

All breakfast choices (except bowls) come with a side of fresh fruit. For choices with smashed potatoes, substitute for potato wedges or house salad at no additional cost.

two free-range eggs any style, baked beans, choice of farmers sausages or applewood smoked bacon served with toast & smashed potatoes gluten free bread
BREAKFAST BISON BURGER 24 alberta bison patty, over easy free-range egg, gruyère, chipotle hollandaise served on a brioche bun with a side of potato wedges
<b>HASS AVOCADO BAGEL</b> $\mathbb{V}_{\sigma}$ $\mathbb{V}$ $\Phi$ <b>19</b> two free-range eggs, hass avocado, arugula, sundried tomato aïoli, served on a bagel with a side of smashed potatoes
two free-range eggs, applewood smoked bacon, baby spinach, tomato, chipotle mayo, monterey jack cheese on garlic-parmesan sourdough, served with a side of smashed potatoes
CHORIZO & AVOCADO WRAP  two scrambled free-range eggs, mild chorizo, avocado, monterey jack cheese on a spinach tortilla, served with a side of smashed potatoes, sour cream & salsa
SHRIMP SCRAMBLE ©FO 22 two scrambled free-range eggs, lemon-garlic shrimp, furikake hollandaise & chopped green onions, served with potato wedges.
CRAVE'S BENEDICT two free-range poached eggs & hollandaise, served on an english muffin with a side of smashed potatoes your choice of: canadian back bacon
OMELETTE FLORENTINE @ F ⊚ , ♥ 19 two free-range eggs, baby spinach & gruyère cheese served with toast and a side of smashed potatoes

⑤ F ⊙ gluten free option available♂ vegetarian♡ vegan option available☒ contains nuts

Please notify your server regarding any allergies or dietary requests. 18% gratuity added to all parties of 6 or more.



<b>BUTTERMILK PANCA</b> québec maple syrup, fresh w seasonal berries		
NUTELLA STUFFED FRENCH TOAST № 19 québec maple syrup, fresh whipped cream & seasonal berries. classic option also available		
CHIA PARFAIT BOWL @F, N, ♥ 16 seasonal berries, yogurt, chia, organic nuts & seeds granola		
ORGANIC  STEELCUT OATMEAL ᠖F, VΦ  mixed berry compote & spiced brown sugar		
UPGRADES & ADD ONS		
These items can only be order	red in addition to a meal.	
gluten free bread       3         half avocado       3         two free-range eggs       4         bacon (3)       5         sausages (2)       5         croissant, danish or muffin       4		
BEVERAGES		
coffee       4         tea       4         herbal tea       4.25         hot chocolate       4         milk       4         chocolate milk       4	oat milk	
THE BUFFET		
weekdays adultschildren		
weekends standard breakfast buffet   7am - 9am enhanced breakfast buffet   9am - 12pm adults		