

SMOOTHIES		EGGS			
ZEN SMOOTHIE	13	Canadian Prosciutto   Asparagus   Bella Cesara Buffalo Mozzarella   Basil Pesto   Hashbrown  WELLNESS OMELETTE	27	SHANGRI-LA BURGER  Double Beef Smashed Patties   Secret Sauce   Pickle    The state of the secret Sauce   Pickle	36
TROPICAL SMOOTHIE  Mango   Pineapple   Banana   Lime   Coconut	13		27	Tomato   Red Onion   Boston Bibb   Double Smoked Bacon Marmalade   Cheddar   Fred's Bread Brioche	
ADD PROTEIN POWDER	PROTEIN POWDER  5 Roasted Tomato   Spinach   Hashbro  EGGS BENEDICT Choice of Classic, Royal or Florentin	Egg White   Ontario Goat Cheese   Charred Eggplant   Roasted Tomato   Spinach   Hashbrown		CAVATELLI AI FUNGHI Chive and Spinach Cavatelli   Canadian Forage Mushrooms   Porcini and Black Garlic Butter   Black Truffles	44
		Choice of Classic, Royal or Florentine	27	Parmigiano Reggiano	
FEEL GOOD BOWLS		Poached Eggs   Hollandaise   English Muffin   Hashbrown  SOFT SCRAMBLED EGGS	25	DESSERTS	
STRAWBERRY BOWL	20	House-made Whipped Ricotta   'Nduja Sausage   Green Peas   Broccolini   Chives   Grilled Brodflour Sourdough	23	MILLEFOGLIE AL PISTACCHIO Pistachio Cream   Puff Pastry   Crunchy Pistachio Gianduja	24
WELLNESS BOWL	20	BRUNCH		CHEESECAKE AL GORGONZOLA Walnut Crust   Fig Port Jelly   Honey	23
		FRENCH TOAST	26	TARTUFO BIANCO  Banana Caramel   Coffee Semifreddo   Maple Cake	22
		TRUFFLE GRILLED CHEESE  Brodflour Sourdough   Boschetto Ai Tartufo   Stracciatella   Watercress   Truffle Fries	35		