

Brunch Entrées

All Entrees are served with a Bowl of Fresh Seasonal Fruit
And Our Homemade Buttermilk Scones

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| Captains Breakfast | \$12.95 |
| Two Large Omega 3 Eggs Any Style with Pan Fried Organic Potatoes,
Toast and Your Choice of Double Smoked Harvest Bacon
Or Breakfast Sausage | |
| Traditional Eggs Benedict | \$13.95 |
| Two Poached Omega 3 Eggs on Toasted English Muffins
Traditional Hollandaise Sauce and Pan Fried Organic Potatoes | |
| Martha's Eggs Benedict | \$14.95 |
| Two Poached Omega 3 Eggs on Toasted English Muffins
With Maple Smoked Salmon and Watercress
Traditional Hollandaise Sauce and Pan Fried Organic Potatoes | |
| Vegetarian Eggs Benedict | \$12.95 |
| Two Poached Omega 3 Eggs on Toasted English Muffins
With Oven Roasted Tomato and Arugula
Traditional Hollandaise Sauce and Pan Fried Organic Potatoes | |
| Build Your Own Omelette | \$13.95 |
| Three Large Omega 3 Eggs with Aged White Cheddar
Choose your Fillings: Maple Glazed Ham, Bacon,
Green Onions, Mushrooms, Tomatoes
With Pan Fried Organic Potatoes and Toast | |
| Brioche French Toast | \$13.95 |
| In House Baked Fresh Brioche Grilled Golden Brown
Topped with Saskatoon Berry Sauce and Whipped Cream
Choice of Double Smoked Harvest Bacon or Breakfast Sausage | |
| Blueberry Pancakes | \$12.95 |
| Served with Warm Maple Syrup and Whipped Butter
Your Choice of Double Smoked Harvest Bacon or Breakfast Sausage | |
| Flat Iron Steak & Eggs | \$18.95 |
| A Grilled 5oz AAA Alberta Steak
With Two Large Omega 3 Eggs Any Style
And Pan Fried Organic Potatoes and Toast | |

Side Dishes

Half Dozen Buttermilk Scones	\$7.50
<i>With Homemade Jam and Whipped Butter</i>	
Fresh Seasonal Fruit Salad	\$3.50
Oven Roasted Tomatoes	\$2.50
Double Smoked Harvest Bacon (4 pieces)	\$4.00
Breakfast Sausage (3 Pieces)	\$4.00
Two Large Omega Three Eggs Any Style	\$4.00
Toast with Homemade Jam	\$1.50

Desserts

Molten Lava Cake	\$6.50
<i>Served with Vanilla Ice Cream and Raspberry Sauce</i>	
Lemon Tart	\$6.50
<i>With Seasonal Fruit and Organic Whipped Cream</i>	
Sticky Toffee Pudding	\$6.50
<i>Finished with Caramel Sauce and Toasted Almonds</i>	

Beverages

Soft Drinks and Juices	\$2.25
Milk - 2% White	\$2.25
Iced Tea and Lemonade	\$2.50
San Pellegrino Sparkling Water (500ml)	\$3.00
Arabica Supreme Medium Roast Coffee	\$2.50
Mighty Leaf Teas	\$3.00
Hot Chocolate	\$2.00