

BREAKFAST

Chia Pudding v gf	8
sea buckthorn, coconut, almond, maple	
Egg White Wrap v	8
hummus, spinach, cheddar, tomato	
Steel-cut Oatmeal v	9
saskatoon berries, maple yoghurt	
↳ These sweet, nutty berries are high in fibre, protein and antioxidants!	
Bologna & Egg Sandwich	9
cheddar, onion jam, ballpark mustard	
Bacon & Eggs	12
two eggs, peameal bacon, tomato jam, duck fat potatoes, bannock	
Buttermilk Flapjacks v	13
+ blueberries 2 + banana 2	
Smoked Salmon Bannock 🍁	12
pickled onion, cream cheese	
Avocado Toast v	15
seeds, poached eggs, tomato jam	

SIDES

4 each

Cinnamon Bun v

Croissant v

Danish v

Buttermilk Scone v

Alfajores (2) v gf

Nanaimo Bar v 🍁

Donut v

Seeded Whole Grain Toast v

6 each

Peameal Bacon gf

Magic Belly Bacon gf

Duck Fat Potatoes gf

Cornbread v

Tater Tots v

Developed in Toronto in the early 20th century. They don't call us "Hogtown" for nothing!

v vegetarian / gf gluten-free / 🍁 bannock classic

Please make us aware of any food allergies, as there may be ingredients that are not listed.