

CLASSIC BRUNCH

West Coast Croissant

2 Scrambled Eggs, Shrimp, Smoked Salmon, Swiss Cheese with Pesto. Served with your choice of Hash Browns, Organic Greens, Grilled Tomato \$14

Bacon and Eggs

2 Eggs any style, Bacon, Grilled Tomato, Hash Browns and Multi Grain Toast \$11

Sausage and Eggs

2 Eggs any style, Farmers Sausage (Beef Sausage) or South African Sausage (Pork Sausage), Grilled Tomato, Hash Browns and Multi Grain Toast \$12

Waffle Breakfast

2 Eggs any style, Bacon or Farmers Sausage, Grilled Tomato and 2 Belgian Waffles \$14

Belgian Waffles

With Fruit, Whipped Cream, Syrup and Berry Compote \$13
Add Ice Cream & Caramel Sauce \$1.50

French Toast

Chala French Toast topped with Fresh Fruit, Candied Pecans and Syrup \$12

Huevos Rancheros Burrito

Refried Beans, Scrambled Eggs, Salsa and Cheese wrapped in a Tortilla. Served with Hash Browns. \$12

Mexican Platter

Chicken, Tomato, Jalapenos and Onion Omelette on an open faced Tortilla with 3 cheeses, Sour Cream, Salsa and Guacamole. Served with Hash Browns \$14

Hungry Mans Breakfast

Bacon, Sausage, Waffles, Hash Browns, Scrambled Eggs with melted Cheddar \$14.50

Ultimate Breakfast

Two eggs any style, Crispy Bacon, Hash Browns and French Toast \$14 Sub Sausage for Bacon \$1.50

Sautéed South African Sausage Breakfast

S.A.Sausage (Boerewors), served on toasted Multigrain topped with sautéed onions, tomatoes, Bacon, Mushrooms & Chutney. Served with 2 eggs, any style, and Hash Browns. \$14.50

Enigma Vegetable Skillet

A Hot Skillet filled with Hash Browns, Sautéed Onions, Sun dried Tomatoes, Artichokes and Spinach topped with Scrambled Eggs, Salsa and Baked with Bocconcini Cheese. Served with a Croissant. \$13

ADD TO YOUR ORDERED BREAKFAST

2 Pieces Multi Grain Toast	\$ 1.50
Croissant	\$ 3.75
2 Pieces Bacon	\$ 2.50
4 Pieces Bacon	\$ 4.50
S.A.Sausage (Combo Beef & Pork)	\$ 3.80
Farmers Sausage (100% Beef)	\$ 3.80
Pan Fried Tomatoes	\$ 2.00
1 Egg	\$ 1.20
Hash browns	\$ 3.00
Extra Slice Banana Bread	\$1.50
Gluten Free Bread	\$1.50

OMELETTES & FRITTATAS

"Egg White" or "Regular" Omelette or Open Faced Frittatas served with Multi Grain Toast and your choice of Hash Browns, Greens or Grilled Tomatoes

Build Your Own Omelette \$13

Please choose three of the following items:

Additional items each \$1

Mushroom, Red Pepper, Bacon, Tomato, Artichokes, Spinach, Red Onions, Ham, Chorizo Sausage, Cheddar, Feta or Provolone

Specialities

Smoked Salmon Omelette

With Cream Cheese, Green Onions and Tomato \$14

Farmers Omelette

Sautéed Mushrooms, Green Onions and Ham with Cheddar Cheese \$13

Boerewors Omelette

S.A.Sausage with Sautéed Mushrooms, Tomatoes, Onions and Mozzarella. \$13

Veggie Frittata

Spinach, Artichokes and Sun Dried Tomatoes topped with Mozzarella Cheese \$13
ADD Bacon \$1

Shortrib Hash Skillet

Pulled Shortrib with Onions, Peppers, Tomato and Poached Eggs with Hollandaise. \$15

EGGS BENEDICT

Eggs Benedict are served with your choice of:

Hash Browns or Organic Greens or Grilled Tomatoes

Classic Canadian Benny

Black Forest Ham, Poached Eggs and our House Made Hollandaise Sauce \$13

Mediterranean Benny

Red Peppers, Sun Dried Tomatoes, Black Olives and Feta Cheese, 2 Poached Eggs and our House Made Hollandaise Sauce \$13

Smoked Salmon Benny

Smoked Wild BC Salmon with Cream Cheese, 2 Poached Eggs and our House Made Hollandaise Sauce \$14

Veggie Benny

Spinach, Tomato and Mushrooms topped with Feta Cheese, 2 Poached Eggs and our House Made Hollandaise Sauce \$13

Crab Benedict

Poached Eggs on an English Muffin with Guacamole and Blue Crab, topped with Hollandaise Sauce. Served with Hash Browns or Green Salad \$16

Pasta alla Carbonara Benedict

Bacon, Ham, Parmesan Cheese in a White Wine Cream Sauce served over Egg Noodles and topped with two poached eggs and hollandaise Sauce. \$14.50

Most Items can be made Gluten Free

Please ask your server for modifications

HEALTHY CHOICES

Seasonal Fruit Salad \$ 7

Yogurt \$ 3

Oatmeal / Fruit Cup

Creamy Oatmeal slow cooked in Fresh Apple Juice, topped with Toasted Almonds and Sun Dried Cranberries. Served with Brown Sugar and a Fruit Bowl \$9

Healthy Wrap

Scrambled Egg, Artichoke, Green peppers, Mushrooms & Mozzarella Cheese wrapped in a Tortilla and served with an Organic Green Salad and a side of Salsa \$ 12.50

PANINIS & SANDWICH COMBOS

Please Note: All Combos served with fries \$14
With Salad or with Soup - \$15
With French Onion Soup \$16

Chicken Breast Club House Maple Smoked Bacon, Tomato & Dijonaise on Toasted Multi Grain Bread \$14

Vegetarian Panini Roasted Red Peppers, Olives, Artichokes, Sun Dried Tomato, Fresh Basil, Feta Cheese with Pesto Aioli \$14

Chicken Panini Herbed Chicken Breast, Cheddar Cheese, Lettuce and Tomato with Dijonaise \$14

Montreal Smoked Meat Panini Mustard, Sun Dried Tomato, Fresh Tomato, and Mozzarella Cheese \$14

Bocconcini Panini

Bocconcini Cheese, Tomato, Onions, Bacon & Fresh Basil with Pesto Aioli \$14

SALAD

House Salad Organic Mixed Greens served with Cherry Tomatoes, Cucumbers, Sun Dried Cranberries and Roasted Pumpkin Seeds. With Your Choice Of Balsamic Raspberry Dressing or Pomegranate Vinaigrette
Large \$11.80 Small \$7.50

Caesar Salad

Crisp Romaine tossed with our Caesar Dressing, Herbed Croutons, and topped with Parmesan Cheese
Large \$11.80 Small \$7.50

Add to your salad:

Wild Pacific Salmon Filet (Grilled or Cajun) \$7
Chicken Breast (Grilled or Cajun) \$7
Marinated Ginger Soy Tofu \$6
4 x Garlic Prawns \$9.50

Spinach Salad

Marinated Chicken Breast, Grapefruit, Orange Segments, Sun Dried Cranberries, Toasted Almonds, Naan Bread and our Zesty Thai Vinaigrette \$17

7 Herb Chicken Salad

Tomatoes, Chickpeas, Black Olives and Feta Cheese tossed with Mixed Organic Greens and Pomegranate Vinaigrette. Topped with Candied Pecans and a Chicken Breast \$17
(Sub Salmon or Tofu for Chicken)

Most Items can be made Gluten Free

Please ask your server for modifications

SOUP

Butternut Squash with Crème Fraiche Bowl \$7

French Onion

With Herbed Croutons and Melted Swiss Cheese \$9

COMFORT FOOD

Guinness Stew

Beef, Carrots and Pearl Onions braised in Guinness and served with Mash and Vegetables \$17.80

Authentic Curry for One

Your choice of:

Spicy Lamb, Chicken or Vegetable

with Basmati Rice, Salsa, Yoghurt, Chutney and Warm Naan Bread \$17.80

Chicken Tenders

4 Breaded Chicken Filets served with Fries and a Trio of Dips – Sweet Chilli, Honey Mustard & Plum \$14.50

Fish and Chips

Beer Battered Cod, served with French Fries and our House Made Tartar Sauce \$10.50
Extra Piece of Cod \$5

Our Signature Calamari

Over Crispy Rice Noodles tossed in a Garlic Chilli Oil and drizzled with Sweet Soy Sauce \$13

Salmon on Rye

Grilled Wild Pacific Salmon with Pesto served on toasted Rye Bread with your choice of Soup, Salad or Fries \$14

Curried Chicken Crepe

Chicken Curry wrapped in a Crepe, topped with Apricot Chutney and served with Organic Greens \$14.50

BURGER PLATTER

All Burgers are served with Lettuce, Tomato, Red Onion, Pickle and Fries.

Substitute

Fries with Caesar Salad or Organic Greens \$ 1.50
Substitute Fries with Yam Fries \$ 2.50

Vegetarian Burger with Pesto Aioli \$13.50

100 % Beef Burger with Chipotle Aioli \$14.80

Chicken Burger with Chipotle Aioli \$14.80

Wild Salmon Burger with Tartar Sauce \$14.80

BBQ Beef Short Rib Burger with Sautéed Onions, Peppers & Dijonaise \$16.00

Add

Cheddar, Mozzarella, Swiss, Feta, Sautéed Onions, Egg Crispy Bacon, Mushrooms, Salsa, Guacamole Each \$1

ALL FRIES

1 Plate French Fries with Chipotle Dip \$5
1 Plate Yam Fries with Chipotle Dip \$8.50
Sub Yam Fries for French Fries extra \$2.50