



SAVORY

CLASSIC BREAKFAST 27

2 eggs any style, bacon, chicken sausage, toast, hash browns & fruit
+Add side pancakes 12

BEAR MOUNTAIN BREAKFAST POUTINE 30

2 poached eggs, potatoes, short ribs, mushrooms, tomatoes, cheese curd, hollandaise sauce

CROQUE MADAME 27

Parma ham, Gruyère, sunny side egg, dijon, house mornay sauce on brioche

AVOCADO TOAST VG 25

Avocado, radish, ricotta, chimichurri
+ Add an egg 4
+ Add smoked salmon 8

HUEVOS RANCHEROS VG 26

Corn tortilla, 2 eggs sunny side up, black beans, salsa roja, queso & lime crema
+Add half avocado 5

JUICE & SMOOTHIES

VG GF DF

FRESH ORANGE JUICE (10 oz) 8

GREEN APPLE & SPINACH 14

Green apple, spinach, ginger syrup

BANANA & WALNUT 16

Almond milk, banana, walnuts, vanilla protein

TROPICAL SMOOTHIE 14

Coconut water, pineapple, mango, lime juice

DATE SHAKE 16

Oat milk, mixed berries, dates

SAVORY

SHAKSHUKA VG 25

2 poached eggs baked with peppers, onions, heirloom tomatoes, labneh, grilled pita
+Add merguez sausage 6

CANADIAN BACON BENNY 25

SMOKED SALMON BENNY 25

All eggs Benedict are served on English muffins with hollandaise, hash browns & fruit

COFFEE & TEA

STARBUCKS® DRIP COFFEE 6

UMBRIA PREMIUM BREW 7

TRADITIONAL FRENCH PRESS (30 oz) + Biscotti 8

CAPPUCCINO 8

+ Biscotti

CAFFE LATTE 8

+ Biscotti

SINGLE ESPRESSO 7

+ Biscotti

DOUBLE ESPRESSO 10

+ Biscotti

AMERICANO 8

+ Biscotti

LONDON FOG 8

TAZO® HOT TEA 7

English breakfast, chai, camomile, earl grey, china green tips, wild sweet orange, mint

SWEET

GRANOLA PARFAIT VG 18

House granola, seasonal berries, bee pollen

CONTINENTAL BREAKFAST VG 21

Baked pastries, fruit, fresh orange juice

BAKERY BASKET VG 17

Butter croissant, tea cake, scone, muffin of the day

BELGIAN SUGAR WAFFLE VG 27

Vanilla cream & berries
+Fried chicken 15

PANCAKES VG 27

Vanilla maple butter & strawberries

ENHANCEMENTS

SEASONAL FRUIT PLATE 16

DOUBLE-SMOKED BACON 7

SMOKED SALMON 8

LOCAL CHICKEN SAUSAGE 8

ONE ORGANIC EGG 4

(ANY STYLE)

HASH BROWN POTATOES VG 6

HALF AVOCADO 5

TOAST 6

White, sourdough, whole wheat, multi-grain

VG Vegetarian GF Gluten free DF Dairy free

Please advise your server of any allergies or dietary restrictions you may have.

All prices are subject to applicable government taxes. An additional 18% service charge applicable for parties of 6 and above..



EAT WELL MENU

Half / Full

EGG WHITE OMELETTE 19/26

VG GF
Seasonal vegetables

VEGETABLE FRITTATA 19/27

VG GF DF
Spinach, heirloom tomato & feta
+ Add Spanish chorizo 4

BREAKFAST WRAP 19/25

Scrambled eggs, cheese,
guacamole, salsa, local greens,
chipotle aioli, fried onions

CHEESE PLATE 18/24

Chef's selection of 3 local cheeses,
crackers, honey, fruit

CHIA SEED PUDDING 16/24

VG GF DF
Chia seed, coconut milk, vanilla bean,
banana, honey, seasonal diced fruits

OATMEAL VG GF DF 10/18

Sliced banana, raisins, brown sugar

OUR SOURCING PROMISE

We actively seek out suppliers we trust, to source ethical, sustainable and organic ingredients wherever possible.

Our Chef has crafted these delicious dishes with your well-being in mind, giving you the freedom to choose when it comes to portion size, nutritional balance and quality of ingredients.



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