



STAGES BREAKFAST

ENTRÉES All entrées include juice, plus your choice of coffee or tea

Classic Two-Egg Breakfast

23

Two eggs prepared any style. Served with your choice of ham, smoked bacon, peameal, or country-style pork sausage, alongside hash brown patties or home fries, and white, whole wheat, or gluten-free toast.

Eggs Benedict

23

Seared peameal bacon, poached eggs, hollandaise, chive oil, and pea shoots on an English muffin. Served with hash brown patties or home fries.

Add smoked salmon **+8**
Gluten-free option available

French Toast Stack ^V

23

Vanilla custard-soaked French toast with housemade maple blueberry compote, lemon, and powdered sugar. Served with hash brown patties or home fries, and your choice cherrywood smoked bacon or country-style pork sausage.

Build-an-Omelette ^{GF}

23

Three-egg omelette with your choice of four fillings. Served with hash brown patties or home fries.

Fillings: Cheddar, feta, ham, bacon, peameal, country-style pork sausage, pickled red onion, blistered tomatoes, mushrooms, red pepper

Turkey bacon available upon request

Double Bacon Sandwich

23

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

Gluten-free option available



FEATURES All features include juice, plus your choice of coffee or tea

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| Smashed Avocado Toast | 23 | Mediterranean Shakshuka | 23 |
| Grilled sourdough topped with feta, lemon-chili smashed avocado, red onion, tomato, and two poached eggs, with hash brown patties or home fries. | | Poached eggs nestled in mild tomato and red bell pepper stew infused with garlic and paprika, with grilled sourdough and home fries. | |
| Smoked Salmon Toast | 23 | Buttermilk Pancakes | 23 |
| Garlic herb cream cheese on grilled sourdough topped with smoked salmon, cucumber, tomato, red onion, and two poached eggs with hash brown patties or home fries. | | A stack of three golden, fluffy pancakes served with syrup, hash brown patties or home fries, and your choice of ham, cherrywood smoked bacon, peameal, or country-style pork sausage. | |

LIGHTER FARE All lighter fare selections include your choice of juice, coffee, or tea

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| Yogurt Strata ^{VG} | 19 | Fruit Bowl with Toast ^{VG} | 12 |
| Vanilla yogurt with alternating layers of fresh berries and crunchy granola. Served with jam, butter, and your choice of sourdough, whole wheat, or white toast. | | A seasonal mix of fruit salad and fresh berries. Served with jam, butter, and your choice of sourdough, whole wheat, or white toast. | |
| Banana Berry Overnight Oats ^{VG GF} | 15 | | |
| Rolled oats and banana soaked overnight in oat milk, topped with fresh berries and chia pudding. Served chilled. | | | |

BEVERAGES

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| Fresh Squeezed Juice ^{VG} | 6 | Specialty Coffee | 5 |
| Choice of orange, apple, grapefruit, or cranberry. | | Ask your server for your favourite. | |
| House Blend Coffee | 4 | Pluck Tea | 4 |
| Choice of regular or decaf. <i>Fairtrade Certified</i> | | Choice of English Breakfast, Rooibos Chai, Earl Grey, Citrus Ginger, Fields of Green, Southbrook Berry Blend, or Harvest Mint. | |

