

HEALTHY STARTS

🌿 **OVERNIGHT OATS** ⑤ ⑥
almond milk, chia seeds, maple syrup,
granola, fresh fruit, vegan lemon curd 14

APPLE PIE OATMEAL ⑤ ⑥
warm steel cut oats, cinnamon,
almond milk, apples, candied pecans,
maple flakes, fresh berries 14

YOGURT PARFAIT ⑤ ⑥
vanilla yogurt, granola, freeze
dried fruit, fresh berries 14

TOFU SCRAMBLE ⑤
yam, roasted tomatoes, mushrooms,
avocado, miso chili, micro green salad 14

BENNIES

🌿 **CLASSIC BENNY** ⑥
poached eggs, shaved ham, croissant
bun, hollandaise, malcolm potatoes 24

VEGGIE BENNY ⑤ ⑥
poached eggs, portobello mushroom
cap, sauteed spinach, roasted tomatoes,
malcolm potatoes, hollandaise 24

🌿 **ALBERTA BEEF BENNY** ⑥
poached eggs, braised short rib,
crispy rösti, roasted tomato, mushroom
medley, malcolm potatoes, hollandaise 26

SWEET SPOT

🌿 **CRISPY FRENCH TOAST** ⑤
brioche bread, haskap berry compote,
vanilla custard, cinnamon 20

BISCOFF PANCAKES ⑤
biscoff crumble, biscoff sauce,
whipped cream, bruleed banana 20

APPLE FRITTER DUTCH BABY ⑤
buttered cinnamon apple baked
pancake, vanilla icing sugar glaze 16

THE STIRLING BREAKFAST

EGGS & CLASSICS

🌿 **SPRING CREEK** ⑥
2 eggs any style, bacon, sausage,
malcolm potatoes, choice of toast 22

🌿 **FARMERS BREAKFAST** ⑥
2 eggs any style, 6oz striploin, roasted tomato,
chimichurri, malcolm potatoes, choice of toast 32

TRUFFLE OMELETTE ⑥
3 eggs, thyme mushrooms, provolone cheese, sliced black
truffles, arugula, malcolm potatoes, choice of toast 25

BACON OMELETTE ⑥
3 eggs, thick cut bacon, chive, smoked cheddar
hollandaise, malcolm potatoes, choice of toast 25

BREAKFAST SANDWICH ⑥
everything bagel seasoned ciabatta, fried egg,
ancho mayonnaise, spinach, tomato, thick cut bacon,
mini hashbrowns 26

BREAKFAST BOWL ⑥
sweet potatoes, red onion, pepper, braised beef,
avocado, sunny side up eggs, salsa verde, chili crunch 26

🌿 **AVOCADO TOAST** ⑤ ⑥
poached eggs, sourdough, roasted tomato chutney,
whipped feta, sliced avocado, chili crunch oil, herbs,
malcolm potatoes 25

SIDES

toast 5
sourdough, multigrain, rye, white
sub gluten free toast 3
one egg 6
mini hashbrowns 7
five pieces bacon 7
maple sausages 7
malcolm potatoes 8
daily fruit cup 8

DRINKS

2% or chocolate milk 4
coffee or tea 5
juice 5
espresso 7
americano 7
cappuccino 8
latte 8
smoothie 8

Weekend Breakfast Buffet

Spend your weekend mornings with our signature Breakfast Buffet,
served Saturday and Sunday from 8:00 am to 12:00 pm.