

- BREAKFAST -

Sunwapta Falls Steel Cut Oats – 9.95

Exclusively organic oats, a great way to start your day with your choice of one of four styles:

1. Trail mix with nuts, seeds and dried fruit, organic Greek-style yogurt and diced fruit.
2. Layered with bananas, organic greek style yogurt, raspberry sauce and flax seed meal.
3. Mixed with Saskatoon berries, sprinkled with brown sugar and organic greek style yogurt.
4. Peach cobbler oatmeal, with peaches, 2% organic yogurt & homemade granola

French Toast Plate – 14.95

Three pieces of bread soaked in egg and cinnamon, grilled and sprinkled with icing sugar.
Served with maple syrup and bacon or sausage.

Build Your Own Omelet – 14.95

Your choice of any three fillings: Peppers, Onion, Mushroom, Tomato, Ham, Cheese.
Served with fried potatoes and toast.

Rocky Mountain Plate – 13.95

Two eggs any style served with fried potatoes, toast, and your choice of the following:
Canadian back bacon, sausage, bacon or a grilled Portobello mushroom.

Fresh Fruit Parfait – 9.95

A layered delight, featuring yogurt homemade granola and diced fruit.

- SIDE ORDERS -

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| Assorted Cereal (with milk) | 5.95 |
| Assorted Cereal (without milk) | 3.75 |
| Homemade Granola | 6.95 |
| Bagel with Crème Cheese | 4.95 |
| Bagel without Crème Cheese | 3.75 |

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| Side of fried potatoes | 3.95 |
| Side yogurt | 2.60 |
| Toast (white, rye, whole wheat) | 4.95 |
| Freshly Baked Muffin | 3.75 |
| Hot Oatmeal | 5.95 |
| Turkey bacon (three pieces) | 5.50 |
| Bacon (three pieces) | 4.50 |
| Sausage (three pieces) | 4.50 |
| Back Bacon (two pieces) | 4.50 |
| Grilled Portobello Mushroom | 5.50 |
| Buttermilk Pancakes (two pancakes) | 6.95 |
| French Toast (3 pieces) | 9.95 |
| 1 Egg (any style) | 3.50 |
| 1 Egg (any style) & Fried Potatoes | 5.00 |
| 2 Eggs (any style) | 5.50 |
| 2 Eggs (any style) & Fried Potatoes | 7.00 |
| Diced Fruit Cup | 6.95 |
| Tea or Coffee | 4.10 |