



Saturday and Sunday Brunch

The Alpha Omega

Protein Rich Breakfast with Two Poached Organic Eggs, Avocado, Smoked Salmon, Capers,
Onion & Dill

18

Breakfast Shakshuka

Two Organic Eggs Poached in a Spicy Pepper & Tomato Sauce with Merguez Lamb Sausage, Spinach, Sheep's milk Feta
& Fresh Herbs with Sourdough Toast

20

Veggie Version with Artichoke

Avocado, Tomato Breakfast

Two Organic Eggs, Avocado, Tomato, Sourdough Toast & Greens

14

Frenchwoman's Breakfast

Two Organic Eggs, Organic Country Sausage, Baguette, French Brie & Greens

18

Memories of St.Denis

Two Organic Eggs, Maple Chipotle Baked Beans, Bacon, Sourdough Toast & Greens

18

Naturally Smoked Salmon Breakfast

Two Organic Eggs, Capers, Dill, Red Onion, Sourdough Toast & Greens

20

Peameal Benny

Two Poached Organic Eggs on English Muffin with Peameal Bacon, Tomato, Chipotle Hollandaise, Greens and Homefries

18

Avocado Benny

Two Poached Organic Eggs on English Muffin with Avocado, Smoked Gouda,, Red Onion, Chipotle Hollandaise, Greens and Homefries

18

Salmon Benny

Two Poached Organic Eggs on English Muffin with Naturally Smoked Salmon, Dill Hollandaise, Greens and Homefries

20

Smoked Trout Hash

Two Poached Organic Eggs, Smoked Trout & Potato Hash, Red Onion on Arugula Salad with Chive Hollandaise

20

Mushroom Hash

Two Poached Organic Eggs, Organic Wild Mushroom & Potato Hash, Red Onion on Arugula Salad with Chive Hollandaise

18

Buttermilk Pancakes

w/Caramelized Fruit, Organic Yogurt & Organic Maple Syrup

15

All our meat is sustainably sourced from Ontario farmers without the use of hormones or antibiotics



Brunch Wraps

Spinach Scramble Wrap

Spinach, Red onion, Sheep's Milk Feta, Dill & Tapenade

12

Avocado Scramble Wrap

Avocado, Brie, Dill & Sun-dried Tomato Pesto

13

Mushroom Scramble Wrap

Organic Wild Mushrooms, Red Onion, Spinach & Smoked Gouda

14

Salmon Scramble Wrap

Naturally Smoked Salmon, Red Onion, Capers & Goat's Cheese

20

Sausage Scramble Wrap

Spicy Sausage, Red Onion, Spinach, Sundried Tomato Pesto and Goat's Cheese

16

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Lunch Wraps

Avocado Wrap

Avocado, Brie, Roasted Red Pepper, Spinach & Tapenade

12

Marinated Artichoke Wrap

Artichokes, Tomato, Guacamole, Sheep's Milk Feta, Red Onion, Arugula, Tapenade & Chipotle Mayo

13

Naturally Smoked Salmon Wrap

Smoked Salmon, Goat's Cheese, Red Onion, Capers, Avocado, Tomato & Arugula

20