



- Eastern Omelette** \$7.00  
*Openfaced with onion, peppers, potatoes, and cheddar on whole wheat toast with homefries.*
- Challah French Toast** \$7.00  
*Made with our own Challah bread and served with maple syrup or fruit sauce.*
- Breakfast Buritto** \$7.00  
*Eggs, beans, and cheese with sour cream, salsa, and homefries.*
- Spinach, Tomato, and Cheddar Omelette** \$6.75  
*With a choice of toast or homefries.*
- Two Eggs Any Style** \$5.50  
*With buttered whole wheat toast and homefries.*
- Oatmeal** \$4.25  
*Served with raisins and apples. Sweetened with maple syrup and garnished with toasted walnuts.*
- Fresh Seasonal Fruit with Yoghurt** \$5.25  
*With honey maple walnut granola.*
- Broiled Grapefruit Half** \$3.00  
*Brushed with maple syrup and butter.*
- Side Orders**
- Homefries** \$2.50
- Vegetarian Sausage Patties** \$3.00

*We bake all our own breads, muffins, and granola using only natural sweeteners and whole grains.*