

STAGES BREAKFAST

ENTRÉES

Double Bacon Sandwich ^{*} 18

Toasted potato bun stacked with crispy smoked bacon and seared peameal, a sunny-side-up egg, cheddar cheese, arugula, pickled red onion, and garlic dill aioli with hash brown patties or home fries.

Eggs Benedict ^{*} 18

Seared peameal bacon, poached eggs, brown butter hollandaise, chive oil, and pea shoots with hash brown patties or home fries.

ADD SMOKED SALMON +7

French Toast Stack ^V 18

Vanilla custard-soaked French toast with house-made maple blueberry compote, preserved lemon, and powdered sugar with choice of bacon or apple chicken sausage, with hash brown patties or home fries.

Build-an-Omelette ^{GF} 18

Three egg omelette with your choice of four garnishes: cheddar, feta, bacon, peameal, apple chicken sausage, ham, pickled red onion, blistered tomatoes, mushrooms, or red pepper, with hash brown patties or home fries.

Classic Two Egg Breakfast 18

Two eggs any style with choice of smoked bacon, peameal, apple chicken sausage, or ham, with hash brown patties or home fries and white, brown, or gluten-free toast.

NEW BREAKFAST FEATURES

Smashed Avocado Toast 18

Grilled sourdough topped with feta, lemon-chili smashed avocado, red onion, tomatoes, and two poached eggs, with hash browns or home fries.

Smoked Salmon Toast 18

Garlic & herb cream cheese on grilled sourdough, topped with smoked salmon, cucumber, tomato, red onion, and two poached eggs with hash browns or home fries.

Miso Mushroom Toast 18

Sauteed oyster and cremini mushroom with white miso, thyme, chives, and two poached eggs over grilled sourdough with hash brown or home fries.

Mediterranean Shakshuka 18

Poached eggs nestled in a mild tomato and red bell pepper stew, infused with garlic and paprika, with grilled sourdough and home fries.

Sweet or Savoury Continental 18

Choice of Chocolate or Feta & Spinach filled pastry with fruit salad, Gruyère cheese and yogurt.

LIGHTER FARE

Maple Berry Smoothie ^{VG GF} 10.5

A refreshing blend of berries, banana, oat milk, and maple syrup.

Sunrise Citrus Smoothie ^{VG GF} 10.5

Freshly squeezed orange juice, banana, and oat milk.

Fresh Squeezed Juice ^{VG} 6

Orange, apple, grapefruit, or cranberry.

Banana Berry Overnight Oats ^{VG GF} 12

Rolled oats and banana soaked overnight in oat milk, garnished with fresh berries and topped with chia pudding. Served chilled.

House Blend Coffee 4

Fairtrade Certified
Regular or decaf

Pluck Tea 4

Earl Grey, English Breakfast, Citrus Ginger, Rooibos Chai, Harvest Mint, Southbrook Berry Blend, or Fields of Green

GF = GLUTEN FRIENDLY | V = VEGETARIAN | VG = VEGAN | * = GLUTEN-FREE OPTION AVAILABLE

PLEASE NOTIFY YOUR SERVER OF ANY DIETARY RESTRICTIONS

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