour Sourdough | Smashed Avocado | House Made Whipped Ricotta | Confit Tomatoes | Pickled Red Onions | HOUSE MADE GRANOLA 19 Chili Flake | Hemp Seeds Mixed Berries | Coconut | Oats | Greek Yogurt | B-Wall Honey EGGS AND MORE 26 (SERVED WITH FREE RANGE EGGS AND LOCAL ARTISANAL BREAD) FRENCH TOAST 19 SUPER FRUIT SALAD Fred's Bread Brioche | Poached Apples | B-Wall Honeycomb | Mixed Berries | Pomegranate | Honeydew | Pineapple | TWO EGGS 25 Cinnamon Gel | Crème Anglaise Chia Seeds | Mint Eggs Any Style 28 BAGEL AND LOX Choice of: Bacon, Pork Sausage, Chicken Sausage STRAWBERRY BOWL 202 20 Hashbrown Smoked Salmon | Local Cream Cheese | Caper Berries Strawberries | Sliced Banana | Cacao Nibs | Toasted Almonds Pickled Onions | Dill | Toasted Bagel House Made Granola SIGNATURE OMELETTE 27 Canadian Prosciutto | Asparagus | Bella Cesara Buffalo WELLNESS BOWL 20 Mozzarella | Basil Pesto | Hashbrown Apple | Kale | Avocado | Kiwi | Coconut | Hemp Seeds | SIDES House Made Granola WELLNESS OMELETTE 27 Tomato Bacon Egg White | Ontario Goat Cheese | Charred Eggplant | Peameal Bacon Avocado Roasted Tomato | Spinach | Hashbrown Pork Sausage Hashbrown Chicken Sausage Mushrooms 10 EGGS BENEDICT 27 Smoked Salmon Sautéd Spinach 10 Choice of Classic, Royal or Florentine Poached Eggs | Hollandaise | English Muffin | Hashbrown