

parlour

c a f e



*small batch house made breakfast
classics served 7-11 am everyday*

sunrise specials

sub gfbun +2

wake & bacon

bacon, garlic herb aioli, fried egg, & white
american cheese on a toasted croissant / 10

sunrise salute

impossible patty, fried egg, cheddar, roasted red
peppers, roasted cherry tomatoes, & spring onion
cream cheese on a toasted croissant / 10

berry fresh

toasted bagel & cream cheese topped with fresh
berries / 6

grab & go

dragonberry smoothie

dragon fruit, blueberry, banana,
mandarin, & vanilla yogurt / 7

the heritage parfait

house made grass-fed yogurt, &
mixed nut granola / 7

vanilla maple chia pudding

chia seeds, vanilla, maple syrup, fresh
fruit, & pepitas / 6

fruit cup

an assortment of fresh, seasonal
fruit, & berries / 5

parlour muffins

*baked in-house, served warm,
brushed with butter*

**blueberry cream cheese
streussel muffin / 6**

**dark chocolate banana
walnut muffin / 6**

beverages

dead river coffee / 3

hot tea / 3

juice / 3

soft drinks / 3

mimosa / 8

vegetarian 

vegan 

gluten-free 