

Breakfast

M E N U

HEALTH & WELLNESS

<p>Smoothie gf V Daily Curated</p> <p>House Maple Roasted Granola V Vanilla yogurt, berries, seed granola, toasted coconut</p> <p>Fruit Bowl V gf V Seasons fresh fruit, berries, bloomed chia seeds</p>	<p>\$12</p> <p>\$15</p> <p>\$15</p>	<p>Steel Cut Oatmeal V V Berries, brown sugar, maple syrup</p> <p>Smoked Salmon Dill cream cheese, arugula, pickled onions, shaved cucumber, fried capers, daily bagel, fresh fruit and berry bowl, grilled asparagus & grilled tomato</p> <p>Breakfast Bowl V gf Warm quinoa, soft poached eggs, smashed avocado, confit tomatoes, hemp seeds, sweet potato. Protein add on Add pork sausage \$4 Add smoked salmon \$5 gf Add Tofu \$4 V gf V</p>	<p>\$15</p> <p>\$18</p> <p>\$16</p>
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PLATES

All served with fresh fruit and berry bowl **V** **V** **gf** or breakfast potatoes **V**

<p>The Breakfast Club \$20 Free run over easy egg, grilled chicken breast, crispy bacon, arugula, tomato jam, chive aioli, sourdough, breakfast potatoes or fresh fruit and berry bowl, grilled asparagus & grilled tomato</p> <p>Smashed Avocado Tartine \$18 Two free run poached egg, Whipped ricotta, confit tomatoes, pickled mustard, sourdough, breakfast potatoes or fresh fruit and berry bowl, grilled asparagus & grilled tomato Add one egg any style \$3 Add smoked salmon \$5</p> <p>Eggs Benedict \$20 Two free run poached egg, Peameal bacon or smoked salmon, English muffin, Hollandaise, breakfast potatoes or fresh fruit and berry bowl, grilled asparagus & grilled tomato</p>	<p>The Algonquin Fix \$22 Two free run eggs your way, choice of crispy bacon or sausage, breakfast potatoes or fresh fruit and berry bowl, grilled asparagus & grilled tomato, choice of toast, choice of coffee or tea, fresh juice</p> <p>Pancake Stack V \$20 Berry compote, whipped cream, Steeves maple syrup Add bacon- \$4</p> <p>BYO Omelette \$21 Three free run eggs, choose from smoked ham, bacon, scallion, tomato, mushrooms, peppers, cheddar, breakfast potatoes or fresh fruit and berry bowl, grilled asparagus & grilled tomato, choice of toast</p> <p>Continental Breakfast V \$18 Individual flavored yogurt, fresh cut fruits, choice of Danish, muffins, croissants or toast, choice of coffee or tea, fresh juice</p>
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TOP UPS

O'dough Gluten free bread toast , 2 slices gf	\$4
Bacon/pork sausage or pea meal bacon	\$8
Smoked salmon, capers & red onion gf	\$10
Tater tots V	\$6
Side Fruit V V	\$7
Smashed or sliced avocado V V	\$5
Breads & pastries	\$5
Choose 1(one): croissant, daily muffin, sourdough, or white toast	\$5
Toasted Bagel V	\$8
With choice of cream cheese or butter and preserve	
Greek Yogurt V	\$5
Plain or vanilla, including low fat option	

BEVERAGES

Tea & Coffee	\$5
Cappuccino/Latte	\$6
Juice - Orange & Apple	\$5
Caesar	\$10
Mimosa	\$10

V - Vegan **V** **Vegetarian** **gf - Gluten Free**



184 Adolphus Street
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Everyday from 7:00-11:00am