






B R E A K F A S T


BREAKFAST PACKAGES

CANADIAN BREAKFAST  	29
2 Homestead Free Range Eggs Any Style Canadian Peameal Bacon Local Pork Sausage Hashbrown Oven Dried Tomato Choice of Artisanal Toast Choice of Coffee, Tea or Juice	
CONTINENTAL BREAKFAST 	26
Choice of One - Cereal or 2 In-House Baked Breakfast Pastries Superfruit Salad Choice of Coffee, Tea or Juice	
A HEALTHY START 	29
Zen Smoothie Avocado Toast on Brodflour Sourdough Choice of Coffee, Tea or Juice	

 Vegan  Vegetarian  Contains Pork  Gluten-Free  Contains Nuts  Halal

 Contains Alcohol  Contains Seafood | 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.



BREAKFAST

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 | Chocolate Croissant | Banana Bread |
Coffee Cake | Spiced Carrot Loaf

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EGGS AND MORE


(EGG OPTIONS, EXCEPT FOR EGGS BENEDICT, ARE SERVED WITH ARTISANAL BREAD FROM FRED'S BREAD, BARRIE HILL FARMS STRAWBERRY JAM, WHIPPED ST. BRIGID'S GRASS-FED JERSEY BUTTER, AND MARMALADE. GLUTEN-FREE BREAD IS ALSO AVAILABLE.)

- TWO EGGS ANY STYLE  25
Homestead Farms Free Range Eggs
Choice of: **Bacon, Pork Sausage, Halal Chicken Sausage** | Hashbrown
- SIGNATURE OMELETTE   27
Canadian Prosciutto | Asparagus | Bella Cesara Buffalo Mozzarella |
Basil Pesto | Hashbrown
- WELLNESS OMELETTE   27
Free Range Egg White | Ontario Goats' Cheese | Charred Eggplant |
Roasted Tomato | Spinach | Hashbrown
- EGGS BENEDICT  27
Choice of Classic (**Peameal bacon**) or Royale (**Smoked Salmon**) or Florentine
(**Mushroom & Spinach**) | **Poached Eggs** | Hollandaise | **Fred's English Muffin** |
Hashbrown

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BREAKFAST


CLASSIC BREAKFAST

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

SIDES

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

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