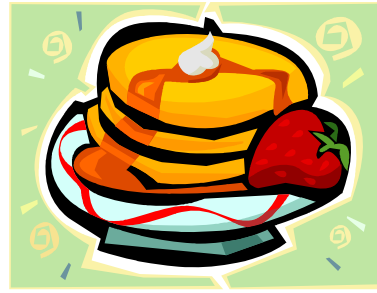


## FRESH BAKED GOODS AND FRUITS

- Cup of Fruit  
**\$4**
- Bowl of Fruit  
**\$6.50**
- Toast and Preserves  
**\$3.15**
- English Muffin and Preserves  
**\$2.75**
- Bagel and Preserves  
**\$3.50**
- Bagel, Cream Cheese and Preserves  
**\$4**
- Hot Oatmeal  
**\$5**
- Muffin  
**\$3.25**
- Croissant and Preserves.  
**\$4**
- Croissant and Cheese Plate  
**\$8**
- Fruit and Cheese Plate  
**\$9**
- Baked Good, Fruit and Cheese Plate  
**\$13**
- Cold Cereals- Muslix or Raisin Bran  
**\$5**

## BEVERAGES

- Coffee or Tea- Sumatra Coffee, Nescafe Decafe Coffee, or Tetley Tea  
**\$2.50**
- Mighty Leaf Herbal Teas- A selection of Mighty Leaf whole leaf teas in a silk sack. Some decafe available.  
**\$3**
- Hot Chocolate  
**\$3**
- Iced Tea or Juice or Milk 2%  
**\$3**
- Freshly Squeezed Orange Juice  
**Glass \$3.25 ½ Litre \$6**
- Pop  
**\$2.75**
- Bottled Water  
**\$2.25**



## PANCAKES AND FRENCH TOAST

- Single French Toast  
**\$4.50**
- Double French Toast  
**\$6.25**
- Triple French Toast  
**\$8**
- Stuffed French Toast  
**\$9.75**
- Single Pancake  
**\$4.50**
- Double Pancake  
**\$6.25**
- Triple Pancake  
**\$8**
- Stuffed Pancakes  
**\$9.75**
- Add mixed berry compote  
**\$3**

## OMELETTES

All Omelettes are 3 free range eggs, served with toast and pan fries.

- Shrimp Mediterranean- Spinach, shrimp, red onions, artichoke & feta.  
**\$12**
- Meat and Cheese- Ham or Bacon or Sausage with two cheeses.  
**\$12**
- Loaded- Peppers, onions, ham, sausage, bacon & tomatoes with two cheeses.  
**\$12**
- Veggie- Peppers, onions, tomatoes & mushrooms with two cheeses.  
**\$11**
- Western- Onions, peppers, ham and two cheeses.  
**\$11**

## FREE RANGE ISLAND EGG PLATES

Classic two eggs with choice of toast and pan fries or 2 pancakes.

**\$7.25**

Canadian Breakfast. Two eggs with choice of bacon or sausage or ham. Served with toast and pan fries or 2 pancakes instead.

**\$10.25**

Light Breakfast. One egg with choice of a pancake, or a piece of French toast, or toast and pan fries.

Bacon or Sausage or Ham.

**\$6.75**

Huevos Rancheros. Two eggs fried on top of crisp tortillas with refried beans, cheese and warm ranchero sauce. Served with Cajun seasoned pan fries.

**\$10.25**

The Lumber Jack- Two eggs, two pancakes, two sausages, two strips of bacon and pan fries and toast.

**\$12**

Breakfast Burrito- Two scrambled eggs, bacon, ham, peppers, onions, two cheeses and guacamole wrapped in a tortilla shell. Served with pan fries, salsa and sour cream.

**\$10**

Breakfast Sandwich- Fried egg, bacon, or ham, or sausage, lettuce, tomato, cheddar and mayo on your choice of toast, bagel, focaccia, English muffin or croissant.

**\$10**

Breakfast Quesadilla- Scrambled eggs, tomatoes, onions, and jalapenos, mixed cheese in a flour tortilla. Served with sour cream, salsa, guacamole and pan fries.

**\$10**

## EGG BENEDICTS AND SKILLET PLATES

Classic Eggs Benedict's- Two poached eggs on an English muffin with ham and hollandaise. Served with pan fries.

**\$10**

Eggs Blackstone Benedict's- Two Poached eggs on an English muffin with grilled tomato and bacon, topped with hollandaise. Served with pan fries.

**\$11**

Eggs Mediterranean Benedict's- Two poached eggs on an English muffin with spinach, artichoke and feta topped with hollandaise. Served with pan fries.

**\$12**

Eggs Pacific Benedict's- Two poached eggs on an English muffin with crab cakes and hollandaise.

Served with pan fries.

**\$13**

Southern Skillet- Sausage, bacon, ham, onions, peppers and Cajun spices mixed with pan fries, baked with two cheeses. Topped with two eggs any style and toast.

**\$11**

Veggie Skillet- Onions, mushroom, peppers, and tomatoes mixed with pan fries, baked with two cheeses. Topped with two eggs any style and toast.

**\$11**

Western Skillet- Onions, ham and peppers mixed with pan fries, baked with two cheeses. Topped with two eggs any style and toast.

**\$11**

Mediterranean Skillet- Red onions, artichoke, spinach, olives, peppers, mixed with pan fries, baked with feta. Topped with two eggs any style and toast.

**\$12**