
BREAKFAST

PLATED BREAKFAST

MARKET BREAKFAST 18

Two eggs any style, choice of ham, pork sausage, turkey sausage or bacon, roasted mini Yukon potatoes, roasted tomato, toast

DELI EGGS 24

Poached eggs, Acadian sturgeon caviar, house BC cured salmon, house bagel, chives + mini Yukons

FARMHOUSE 20

Fried eggs, duck confit, brussel sprouts, house pancetta, sweet potato, kale, + cheese curds

BREAKFAST POUTINE 18

Fried mini Yukon potatoes, duck confit, kale, cheese curds, caramelized onions, hollandaise, fried egg

THE UPPER CANADA 22

Eggs, bacon, sausage, sugar shack beans, local mushrooms, roasted tomato, mini Yukons + country loaf toast

THE LOWER CANADA 22

Eggs, creton, duck confit, sugar shack beans, macerated maple berries, mini Yukons + croissant

SCOTCH EGG 16

Six minute egg, *Seed to Sausage* apple + sage sausage, butternut squash puree, pumpkin seed oil + seeds

PANCAKES 18

Blueberry flapjacks with whipped lemon-cardamom ricotta + maple syrup

FRENCH TOAST 18

Cranberry focaccia, rolled oats, maple syrup, macerated maple berries

THINGS ON TOAST

Avocado, lime and chili with a fried egg 9

Quebec goat cheese, blackberries and honey 9

House creton and pickled cukes 9

Creamy roasted mushrooms and kale with a fried egg 9

Smashed banana with house granola and *Alska* maple + clove syrup 6

House cured sockeye salmon with cream cheese and chives on house oven fired MTL style bagel 10

Big smoke sandwich, fried egg, peameal bacon, roasted tomato, toasted English muffin 10

BARISTA BAR

Brewed Equator coffee 2 / 2.5

Espresso single / double 2 / 2.5

Café Americano 2.5 / 3

Cappuccino 3.75 / 4.25

Latte 3.75 / 4.25

Macchiato single / double 2.5 / 3

Café Mocha 3.75 / 4.25

Flat White 3.5

Pluck Tea 2.5 / 4

COLD

Seasonal Iced Teas 4

Equator Cold Brew 4

Somerset West Iced Coffee 4

Culture Kombucha 5

Coconut Water 4

BAKE SHOP/SIDES

Whole fruit 2

Fruit salad 6

Avocado 6

Greek yoghurts 3

Chocolatine 3.5

Croissants 3

Daily doughnut 2

Fruit loaf slice 2

Muffin 1.75

Cereal 3

Potatoes 4

Bacon/Sausage/Ham/Turkey Sausage/Vegan Wheat Sausage 4

House MTL bagel with cream cheese 4

Fried country loaf with butter and jam 4

Steel cut local oats in milk, maple berries + banana 7

Parfait with house granola, Greek yoghurt and maple macerate berries 9