BREAKFAST

BREAKFAST PACKAGES

CONTINENTAL BREAKFAST` 25

Choice of One - Cereal or 2 In-House Baked Breakfast Pastries
Fruit Cup
Mixed Berries | Honeydew | Pineapple |
Choice of Coffee, Tea or Juice

CANADIAN BREAKFAST 31

Two Eggs
Homestead Free Range Organic Eggs Any Style | **Canadian Peameal Bacon** |
Local Pork Sausage | Hashbrown | Charred Tomato |
Choice of Coffee, Tea or Juice

A CLEAN START 36

Superfruit Salad
Mixed Berries | Cantaloupe | Honeydew | Pineapple | Chia Seeds | Mint

Oatmeal
100km Steel Cut Oats | Grapes | Cranberries Gel | Oat Crumble
Choice of Coffee, Tea or Juice

Vegan Vegetarian Contains Pork Gluten-Free Contains Nuts Halal
Contains Alcohol Contains Seafood | All prices are exclusive of service charge, tax and gratuity.
Please let our colleagues know if you have any food allergy or special dietary requirement.
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BREAKFAST PACKAGES

A HEALTHY START 37

Zen Smoothie
Apple | Ginger | Kale | Spinach | Avocado

Avocado Toast
Brodflour Sourdough | Smashed Avocado | **House-Made Whipped Ricotta** |
Confit Tomatoes | Pickled Red Onions | Chili Flake | Hemp Seeds
Choice of Coffee, Tea or Juice

SHANGRI-LA BREAKFAST 39

Duck Confit Congee
Xo Sauce | Chinese Donut | Ginger | Soy Cured Egg

Dim Sum Basket (3 pcs)
Pork Sui Mai | Shrimp Har Gow | Mushroom Dumpling
Choice of Coffee, Tea or Juice

BREAKFAST

A HEALTHY START

ZEN SMOOTHIE 13
Apple | Ginger | Kale | Spinach | Avocado

ACAI SMOOTHIE 13
Mixed Berries | Oat Milk | Banana

ADD PROTIEN POWDER 5

HOUSE MADE GRANOLA 19
Mixed Berries | Coconut | **Oats** | Greek Yogurt | **B-Wall Honey**

SUPER FRUIT SALAD 19
Mixed Berries | Cantaloupe | Honeydew | Pineapple | Chia Seeds | Mint

BERRY BOWL 20
Acai Smoothie | Fresh Berries | Sliced Banana | Puffed Quinoa | **House-Made Granola**

WELLNESS BOWL 20
Zen smoothie | Grapes | Blueberries | Kiwi | Coconut | Flax Seeds | **House Made Granola**

FROM THE BAKERY

SELECTION OF ONE | THREE 8 | 20
Croissant | Chocolate Croissant | Banana Bread |
Coffee Cake | Spiced Carrot Loaf

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BREAKFAST

EGGS AND MORE

SERVED WITH FREE RANGE EGGS ROASTED TOMATO AND LOCAL ARTISANAL BREAD

TWO EGGS ANY STYLE — 25

Homestead Farms Free Range Eggs
Choice of: Local **Bacon, Local Pork Sausage, Halal Chicken Sausage** | Hashbrown

DUCK CONGEE — 25

XO sauce | **Hudson Valley Duck Confit** | Ginger | Crispy Onions | Savoury Doughnut | Scallion

SIGNATURE OMELETTE — 27

Whole Egg | **Nduja** | **Fior-di Latte** | **Broccolini** | Hashbrown

WELLNESS FRITTATA — 27

Egg White | **Local Feta** | Canadian Mushrooms | Spinach

EGGS BENEDICT — 27

Choice of Classic (**Peameal bacon**) or Royale (**Smoked Salmon**) or Florentine (**Mushroom & Spinach**) | **Poached Eggs** | Hollandaise | **Fred's English Muffin** | Hashbrown

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BREAKFAST

CLASSIC BREAKFAST

OATMEAL 19
100 km Steel Cut Oats | Grapes | Cranberries Gel | Oat Crumble

AVOCADO TOAST 25
Brodflour Sourdough | Smashed Avocado | House Made Whipped Ricotta |
Confit Tomatoes | Pickled Red Onions | Chili Flake | Hemp Seeds

SMOKED SALMON TARTINE 25
Brodflour Sourdough | Smoked Salmon | Ricotta |
Cucumber | Red Onion | Capers

CARROT CAKE FRENCH TOAST 26
Whipped Cream Cheese | Pecans | Maple Syrup

LEMON RICOTTA PANCAKES 26
Poached Plums | Pistachios | Honey-Brown Butter

BAGEL AND LOX 28
Smoked Salmon | Local Cream Cheese | Caper Berries |
Pickled Onions | Dill | Toasted Bagel

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HEALTHY BEVERAGES

DAILY WELLNESS JUICES

FOUR THE GREENS 12

Cold Pressed Green Apples | Cucumbers | Kale | Celery and Ginger | Fresh Squeezed Lemons

Health benefits
May aid in hydration, digestive support, and a good source of vitamins A, C, and K. T. Kale, cucumber and lemon help support the natural detoxification process as well as kidney function.

PINEAPPLE TURMERIC 12

Cold Pressed Pineapples And Apples | Fresh Squeezed Oranges and Lemons | Ground Turmeric

Health benefits
Pineapple from the bromelain helps reduce inflammation, the turmeric compound curcumin aids in decreasing inflammation. High in vitamin C.

UP THE ANTI 12

Cold Pressed Apples | Beets | Carrots and Ginger | Fresh Squeezed Lemons

Health benefits
High in vitamins A, C, and K, and minerals like potassium, folate, and iron. Antioxidant rich ingredients, ginger additionally aids in anti-inflammatory effects which boost immunity, enhance skin health, and support detoxification

COLD COMBAT 15

Fresh Squeezed Oranges | Grapefruits and Lemons | Cold Pressed Ginger | Ground Cayenne Pepper

Health benefits
High combination of vitamin C fruits which boosts the immune system, both ginger and cayenne act as natural decongestants

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