

BREAKFAST CRÊPES

our savory crepes are made with white & buckwheat flour
all with green onions, please no substitutions

NORDIQUE • 18

2 eggs, cheese, tomatoes

BIATHLON • 18

bratwurst sausage, 2 eggs, diced tomatoes

ROCKIES • 18

black forest ham, 2 eggs, cheese

2010 • 20

black forest ham, 3 eggs, cheese, tomatoes

add: hash browns 5.5 | bratwurst 6 | chorizo 6 | chicken 6 | egg 2.5
wild sockeye smoked salmon 8 | avocado 4 | tomatoes 2
mushrooms 4 | spinach 4 | asparagus 4 | olives 2
hollandaise 3 | pesto 3 | cheese 3 | goat cheese 4 | jalapeno 2

EGGS BENEDICT

served with hash browns, mixed greens and homemade hollandaise
all served on english muffin (or tomato slices for gluten free)
substitute: croissant bun +2 | gluten free bread +2

CLASSIC BENEDICT • 20

black forest ham

PACIFIC • 24

sockeye smoked salmon, capers, red onions

ASPARAGUS • 21

with black forest ham

FLORENTINE • 20

spinach

GRILLED MUSHROOM • 22

with homemade pesto

GRILLED TOMATO • 21

with homemade pesto

SANDWICHES

served with mixed greens
gluten free bread +2

THE COUNTRYSIDE • 18

ciabatta, over medium egg, bacon, cheddar, lettuce, tomato

HOT HONEY BRIE • 20

ciabatta, black forest ham, spiced honey, arugula

CROQUE MONSIEUR • 19

sourdough, black forest ham, cheddar, béchamel, dijon mustard

**some of our items can be gluten-friendly; we cannot guarantee any item to be 100% gluten free, please ask your server for more details.

OMELETTES

served with mixed greens, hash browns, green onions & cheese

BLACK FOREST HAM • 18

MUSHROOM • 18

BLACK FOREST HAM & LEEK • 20

POTATO & BACON • 20

SMOKED SALMON & TOMATO • 24

CLASSIC BREAKFAST

AVOCADO TOAST • 21

sourdough, avocado, 2 poached eggs, arugula, cherry tomatoes, red onion, balsamic glaze, basil infused olive oil
add: sockeye smoked salmon +8 | bacon +6

WESTERN #1 • 17

2 eggs, bacon or ham, hash browns & sourdough toast

WESTERN #2 • 24

2 pancakes, 2 eggs, bacon or ham, hash browns & sourdough toast

FRENCH TOAST • 19

baguette slices in our homemade egg wash

WAFFLE • 24

berries, banana & whipped cream

BANANA & STRAWBERRY PANCAKES • 23

3 pancakes with choice of whipped cream or low-fat yogurt

ON THE SIDE

customize your breakfast

HASH BROWNS • 5.5

BACON • 6 | HAM • 6

BRATWURST • 6 | CHORIZO • 6

AVOCADO • 4

TOAST • 4 | GLUTEN FREE TOAST • 5

CROISSANT BUN • 4

2 EGGS • 4

1 PANCAKE • 7 | 2 PANCAKES • 13

YOGURT • 2.5

MAPLE SYRUP (3oz) • 3

SWEET CRÊPES

our crêpes are made with white flour

BERRIES + CRÈME ANGLAISE • 15

warm berries with homemade light vanilla custard

BANANA • 14

with your choice of chocolate, nutella, or caramel

APPLE CINNAMON • 14

with your choice of chocolate, nutella, or caramel

SWEET STRAWBERRY • 14

with your choice of chocolate, nutella, or caramel

BELLE HELENE • 17

pear, chocolate sauce, vanilla ice cream & whipped cream

PRALINE • 15

homemade hazelnut butter with vanilla ice cream

LEMON CURD • 12

CARAMEL • 12 | VANILLA FUDGE • 12 | MAPLE • 12

JAM • 12

your choice of strawberry, orange marmalade, or apricot

CHOCOLATE • 12 | NUTELLA • 12

HONEY ALMOND • 12

add : vanilla ice cream 2.5 | whipped cream 2.5 | crème anglaise 2.5 | chocolate 2 | nutella 2 | caramel 2

FLAMBÉES CRÊPES

with 3/4 oz liqueur

NORMANDIE • 18

apple cinnamon crêpe flambéed with calvados

MARTINIQUE • 18

banana crêpe flambéed with rum

SUZETTE • 15

butter sugar crêpe flambéed with your choice of:
grand marnier | cointreau | calvados | rum

HEALTHY BREAKFAST

SMOOTHIE BOWL • 15

mixed berry & banana smoothie, topped with granola, strawberries, banana, & toasted coconut

YOGURT PARFAIT • 13

low-fat yogurt, granola cereal, banana, strawberries, honey & almonds

FRENCH VANILLA MUESLI • 13

crème anglaise, granola cereal, banana, strawberries & almonds

FRESH FRUIT SALAD • 12

JUICES+SMOOTHIES

always made to order

FRESH SQUEEZED JUICES • 9.5

your choice of apple, carrot, beet, or make your own mix

add:

ginger 2 | fresh spinach 2 | protein powder 2 | ginseng 2 | bee pollen 2

MILK SHAKES • 9

your choice of vanilla, chocolate, strawberry, banana, caramel, or espresso

SMOOTHIES • 9

your choice of banana, mixed berry, or sweet strawberry
non-dairy *they all have banana

HOT DRINKS

COFFEE • 4.75 | TEA • 4.25

CAPPUCCINO • 6 | LATTE • 6 | MOCHA • 6.5

add: 1oz baileys +7 | vanilla +1 | caramel +1 | maple +1

AMERICANO • 5 | ESPRESSO • 5

add: 1oz baileys +7 | vanilla +1 | caramel +1 | maple +1

HOT CHOCOLATE • 5.5

HOT APPLE CIDER • 5.5

LONDON FOG • 5.5

CHAI LATTE • 5.5

COLD DRINKS

CHOCOLATE MILK • 5.5

ICED LATTE • 6

add: 1oz baileys +7 | vanilla +1 | caramel +1 | maple +1

JUICES • 5.5

orange, apple, cranberry, pineapple, lemonade

CLAMATO • 6.5 | TOMATO JUICE • 6.5

750ML SAN PELLEGRINO • 8

POP • 4

coke, diet coke, sprite, iced tea

COCKTAIL

MIMOSA • 15

200ml sparkling freixenet & orange or strawberry juice