



Weekday Breakfast Menu



Monday to Friday ~ 8:00 A.M. - 11:00 A.M.

We use free run eggs and our bread comes from the company "A Bread Affair"

Steak & Eggs 19.95

Grilled 8 oz. New York steak with two eggs any style. Served with toast, country roasted potatoes or rice.

Ham Steak & Eggs 13.50

Thick slice of grilled honey ham, 3 eggs any style, BBQ baked beans and country roasted potatoes.

Breakfast Wrap 13.25

Scrambled eggs, black beans, bell peppers, onion, jalapenos, spicy sausage and nacho cheese wrapped in a spinach tortilla. Served with salsa, sour cream and country roasted potatoes or rice.

Breakfast of Champions 13.00

A fully loaded plate with two eggs any style, two pancakes, toast, country roasted potatoes or rice and your choice of bacon, ham or sausage. Served with pure Maple syrup.

House Frittata 12.50

Three eggs with wild mushrooms, honey ham, tomato, green onion and cheddar cheese. Served with toast, country roasted potatoes or rice.

Traditional Frittata 12.25

Three eggs with spinach, plump tomato, green onion, peppers and diced potatoes. Served with toast, country roasted potatoes or rice.

Howard's Breakfast Sandwich 11.25

Two fried eggs, lettuce, tomato, cheddar cheese and bacon on your choice of toasted bread. Served with country roasted potatoes or rice.

Build Your Own Omelette 8.50

A three egg omelette served with toast, country roasted potatoes or rice.

Egg white omelettes are available on request.

Add any of the following. 2.25 each

bacon, cheese, ham, mushrooms, bell peppers, baby shrimp, spinach, smoked salmon, avocado, tomato, fresh salsa, chorizo sausage, Italian sausage, sautéed onion.

Two Eggs Any Style 7.00

Served with toast, country roasted potatoes or rice.

With bacon, ham or bangers. 9.50

Beverages

Salt Spring Blue Heron Organic Coffee 2.86

Orange Pekoe Tea 2.14

Large Juice 4.05

Large Milk 4.05

Perrier Water 3.50

Camino Organic Hot Chocolate 2.86

Herbal Tea 2.86

Small Juice 3.10

Small Milk 3.10

Soft Drinks 2.86



BELIEVE IN BEING BETTER

5% GST not included in the price for food and non-alcoholic drinks.



Fair Trade Equitable | Organic Biologique

The Benny Corner

All Bennies served with country roasted potatoes or rice

BC Smoked Salmon 13.25

Sliced BC smoked salmon, Roma tomato, red onion and capers with two poached eggs on a fresh dill and cream cheese scone.

Canadian 13.00

Canadian back bacon, white cheddar cheese, sliced tomato with two poached eggs on an English muffin topped with hollandaise sauce and fresh basil.

Veggie 12.00

Sautéed spinach, sliced yellow Hot House tomato and Gruyere cheese with two poached eggs on an English muffin topped with hollandaise sauce.

Traditional 11.50

Two poached eggs and back bacon on an English muffin topped with hollandaise sauce.

Buttermilk or Whole Wheat Pancakes 9.50

Fresh house made pancakes, griddled to perfection. Served with pure Maple syrup and butter.

Add blueberries, banana, strawberries, apple cinnamon or candied hazelnuts. 2.25 each

House Made Granola 12.00

Served with plain yogurt and a selection of fresh seasonal fruit and berries.

Granola without fresh seasonal fruit and berries. 8.50

Old Fashioned Oatmeal 9.50

Served with dried cranberries, Sultana raisins and roasted almonds.

Oatmeal without dried cranberries, raisins and roasted almonds. 8.50

Veggie Bagel Melt 9.00

Garlic roasted red peppers, Roma tomatoes and Swiss cheese on an oven hot multi-grain bagel with fresh sliced avocado on top. Served with fresh seasonal fruit.

Sides

Toast & Jam 2.95

Bagel & Jam 2.95

Country Roasted Potatoes 2.95

Bangers 2.95

Ham 2.95

One Egg 2.50

Hollandaise Sauce 2.50

Sour Cream 1.50

Bagel & Cream Cheese 2.95

Cup of Fresh Fruit 4.00

Buttermilk or Whole Wheat Pancake 2.95

Bacon 2.95

Canadian Back Bacon 2.95

Rice 2.50

Salsa 2.00

Cream Cheese 1.50

Join us on Saturday and Sunday from 8:00 a.m. to 3:00 p.m. for our Weekend Brunch Menu.

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