



BREAKFAST MENU

Hood Favourites

Two Valley Fresh Eggs \$14.75

With breakfast potatoes, toast
& your choice of bacon or breakfast sausage

B.E.L.T.C.H \$12.75

Bread, egg, lettuce, tomato, cheese
& ham served with breakfast potatoes

Skillet Corned Beef Hash \$14.75

Corned beef, potatoes, scallions topped with
two poached eggs and traditional hollandaise

Fruit & Toast \$10.00

Fruit bowl with your choice of toast

Pecan Nut French Toast \$12.50

With cinnamon sugar & maple syrup

Belgian Waffle \$11.50

With whipped cream and warm strawberries

Two Eggs Benedict

Served with breakfast potatoes

Eggs Benedict \$14.75

Back bacon & traditional hollandaise
on a toasted english muffin

Veggie Benedict \$14.75

Sliced avocado, tomato, wilted spinach
& basil hollandaise on a toasted english muffin

Hood Benedict \$15.75

Grilled salmon with lemon hollandaise
on a gluten free biscuit

Eggs Pacific \$15.75

Smoked salmon, capers & lemon hollandaise
on a toasted english muffin

Gluten-Free Buns Available For All Eggs Benedict (GF)

Omelets

Served with breakfast potatoes & toast

Two Cheese \$14.75

Havarti, cheddar & chives

Spanish \$13.75

Traditional vegetarian

Canadian Cheddar & Black Forest \$15.25

Spinach, Mushroom & Feta \$15.25

Egg White \$13.75

Baby spinach, caramelized onions,
cottage cheese & shaved turkey

Cereals

Hot Organic Rolled Oats \$7.50
With fruit compote

Yogurt, Granola & Fruit \$14.00
Bowl of yogurt, served with granola,
dried cranberries, figs, fresh fruit & toast

Honey Nut Cheerios \$3.75

Raisin Bran \$3.75

Sides

**White, Multigrain, Rye
or Gluten Free Toast \$3.00**

Bagel with Cream Cheese \$3.25

Fresh Muffin \$3.95

Croissant \$3.95

Side Bacon \$4.50

Canadian Back Bacon \$5.75

Country Sausage \$4.75

Breakfast Potatoes \$3.25

Smoothies

Made with soy or 2% milk

Banana, Pineapple & Blueberry \$7.50

Banana, Orange & Strawberry \$7.50

Blueberry \$7.50

Strawberry \$7.50

Organic Fresh Prepared Juice

Carrot \$6.50

Carrot & Beet \$6.50

Carrot & Apple \$6.50

Carrot, Apple & Beet \$6.50

Carrot, Apple, Beet & Celery \$6.50

**Carrot, Apple, Beet, Celery
& Kale \$6.50**

Add: Fresh Ginger .50

