KIDS MENU

SLICED BANANA – 2.99 FRUIT SALAD – 5.50

COLD CEREAL - 4.25

HOMEMADE GRANOLA – 4.50

Roasted with almonds, coconut & raisins With yogurt – 5.50

BERRY PORRIDGE - 4.99

Mixed with berries, yogurt & maple syrup

TOAST & JAM – 3.99 CROISSANT & JAM – 5.00

1 EGG ANY STYLE – 8.50 Served with bacon or sausage

CHEDDAR CHEESE OMELETTE - 8.50

RASPBERRY PANCAKES – 8.50

CHOCOLATE CHIP PANCAKES – 8.50 BANANA & NUTELLA CRÊPES – 8.50

STRAWBERRY WAFFLES – 8.50

Topped with strawberry coulis & whipped cream

PLAIN WAFFLES - 8.00

SERVED WITH BACON OR SAUSAGE

- FRENCH TOAST 9.00
- PANCAKES 9.00
- BUTTER & CINNAMON CRÊPES 9.00 Sprinkled with cinnamon & sugar



SMOOTHIE – 4.99

BANANA + STRAWBERRY + YOGURT

SHIRLEY TEMPLE – 3.50

JUICES (APPLE, ORANGE) – 2.99 MILK & CHOCOLATE MILK – 2.50

HOT CHOCOLATE - 3.99



BEVERAGES

SMOOTHIE – 6.95 Add almonds – 1.75 Add whey protein – 2.25

IIIICES _ 3.7

(Apple, Cranberry, Grapefruit, Pineapple, Tomato, V8)

ORANGE JUICE - 4.50

HERBAL TEA – 3.95

COFFEE & TEA – 3.50

HOT CHOCOLATE – 4.50

MILK & CHOCOLATE MILK - 2.99

ALMOND MILK – 3.50

SAN PELLEGRINO (750 ML) - 6.99

PERRIER (339 ML) – 3.99

SWEETENED ICED TEA – 3.50

SOFT DRINKS – 3.50

SHIRLEY TEMPLE – 3.50

ICED COFFEE

REGULAR - 3.95

Coffee over ice with your choice of cream, milk & sugar

HAZELNUT - Hot or Iced - 10.00

Frangelico (1 oz), coffee, topped with whipped cream & caramel drizzle

CARAMEL – Hot or Iced – 10.00 Virgin – 5.50
Butterscotch Ripple Schnapps (1 oz), coffee, topped with whipped cream, caramel syrup & caramel drizzle

VANILLA - Hot or Iced - 5.50

Vanilla syrup, coffee, topped with whipped cream

BRUNCH COCKTAILS

KIR ROYAL (5 OZ) – Sparkling wine & cream of cassis – 11.00

MIMOSA (4 OZ) – Sparkling wine & orange juice – 10.00

ELDERFLOWER PROSECCO – 11.00

Prosecco (5 oz) + Elderflower syrup

HOUSE CAESAR (2 OZ) – 13.00 Served with a slice of maple bacon

CAESAR (1 Oz) – 9.00 / (2 Oz) – 12.00

SUNRISE VODKA (1 OZ) – 9.00

BOTTLE OF PROSECCO (750 ML) + 1/2 LITRE OF

ORANGE JUICE - 50.00

TAKE OUT AVAILABLE











SMOOTHIES

STRAWBERRY + BANANA + YOGURT

MELON + BERRY + YOGURT

PEACH + MANGO + YOGURT

MOCHA + YOGURT

CAPPUCCINO + YOGURT

MATCHA GREEN TEA + MILK

STRAWBERRY + MANGO + YOGURT

Add almonds – 1.75 Add whey protein – 2.25

FRUIT & CEREAL

HOMEMADE FRESH FRUIT SALAD - 8.50

HALF GRAPEFRUIT – 3.95

HOMEMADE GRANOLA - 7.25

Roasted with almonds, coconut & raisins

BAGEL, CREAM CHEESE & FRUIT SALAD - 13.50

BERRY PORRIDGE - 9.00

Mixed with berries, yogurt & maple syrup

LADY MACDONALD - 13.50

Homemade granola, fresh fruit salad, yogurt & an English muffin

BRIE CHEESE & FRESH FRUIT – 16.75

Served with a croissant

BREAKFAST SANDWICHES

Served with homestyle potatoes & fresh fruit

ENGLISH MUFFIN SANDWICH - 12.50

A scrambled egg, melted cheddar cheese, bacon & tomatoes

MEXICAN WRAP - 14.50

Scrambled eggs, bell peppers, onions, tomatoes, guacamole, cilantro, salsa & sour cream

BREAKFAST CLUB - 15.50

Your choice of bread, an over hard egg, ham, cheddar cheese, tomatoes, lettuce & mayonnaise

SMOKED SALMON CLUB - 16.50

Your choice of bread, an over hard egg, smoked salmon, Swiss cheese, tomatoes, guacamole & lettuce

CROISSANTS & BAGELS

Served with homestyle potatoes & fresh fruit

HAM & CHEESE CROISSANT - 11.75

SMOKED SALMON BAGEL – 16.50

Oven baked with capers, caramelized onions, cream cheese & tomatoes

BLT BAGEL OR CROISSANT - 13.50

Bacon, lettuce, tomatoes and mayonnaise

EGG DISHES

Served with homestyle potatoes & fresh fruit

THE TRADITIONAL – 14.95

2 eggs (any style) & your choice of bacon, ham, sausage or back bacon & toast

EGGS & TOMATO – 13.00

2 eggs (any style), sliced tomato & toast

THE MOUNTAINEER - 16.50

3 eggs (any style), 3 sausages, 3 strips of bacon & toast

THE FLORENTINE - 17.25

- 2 poached eggs on a bed of spinach & parmesan cheese, topped with your choice of Hollandaise or Bechamel sauce & toast

THE ALBERTAN – 23.50

2 eggs (any style) & 6 oz. New York steak & toast

HUEVOS RANCHEROS – 15.75

2 fried eggs, cheddar cheese, black beans, guacamole, sour cream, salsa, cilantro, served on a tortilla

VEGAN SCRAMBLE - 16.95

Sautéed tofu, spinach, mushrooms, asparagus, zucchini, bell peppers, tomatoes, black beans, guacamole & toast

BREAKFAST BENE POUTINE

One soft poached egg topped with Hollandaise, home fries, Quebec cheese curds, gravy & your choice of

- CANADIAN BACK BACON 16.50
- MONTREAL SMOKED MEAT 17.50

ADD AN EGG - 3.00

OMELETTES

3 whole eggs or egg whites served with homestyle potatoes, fresh fruit & toast

SMOKED SALMON, CREAM CHEESE & DILL - 16.95

BRIE CHEESE & ASPARAGUS - 16.95

GREEK – 16.95

Spinach, feta cheese, caramelized onions, tomatoes, olives & oregano

SMOKED MEAT & SWISS CHEESE - 16.50

Smoked meat & Swiss cheese

VEGETARIAN – 15.50 | With cheddar cheese – 16.25 Mix of market vegetables

MEAT LOVER – 16.00 | With cheddar cheese – 17.25 Sausage, ham & bacon

MAKE YOUR OWN OMELETTE Plain - 14.00

Add 1.75 for each filling

MAPLE BACON

MAPLE HAM

PANCAKES

• 2 EGGS

• VALBELLA SAUSAGES

- · Cheddar, Swiss, feta or brie cheese
- Asparagus, spinach, mushroom or tomato
- Ham, bacon, Valbella sausage, turkey sausage or smoked meat

4.50

Served with poached eggs, homemade Hollandaise, English muffins, homestyle potatoes & fresh fruit 1 egg - 14.95 | 2 eggs - 17.95

- MONTREAL SMOKED MEAT
- SMOKED SALMON
- MUSHROOMS & TOMATO
- SPINACH, FETA CHEESE & TOMATO

COMBOS

Served with homestyle potatoes & fresh fruit

CHOOSE ONE BENE & SWEET CRÊPES – 18.50

AMERICAN COMBO - 16.50

AMERICAN PLATTER For Four - 52.00

Scrambled egg, pancake, French toast, bacon & sausage

QUÉBEC COMBO - 17.25

2 eggs baked over ham topped with maple syrup, served with bacon, sausage, homemade creton, pork & beans, & toast

Served with homestyle potatoes & fresh fruit

- APPLE & CHEDDAR CHEESE 14.95
- BANANA & NUTELLA 14.95
- STRAWBERRY & CREAM CHEESE 14.95
- RASPBERRY & YOGURT 14.50
- Sprinkled with cinnamon & sugar
- FRUITY 15.50 Filled with pastry cream & topped with fresh fruit salad
- STRAWBERRY & NUTELLA 15.50

Served with homestyle potatoes & fresh fruit

- Sautéed spinach, parmesan cheese, cheddar cheese, Bechamel
- APPLE, BRIE CHEESE & HAM 16.50 Topped with maple syrup

5.00

• HOMEMADE LAMB SAUSAGE

CHORIZO SAUSAGES

TURKEY MAPLE SAUSAGES

CANADIAN BACK BACON

- CRETON
- DUCK LIVER PÂTÉ

FRENCH TOAST

Served with homestyle potatoes & fresh fruit

GOLDEN FRENCH TOAST - 13.95

Sprinkled with cinnamon & sugar

CARAMELIZED BANANA & NUTELLA - 16.25

STRAWBERRY CREAM CHEESE FRENCH TOAST - 14.95

SURPRISE FRENCH TOAST - 16.95

1 egg sunny side up, ham & cheddar cheese between 2 golden slices of French toast, topped with a mountain of fresh fruit

GLUTEN-FREE RAISIN BREAD FRENCH TOAST - 15.95 Served with yogurt & maple syrup

PANCAKES & WAFFLES

Served with homestyle potatoes & fresh fruit

CLASSIC PANCAKES OR WAFFLES - 13.95 **RASPBERRY PANCAKES** – 15,95

Served with maple yogurt

APPLE & CINNAMON PANCAKES – 15.95

CHOCOLATE CHIP PANCAKES – 15.50

FIELD BERRY PANCAKES - 16.50

Served with hot field berry coulis & whipped cream STRAWBERRY WAFFLES - 16.50

Served with strawberry coulis & whipped cream

FRUITY WAFFLES - 16.50 Served with pastry cream, fresh fruit salad

HOMEMADE GLUTEN-FREE WAFFLES add – 1.75

A LA CARTE

& raspberry coulis

- CANADIAN PORK & BEANS SM 4.95 | LG 5.95
- EGGS ANY STYLE 1 for 3.00 | 2 for 4.25
- CROISSANT OR BAGEL 5.50
- FRANÇOIS' CRETON & CROISSANT 8.50
- FRANÇOIS' DUCK LIVER PÂTÉ & CROISSANT - 8.50
- ENGLISH MUFFIN 3.99
- TOAST & JAM 4.25 | GLUTEN-FREE TOAST 4.99
- GUACAMOLE + TOMATOES + TOAST 8.50
- TOAST & CRETONS 7.95
- HOMESTYLE POTATOES 3,75
- CHEDDAR CHEESE 4.00
- SALSA 2.75
- GUACAMOLE 3.50

• TOMATOES – 2.75

- SLICED BANANA 2.99
- CREAM CHEESE 2.95
- VANILLA YOGURT 3.50 • MAPLE SYRUP (1 OZ.) – 1.95
- WHIPPED CREAM 2.25
- SIDE HOLLANDAISE 4.75

Ask for gluten-free options

FAMOUS EGGS BENEDICT

CANADIAN BACK BACON OR BACON

• SWISS CHEESE, HAM & ASPARAGUS

BENE COMBO

CHOOSE ONE BENE & SPECIALTY CRÊPES – 19.50

Scrambled egg, pancake, French toast, bacon & sausage

• BUTTER & CINNAMON – 13.95

• SPINACH & BECHAMEL - 16.50

Please advise server of any allergies prior to ordering

ADD