

SeaGrille

Breakfast On The Bay



Island Style Breakfast	14
free-range eggs, breakfast sausages or double smoked bacon, toast & herbed potatoes	
Brentwood Benedict	15
crab cakes, spinach, poached free-range eggs, hollandaise, herbed potatoes	
Classic Benedict	14
canadian back bacon, poached free-range eggs, hollandaise, herbed potatoes	
Apple Pancakes	13
house made pancakes with apple compote & warm maple syrup	
Cinnamon French Toast	12
sourdough, wild berry compote, cinnamon whip cream, warm maple syrup	
Bagel Sandwich	14
smoked salmon, free-range egg, spinach & cream cheese, herbed potatoes	
Omelette	13
free-range eggs, spinach, mushroom, gruyere cheese, herbed potatoes & toast	
 Fresh Seasonal Fruit, Yogurt & Housemade Granola	10
housemade granola, plain yogurt, seasonal fruit	
 Hot Oatmeal, Fresh Seasonal Fruit & Steamed Milk	10
hot oatmeal, seasonal fruit, steamed milk	
Basket of Pastries	7
assorted sweet and savoury housemade baked pastries	
 Large Bowl of Fresh Fruit	8
assorted seasonal fruit	
Sides	
Sausage, Bacon or Canadian Back Bacon	4
Fresh Seasonal Fruit	6
Beverages	
Assorted Juices	4
Smoothie with Fresh Seasonal Fruit, Juice and Yogurt	6
Organic French Press for Two	9
Cappuccino	4
Latte	4
Chai Latte	6
Hot Chocolate	4
Americano	4
Milk	4
Mocha	4
Double Espresso	4
Espresso	3.5
Brewed Dark Roast Coffee	3.5
Tazo Teas	3.5
organic chai, china green, zen, calm, awake, passion, wild orange, earl grey	

 **ESSENCE OF LIFE - Spa Cuisine**