

FARM FRESH CLASSICS

CLASSIC BREAKFAST Two free-run eggs any style, choice of hardwood smoked bacon, Canadian bacon, rosemary ham, blueberry chicken bangers or maple pork bangers, choice of duck fat fried herb potatoes, arugula mix or gluten-free potatoes, choice of toast	15
THREESOME! Two free-run eggs any style, choice of hardwood smoked bacon, Canadian bacon, rosemary ham, chicken blueberry bangers, or maple pork bangers, and choice of waffle, crêpes, pancake, or brioche French toast	20

LIGHTEN UP

1 FARM FRESH FREE-RUN EGG, ANY STYLE With fresh fruit, choice of toast	9
ARTISAN BAGEL SAMMY Artisan bagel, two free-run eggs over hard, white truffle mayo, chunky guacamole, micro watercress, market fresh fruit	17
CHIA SEED PUDDING Banana, coconut, coconut milk, chia, berries, maple syrup, toasted gluten-free oats, shaved almonds & pistachios	15
ONE TOAST, TWO TOAST, YOU TOAST Fresh smashed avocado, garbanzo bean hummus, tomato jam, fresh pick herbs, artisan multi-seed bread, EVOO Choose, 1 slice or 2 + Add a perfectly poached egg + Add cold-smoked salmon	10 15 + 2.5 per egg + 3.5 per slice

BENNY SENDS ME....

ALL OF OUR EGG BENNY'S ARE SERVED ON A BUTTER CROISSANT, WITH BROWN BUTTER HOLLANDAISE, AND DUCK FAT FRIED HERB POTATOES. + SUB POTATOES FOR ARUGULA OR GLUTEN-FREE POTATOES.	
TRADITIONAL Chose artisan-style old fashioned rosemary ham or Canadian back bacon + Make it Canadian Eh! Add Quebec dark maple syrup	19 + 2.25
KOREAN BULGOGI Korean style shaved inside round, pepperonata	22
THE ONE THAT DID NOT GET AWAY Wilted spinach, cold-smoked salmon	22
HoLY CRaB!! Wild blue crab, fresh dill, dijon mustard	22
FLORENTINE Wilted spinach, Hass avocado, house made tomato jam (Vegetarian with gluten-free potatoes or arugula mix)	20
TRUFFLED SQUASH Braised butternut squash, truffle mushrooms (Vegetarian with gluten-free potatoes or arugula mix)	19

DARE TO SHARE

DEEP-FRIED PIEROGIES Duck fat fried pierogies, tzatziki, pepperonata	12
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OUR SIGNATURE BREAKFAST POUTINES

THE SOUL IN A BOWL™® Poached eggs, duck fat fried herb potatoes, Saint Cyrille curds, slow cooked bacon lardons, brown butter hollandaise	19	GET SHORTY RIB POUTINE Poached eggs, duck fat herb potatoes, Saint Cyrille curds, Philly-style beef short-rib, bell peppers, red onions, wild & cultivated mushrooms brown butter hollandaise	25
GOLD DIGGA Poached eggs, duck fat fried herb potatoes, Saint Cyrille curds, Berkshire roast pork, black truffles, brown butter hollandaise	23	A-LOTT A-LAKS Poached eggs, duck fat fried herb potatoes, Saint Cyrille curds, dill salmon laks, fresh dill, fried capers, brown butter hollandaise	23
CHASING CHICKENS Poached eggs, duck fat fried herb potatoes, Saint Cyrille curds, smoked pulled chicken, brown butter hollandaise	19	TUNA CRUDO Poached eggs, Ahi tuna, Hass avocado, sesame, pommes gaufrettes, cilantro crema	22
CONFIT DE CANARD Poached eggs, duck fat fried herb potatoes, asiago, sous-vide duck confit, cranberry jam, brown butter hollandaise	21	<div>SUBSTITUTE FRESH ORGANIC SPINACH OR ARUGULA MIX FOR POTATOES IN ANY OF OUR SIGNATURE BREAKFAST POUTINES OR **SUB 1/2 POTATOES FOR SPINACH OR ARUGULA MIX (NO CHARGE)</div>	
MEAT-LESS TO SAY Poached eggs, duck fat fried herb potatoes, Saint Cyrille curds, Hass avocado, ripe tomatoes, brown butter hollandaise. (Vegetarian with gluten free potatoes or greens)	18		

MY BLUE PLATE *Specials*

SCRAMBLED CRÊPE Free-run eggs, wild & cultivated mushrooms, tomatoes, peppers, spinach, roasted vegetable Ajvar, American Asiago cheese & brown butter hollandaise	18	PIEROGIES & DUCK Hand pinched pierogies, hardwood smoked bacon, duck confit, green onions, raspberry vinaigrette, two sunny side eggs, micro-greens	22
DOUBLE TROUBLE Two eggs over easy, hardwood smoked bacon, sharp cheddar, heirloom tomato, chipotle aioli, arugula, Spanish Manchego, artisan brioche	19	HUEVOS IN'NA BURRITO Tortillas, charred tomato salsa, fried pinto beans, scrambled eggs, sour cream, chunky guacamole, blistered jalapeños	18
CROQUE MADAME Two sunny side eggs, rosemary ham, sharp cheddar, truffles, brown butter hollandaise, Spanish Manchego, black truffle carpaccio, potato sourdough rye	23	BAGEL FORESTIÈRE Wild & cultivated mushrooms, garlic confit, artisan bagel, herbed cream cheese, poached eggs, EVOO, tartufata, truffles, lavender fleur de sel, micro-greens	23

Fully Worth The Calories....

BANANA “CREAM PIE” FRENCH TOAST Brioche, banana cream, fresh banana, toasted almonds, fresh whipped cream	18	NOT SO BORING BRIOCHE FRENCH TOAST Sri Lankan cinnamon and orange blossom spiced French toast, Quebec maple syrup + Add berries + Add fresh whipped cream	15 + 3 + 2
BELGIAN WAFFLE Quebec maple syrup, salted butter, powdered sugar (contains almond extract) + Add berries + Add fresh whipped cream	14 + 3 + 2	DO NOT EVEN GO THERE French style crêpe, vanilla custard, berries, banana, fresh whipped cream, pistachios & almonds, Quebec maple syrup	19
		FRENCH TOAST TRIFLE Brioche, lemon curd, market berries, pistachios, torched pavlovas	19

GROWN UP SANDWICHES

ALL SANDWICHES ARE SERVED WITH DUCK FAT FRIED POMMES GAUFRETTES. SUB GAUFRETTES FOR ARUGULA MIX.	
TOMATO. AVOCADO. FIOR DI LATTE. Artisan bagel, beefsteak tomatoes, Hass avocado, fior di latte mozzarella, truffles, micro watercress, EVOO (Vegetarian with gluten-free potatoes or arugula mix)	19
LAKS & LAKS OF BAGEL Hand-crafted cold smoked salmon, herbed cream cheese, pickled onions, shaved fennel, fried capers, EVOO + I DARE YOU TO EXPENSE THIS! ADD 1oz of organic Sturgeon caviar	22 + 75
THE BIG AHI TUNA BURGER Peppercorn crusted marinated Ahi tuna, chipotle mayo, guacamole, smoked salt, fennel slaw, citrus vinaigrette, cilantro crema, vegan Japanese milk bun	21
THE CLUCK NORRIS Hand pulled smoked chicken, pesto mayo, beefsteak tomato, cranberry jam, micro watercress, sea salt ciabatta	19
THE NOTORIOUS B.I.T. (8oz) Double ground chuck burger, white truffle aioli, the works, vegan Japanese milk bun	20
VEGGIE & GRAIN BURGER Grains & legume burger, garbanzo bean hummus, guacamole, micro watercress, vegan Japanese milk bun (Vegetarian with gluten-free potatoes, vegan when served with arugula mix)	18

THREE EGG SCRAM-BLETTES

ALL OF OUR SCRAM-BLETTES ARE SERVED WITH DUCK FAT FRIED HERB POTATOES, FRESH FRUIT & ARTISAN TOAST. SUB POTATOES FOR ARUGULA MIX OR GLUTEN-FREE POTATOES.	
THE LAKS Cold-smoked salmon, green onions, Spanish capers, fresh dill	22
FARMER JOHN'S DELIGHT Hardwood smoked bacon, rosemary ham, green onions, wild & cultivated mushrooms	20
VEGETABLE PRIMAVERA Wild & cultivated mushrooms, tomatoes, green onions, bell peppers, spinach, feta cheese (cow) (Vegetarian with gluten-free potatoes or arugula mix)	19

OUR LOCATIONS

CANADA CALGARY • EDMONTON • KELOWNA
SASKATOON • TORONTO • VANCOUVER
US NEWPORT BEACH • SCOTTSDALE