



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
Fresh Squeezed Juices; Orange | Grapefruit _____ \$10
ABC Juice; Apple, Beet & Carrot with Ginger _____ \$10

SAP SUCKER

Sparkling Water Sweetened
with Organic Canadian Maple Syrup _____ \$7
Flavours: 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

We prefer payments via room charge, debit, or credit card.



BREAKFAST

EGGS BENEDICT (P) _____ **\$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 | (P) - CONTAINS PORK

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