



Breakfast

BEVERAGES

WATER

| | |
|---------------------|-----|
| Bottled Water _____ | \$6 |
| Sparkling _____ | \$8 |

SOFT DRINKS

| | |
|---|-----|
| Coke Diet Coke Sprite | |
| Ginger Ale Soda Water Tonic Water _____ | \$6 |

UMBRIA COFFEE

| | |
|--------------------------------------|-----|
| Espresso _____ | \$6 |
| Americano Latte Cappuccino _____ | \$7 |
| Extra Shot of Espresso _____ | \$1 |
| Dark Chocolate Mocha _____ | \$8 |
| Hot Chocolate _____ | \$7 |

ARTISAN TEA

| | |
|---|-----|
| English Breakfast Earl Grey Green Tea | |
| Chamomile Peppermint _____ | \$7 |

GLASS OF MILK

| | |
|---------------|-----|
| 2% 3% _____ | \$5 |
|---------------|-----|

JUICE

| | |
|---|------|
| Apple Juice _____ | \$7 |
| <i>Fresh Squeezed Juices</i> ; Orange Grapefruit _____ | \$10 |
| <i>ABC Juice</i> ; Apple, Beet & Carrot with Ginger _____ | \$10 |

SAP SUCKER

| | |
|--|-----|
| Sparkling Water Sweetened with Organic Canadian Maple Syrup _____ | \$7 |
| <i>Flavours</i> : Lime Peach Lemon | |

SIDES

| | |
|-------------------------------------|-----|
| Fresh Fruit & Berries _____ | \$9 |
| Granola, Yogurt Parfait _____ | \$9 |
| Half Avocado _____ | \$5 |
| Bacon, Ham or Sausage _____ | \$9 |
| 1 Egg _____ | \$4 |
| Toast Sourdough or Multigrain _____ | \$4 |
| Gluten Free Toast _____ | \$4 |



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Breakfast

EGGS BENEDICT _____ \$25

Toasted English Muffin, Back Bacon, Poached Eggs, Hollandaise, Potatoes, Roasted Tomatoes.

EGGS ROYAL _____ \$26

Toasted English Muffin, Smoked Salmon, Poached Eggs, Hollandaise, Potatoes, Roasted Tomatoes

AVOCADO TOAST (GF) (V) _____ \$24

Grilled Tuscan Bread, Smashed Avocado, Chili Oil, Roasted Cherry Tomatoes, Soft Poached Free-Range Eggs, Parmesan & Balsamic with Fresh Fruit & Berries.

KARMA BIG BREAKFAST (P) _____ \$25

Two Free Range Eggs Any Style, Bacon, Ham or Artisan Pork Sausage, Breakfast Nugget Potatoes with Peppers, Roasted Tomatoes, Multigrain or Sourdough Toast

THE PARISIAN OMELET (P) (GF) _____ \$25

Three Free Range Eggs, Gruyere Cheese & Ham, Served with Breakfast Nugget Potatoes, Peppers, Roasted Tomatoes, Multigrain or Sourdough Toast

STEAK & EGGS (GF) _____ \$44

5oz Certified Angus Beef Striploin, Two Eggs Any Style, with Breakfast Nugget Potatoes, Peppers, Roasted Tomatoes, Multigrain or Sourdough Toast

FRENCH TOAST (V) _____ \$24

Thick Sliced Brioche, Whipped Ricotta with Blueberry Compote & Fresh BC Berries, Maple Syrup

CROQUE MADAME (P) _____ \$24

Grilled Tuscan Bread, Gruyere, Ham, Bechamel, One Fried Sunny Side Egg, Roasted Cherry Tomatoes, Fresh Fruit & Berries

POWER BOWL (VE*) (N) _____ \$16

Chai Infused Overnight Oats, House Made Granola, Coconut Whipped Cream, BC Berries & Bananas

CONTINENTAL (V) (N) _____ \$21

Your Choice of Either: House Baked Muffin, Fruit Danish or Pain Au Chocolate. Served with ABC Juice Shot, Vanilla Yogurt Parfait, Fresh Fruit

(V) - VEGETARIAN | (VE) - VEGAN | (VE*) - VEGAN WITH MODIFICATIONS
(N) - CONTAINS NUTS | (GF) - GLUTEN FRIENDLY

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