

Continental Buffet

Freshly squeezed orange juice,
ruby red grapefruit juice

Croissant, danish pastries, muffins

Selection of cereals, homemade granola,
dried fruits

Fresh seasonal fruits, cottage cheese,
low-fat fruit yogurts

Freshly brewed organic coffee, decaf,
selection of assorted Tazo Teas

Adult \$13, Children 6-12 \$7

Deluxe Breakfast Buffet

Freshly squeezed orange juice,
ruby red grapefruit juice

Croissant, danish pastries, muffins

Selection of cereals, homemade granola,
dried fruits

Fresh seasonal fruits, cottage cheese,
low-fat fruit yogurts

Fresh scrambled eggs, smoked maple cured
bacon, country sausage,
home fried potato, hot oatmeal

Chef's choice of pancake, french toast or
belgium waffles with maple syrup

Freshly brewed organic coffee, decaf,
selection of assorted Tazo Teas

Adult \$17, Children 6-12 \$10

Buffet 6:30 am - 10:30 am

The Power Plate

Granola parfait, berry compote,
freshly baked muffin, sliced banana

\$12

Fresh Fruit Platter

A selection of seasonal fresh fruit,
low-fat yogurt or cottage cheese with toast

\$12

Bagel & Lox

Toasted bagel, smoked salmon,
cream cheese, red onion, capers

\$15

Belgium Waffle

Fruit compote, whipping cream, maple syrup

\$11

Buttermilk Pancakes

Fresh berries, maple butter, sausage or bacon

\$11

French Toast

Apple cinnamon compote, mascarpone spread
Quebec maple syrup

\$10

The Canadian Skillet

Two eggs any style, sautéed onions, home fried potatoes,
back bacon, aged cheddar cheese

\$14

Egg White Frittata

Spinach, mushroom, swiss cheese and fresh fruit salad

\$14

Two Eggs Breakfast

Two eggs any style, maple cured bacon or
sausage with home fried potatoes

\$13

Single Egg Benedict

English muffin, back bacon, hollandaise sauce, home fried potatoes

\$10

Two Eggs Benedict

\$14

Substitute smoked salmon \$2

Steak & Eggs

6 oz Angus steak with two eggs
with home fried potatoes

\$17

House Omelete

Choice of three toppings:
onion, mushroom, peppers, tomatoes,
ham, cheddar

\$13

West Coast Breakfast

Grilled salmon, eggs any style, home fried potatoes
fresh sliced tomato

\$16

Sides

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|---|-----|
| Smoked maple cured bacon | \$4 |
| Country Style Link Sausage | \$4 |
| Home fried potato | \$4 |
| Fresh sliced Tomato | \$4 |
| Low fat plain yogurt | \$4 |
| Raspberry yogurt | \$4 |
| Low fat field berry yogurt | \$4 |
| Fresh fruit salad | \$5 |
| Hot Oatmeal | \$5 |
| Toasted Bagel | \$4 |
| Cereal | \$4 |
| Grapefruit | \$4 |
| Fresh Baked Muffin, Danish or Croissant | \$4 |
| Toasted English muffin or Toast | \$4 |

Beverages

| | |
|---------------------------------------|-----|
| Fresh Organic Brewed Starbucks Coffee | \$4 |
| Cappuccino | \$5 |
| Latte | \$6 |
| Espresso | \$4 |
| Milk or Chocolate Milk | \$4 |
| Selection of Juices | \$4 |