



**BREAKFAST**

== TEA & "ILLY" COFFEE ==

- DRIP COFFEE 4      CAPPUCCINO 6
- ESPRESSO 4.5      AMERICANO 6
- LATTE 6      TEA 5

SUB (+0.75)

ALMOND MILK | OAT MILK | SOY MILK

== SMOOTHIES ==

**OKANAGAN BERRY (GF)(DF)(VG) 11**  
blueberry, raspberry, banana,  
& maple syrup

**ALMOND BUTTERCUP 11**  
(GF)(DF)(CN) (VG)  
almond milk, raw almond butter,  
cacao, banana

== THE JUICE TRUCK ==

Vancouver's first Cold-Pressed Juice Company

**THE REMEDY 10**  
cucumber, kale, ginger, pineapple & mint

**THE TURMERIC 10**  
orange, carrot, pineapple, turmeric,  
ginger & lemon

**ORANGE JUICE 10**  
cold pressed, seasonal oranges

MORE JUICES

**GRAPEFRUIT 8**

**APPLE 8**

**CRANBERRY 8**

== PANTRY ==

- CROISSANT** 5      **MCCANN'S IRISH OATMEAL** 14  
classic butter (GF)(DF)(VG)(V)
- PAIN AU CHOCOLAT** 6      slow-cooked, stewed berries
- YOGURT PARFAIT (GF)(V)** 14      **FRUIT PLATE (GF)(VG)(DF)** 14  
greek or vegan coconut (VG) (DF)      berries, melon, apple, banana, citrus  
fresh berries, chia seed,
- bc local honey      **CEREAL** 7  
raisin bran, maple granola

== EGGS + GRIDDLE ==

- EGGS BENEDICT 24**      **BILOXI FRIED CHICKEN**      **ROASTED MUSHROOM**  
smoked bacon,      **BENEDICT 26**      **BENEDICT (V) 21**  
soft poached egg,      buttermilk marinade,      myca farms mushrooms,  
spinach, hollandaise      durkees slaw,      soft poached eggs,  
hollandaise sauce      soft poached egg,      spinach, hollandaise

- BUTTERMILK**      **SWEET POTATO**      **BLUEBERRY**  
**PANCAKES (V) 19**      **PANCAKES 21**      **PANCAKES (V) 20**  
seasonal fruit,      (GF) (CN) (V)      berries compote,  
quebec maple syrup      crushed pecan,      candied lemon zest,  
banana, whipped cream      quebec maple syrup

- PROTEIN PLATE (GF)** 18      **AVOCADO TOAST (V)(DF)** 26  
turmeric & za'atar spiced hard cooked      sourdough, roasted gem tomato,  
eggs, smoked bacon, avocado, yogurt      serrano chillies, tomato jam,  
& granola parfait, fresh berries      poached eggs, real good green juice
- EGG WHITE FRITTATA (GF)** 21      **HONEY SALT BREAKFAST (DF)** 25  
tomato, roasted mushrooms,      eggs any style, bacon or  
spinach, goat cheese feta      pork sausage, toast & potatoes
- BC SMOKED SALMON BOARD** 23      **PRIME STEAK & EGGS (GF)(DF)** 30  
sliced & potted smoked salmon,      5oz striploin, fried eggs,  
bagel, capers & egg      potatoes, tomato jam

== SIDES ==

- CRUSHED AVOCADO (VG)** 6      **SMOKED BACON** 8
- BREAKFAST POTATOES (VG)** 6      **PORK SAUSAGE** 9
- TOASTED BAGEL** 5      **TURKEY SAUSAGE** 9
- BUTTER & CREAM CHEESE**
- TOAST** 5
- BUTTER & JAM**

(GF)=GLUTEN FREE, (DF)=DAIRY FREE, (CN)=CONTAINS NUTS  
(V) = VEGETARIAN, (VG) = VEGAN

