

## brunch

8:00 am – 12:00 pm

call 250-725-2442 or extension 505 to reserve or order

### MUSHROOM HASH • 17

crispy potato polenta, roasted mushrooms and peppers, local greens, two poached eggs, pepper jam  
*add smoked meat • 4*

### SMOKED BEET RANCHEROS • 16

house smoked beets, black rice, guacamole, poached eggs, chipotle black crema, pickled onions, tortilla crumble

### DAILY OMLETTE • 16

chef inspired creation, house made toast

### BAGEL AND LOX • 11

local cold smoked salmon, dill caper cream cheese, pickled onion, buckwheat bagel

*items below with choice of herb and parmesan hash browns or warm black rice and yam salad substitute fruit • 2.50 or tofu scramble for eggs • 2*

### SURF'S UP BREAKFAST • 17

two eggs, toast, choice of bacon, ham or chicken-apple sausage

### FOCACCIA BENNY

salmon • 17

local cold smoked salmon, spinach, dill, pickled fennel

classic • 17

house smoked ham, bacon jam

vegetarian • 16

mushroom, spinach, truffle garlic spread, crispy shallots

### BREAKFAST SANDWICH • 15

house smoked back bacon, red pepper jam, guacamole, fried egg, buckwheat bagel

### SWEET WAFFLE • 15

strawberry compote, vanilla cream cheese whip, toasted coconut

### PLAIN WAFFLE • 10

served with maple syrup

### LONG BEACH BOWL • 16

roasted yams, mushrooms, avocado, grape tomato, tofu scramble, hummus, pumpkins seeds

### VEGAN POWER BOWL • 14

toasted almonds, chia, cashews, seeds, dried fruit, granola, banana, fresh berries

### HOUSE OATMEAL • 12

served hot, apple cinnamon compote, maple syrup, toasted almonds

### DAILY SMOOTHIE • 7

chef inspired flavor while quantities last

### BAKERY

croissant • 5

daily muffin • 5

savoury pastry • 5

toasted buckwheat bagel • 5

with butter, cream cheese, preserves

toast, butter, preserves 4

### EXTRAS AND SIDES

smoked salmon • 6

fresh fruit • 5

avocado • 4

bacon or cured ham • 4

two chicken-apple sausage • 4