

# BREAKFAST



# LUNCH

## sweet tooth

### FRENCH TOAST \$14.65

with maple syrup or seasonal house-made preserves

### STUFFED FRENCH TOAST \$17.85

apple / cheddar / bacon

### BERRY FRENCH TOAST \$17.25

berry compote / lemon curd / fresh berries

### FRENCH TOAST TRIFLE \$17.95

torched pavlova / lemon curd / pistachios / strawberries

### ESPRESSO FRENCH TOAST \$17.95

espresso-infused whip cream / dulce de leche / candied pecans

### PLAIN JANE PANCAKES \$14.25

2 buttermilk pancakes / whip cream / butter / icing sugar

### LEMON RICOTTA PANCAKES \$16.75

blueberry compote / chai cream cheese / fresh berries

### MATCHA PANCAKES \$16.75

pistachios / strawberries / blueberries / white chocolate sauce / hibiscus syrup

### BISCOFF LOTUS PANCAKES \$18.50

ground lotus cookies / cookie butter sauce / french vanilla ice cream / fresh berries

### AÇAÍ SMOOTHIE BOWL \$10.50

açaí smoothie base / banana / strawberries / blueberries / kiwi / pineapple / coconut flakes / granola

### CHOCOLATE CHIA BOWL \$11.75

chia pudding base / chocolate granola / blueberries / raspberry coulis / candied pecans / peanut butter

### FRIED APPLE OATMEAL \$11.75

caramelized apples / cinnamon brown sugar oatmeal / banana / coconut / granola / peanut butter

## savoury

### CLASSIC BREAKFAST \$14.35

2 eggs / meat or crispy tofu / toast  
w/ choice of hash / fruit / greens  
make it vegan — tofu scramble / beyond sausage

### SMASHED TOAST \$17.50

grilled sourdough / avocado / sautéed mushrooms  
and onions / crispy poached egg / chili oil  
w/choice of hash / fruit / greens  
add goat cheese and bacon \$4.50

### EGGS BENNY POUTINE \$17.25

hash / soft poached eggs / hollandaise /  
cheese curds / peameal

### BREAKFAST GRILLED CHEESE \$16.75

scrambled eggs / bacon / basil pesto /  
white cheddar / goat cheese  
w/choice of hash / fruit / greens

### CHICKEN N WAFFLES \$19.75

waffle / poached eggs / crispy chicken /  
bacon / hollandaise

### BREAKFAST PIEROGIES \$18.95

Little Foot Foods breakfast burrito stuffed pierogies /  
sautéed red onion / bacon / monterey jack /  
two sunny-side up eggs / sour cream

### MEDITERRANEAN PLATE \$19.75

grilled halloumi / labneh / mouhamara  
(roasted red pepper & walnut sauce) / zaa'tar spice /  
cucumbers / tomatoes / marinated olives /  
choice of eggs / warmed pita bread

### TURKISH EGGS \$16.50

grilled sourdough / labneh / zaa'tar /  
poached eggs / mint / chili oil  
w/ choice of hash / fruit / greens

### STEAK & EGGS \$23.50

grilled ny strip / choice of eggs / sautéed mushrooms /  
onions / blistered cherry tomatoes /  
served w/ hash and toast

### LOX BAGEL \$11.50

herbed cream cheese / pickled red onion /  
fried capers / greens / cucumber /  
smoked salmon / toasted everything bagel

## OMELETTES

with toast and choice of hash / fruit / mixed greens

### CHEESE OMELETTE \$16.75

cheddar / monterey jack

### ROASTED VEGGIE OMELETTE \$16.75

seasonal roasted veggies / cheddar

### MEAT LOVERS OMELETTE \$18.50

bacon / peameal bacon / sausage / cheddar

## EGGS BENNY

served with choice of hash / fruit / mixed greens

### TRADITIONAL BENNY \$17.25

english muffin / poached eggs /  
peameal bacon / hollandaise

### CANADIAN BENNY \$17.25

french toast battered english muffin /  
poached eggs / maple bacon / spiced hollandaise

### ATLANTIC BENNY \$17.95

english muffin / poached eggs / smoked salmon /  
red onion / fried capers / hollandaise

### NEW YORK BENNY \$21.95

toasted ciabatta / poached eggs / grilled ny strip /  
caramelized onion / aged white cheddar / hollandaise

## breakfast sides

2pc bacon / 1pc peameal / 1pc sausage \$2.50  
4pc bacon / 2pc peameal / 2pc sausage \$5  
2pc turkey bacon \$3 / 4pc turkey bacon \$6  
1pc beyond sausage \$3 / 2pc beyond sausage \$5.50

all bacon can be substituted with  
turkey bacon or beyond sausage \$2

## the unch stuff

### SOUP OF THE DAY

cup \$6.95 / bowl \$9.95 / bottomless \$14.50  
served w/ bread

### MAC N CHEESE \$17.95

add bacon / sausage / chicken / veggies & pesto  
\$4.50

### TWISTED GNOCCHI CARBONARA \$19.25

pan-fried brown butter hollandaise gnocchi /  
crispy pork belly / parmigiana reggiano /  
cured egg yolk

### TWISTED GRILLED CHEESE \$15.50

grilled ciabatta / cheddar / monterey jack

### KOREAN BBQ TACOS \$18.25

crispy chicken or tofu / korean bbq sauce /  
sriracha-sesame slaw / scallions

### DIRTY BIRD \$18.75

french toast / fried chicken / cheddar sauce /  
bbq sauce / sour cream / crispy jalapeño

### CRISPY CHICKEN SANDWICH \$14.50

avocado aioli / lettuce / tomato  
add bacon \$2.50 / add cheese \$2.00

### CLASSIC BURGER \$14.50

tomato / onion / lettuce / pickles / 1000 island dressing  
add cheddar \$2.00 / add bacon \$2.50

### TWISTED BURGER \$16.50

brie / lettuce / bacon jam / crispy onion / garlic mayo

### TRUFFLE BURGER \$17.50

sautéed mushrooms / caramelized onions /  
gruyère / truffle aioli / lettuce

### BLACK BEAN BURGER \$14.50

black bean patty / corn salsa / avocado / pico /  
lettuce / chipotle aioli / white cheddar

### NY STRIP SANDWICH \$21.50

grilled ny strip / caramelized mushrooms /  
onion / aged white cheddar / horseradish aioli /  
toasted ciabatta

all meats can be substituted with  
crispy tofu

## greens

### BLT COBB \$15.50 / \$19.95

lettuce / buttermilk dressing / cucumbers /  
soft egg / avocado / roast chicken / bacon / tomato

### ROASTED BEET SALAD \$12.75 / \$17.50

mixed greens / goat cheese / pear / red onion /  
cucumber / champagne dressing / beer nuts

### QUINOA SALAD \$13.25 / \$18.50

mixed greens / feta / red onion / almonds /  
cranberries / avocado / poppyseed dressing

### ANCIENT GRAINS BOWL \$15.50 / \$19.95

wild black rice / farro / kale / roasted sweet potato /  
avocado / snow peas / red onion / feta /  
lemon tahini dressing

### TWISTED CAESAR \$15.50 / \$19.95

lettuce / pesto-marinated chicken breast /  
house-made croutons / bocconcini / cherry tomatoes /  
red chili flakes / garlic-parmesan caesar dressing

extra dressing \$1.75 / cheese \$3.50  
+ crispy chicken, presto grilled chicken,  
crispy tofu or smoked salmon \$6.50  
black bean patty \$5.50  
steak \$9.50

## unch sides

hash / fruit / mixed greens \$5  
garlic parm fries \$7  
mexi fries \$9  
poutine \$10

## desserts

### CARROT CAKE \$8.50

### APPLE TOFFEE CAKE \$8.50

### SALTED CARAMEL PUDDING \$9.50



# EYE OPENERS



# BOOZY BRUNCH

## coffee \$3.65

for a boozy brunch, add any of the following for \$5

wolf head coffee liquor | fireball cinnamon whiskey | sheep dog peanut butter whiskey | vanilla cinnamon baileys | cabot trail maple cream liquor | butter tart liquor | salted caramel kahlua | red velvet cream liquor

**ANCHOR COLD BREW COFFEE \$6**  
on tap

**VANILLA ICED COFFEE \$6.25**

**ESPRESSO \$2.25**

**DOUBLE ESPRESSO \$3.50**

**VIENNA \$3.25**  
espresso with whip cream

**RED EYE \$4.50**  
coffee + 1 shot of espresso

**BLACK EYE \$5.25**  
coffee + 2 shots of espresso

**AMERICANO \$4.25**

**CAPPUCCINO \$5.25**

**MOCHA \$5.95**  
coffee / hot chocolate / whip cream

**CAFÉ LATTE \$5.95**

**FLAT WHITE \$5.25**

## tea \$3.95

**WEST COAST PEPPERMINT**  
herbal / peppermint leaves

**SUBLIME**  
chinese green / lemongrass

**DRAGONWELL**  
chinese green

**IMPERIAL EARL GREY**  
ceylon black

**JEWEL OF INDIA**  
indian assam black

**PHILOSOPHER'S BREW**  
herbal / citrus

**BEAU-TEA-FUL SKINCARE**  
white & green / citrus / mint

**HAPPY WELLNESS**  
white & green / lemon balm / bergamot

**DETOX WELLNESS**  
dandelion / nettle / rosemary

**CHOCOLATE HUG**  
herbal chocolate / mint

**QUENCH WELLNESS**  
chamomile / hibiscus / lemongrass / cherry

## non-alcoholic quenchers

**SEASONAL MOCKTAIL \$5.95**

**SPARKLING WATER \$3.95**  
Perrier

**BOTTLED BLACK RIVER JUICE \$3.75**  
apple, orange, grapefruit, pear

**SODA POP \$3.25**  
coke, diet, ginger ale, soda water

**BOOCH ON TAP KOMBUCHA \$6**

**BOTTLED LEMONADE \$4.95**  
classic, cherry

**BOTTLED ICE TEA \$4.45**  
mango, black tea

**MILK \$3.95**

**CHOCOLATE MILK \$4.25**

**HOT CHOCOLATE \$5.95**

## wines 6oz / 9oz / bottle

### REDS

**CABERNET \$10 | \$15 | \$40**  
McManis | California

**MERLOT \$8 | \$12 | \$32**  
Leaping Horse | California

**PINOT NOIR \$10 | \$15 | \$40**  
Bread & Butter | California

### WHITES

**PINOT GRIGIO \$7 | \$10 | \$28**  
Oggi | Italy

**CHARDONNAY \$10 | \$15 | \$40**  
McManis | California

**SAUVIGNON BLANC \$9 | \$13 | \$36**  
Eccheveria | Chile

**VINHO VERDE \$9 | \$13 | \$36**  
Albarino Blend | Portugal

**ROSÉ \$9 | \$13 | \$36**  
Tawse | Ontario

## sparkling

**LA VITE FRIZZANTE \$8**  
on tap Tombacco | Italy

**PROSECCO 375ml \$18 | 750ml \$30**  
Villa Sandi | Italy



## morning pick-me-ups

**CLASSIC CAESAR \$8.25**

**MIMOSA \$6.50 (Glass) | \$30 (Litre)**  
choice of classic / pear / apple

**PALOMA \$9.75**  
tequila / grapefruit juice / soda / lime

**MORNING MULE \$11**  
vodka / ginger beer / orange juice / lime

**MORNING ROLL CALL \$9**  
crème de cacao / oj

**BUTTER TART OLD FASHIONED \$11**  
butter tart liquor / vodka / orange bitters

**SALTED CARAMEL RUSSIAN \$11**  
salted caramel kahlua / vodka  
*make it a white - add cream*

**CABOT TRAIL MAPLE FRAPPÉ \$11**  
maple cream liquor / triple sec / cold brew / whip cream / chocolate drizzle

**HARVEST SANGRIA \$10.50 (Glass) | \$38 (Litre)**  
red wine / apple / cinnamon

**SPARKLING LEMONADE \$9.75**  
prosecco / mango, cherry or classic lemonade

**ARNOLD PALMER \$9**  
vodka / iced tea / lemonade

**CAFÉ RUSSIAN \$11**  
kahlua / vodka / milk / iced coffee

**PB & J COFFEE \$10.25**  
pb whiskey / dry vermouth / coffee / whip cream / jam drizzle

**PEANUT BUTTER CUP \$10.50**  
pb whiskey / crème de cacao / splash of milk

**HOT WHITE \$11.25**  
coffee / kahlua / vodka / cream / whipped cream

**CARAMEL APPLE MULE \$11**  
vodka / ginger beer / apple cider / caramel

**FIREBALL PUNCH \$10.50**  
pinot grigio / fireball / apple cider / splash of ginger

**HOLIDAY MUDSLIDE \$10.50**  
vanilla cinnamon baileys / kahlua / vodka / caramel drizzle

**PEPPERMINT PATTY \$10.75**  
crème de cacao / crème de menthe / whip cream / chocolate drizzle

**SPICED PEAR SPARKLER \$11**  
prosecco / bourbon / lemon / spiced pear simple syrup

## beers

**IN A CAN \$6.25**

**WELLINGTON HELLES LAGER**

**SONS OF KENT JUICEBOX**

**MUSKOKA DETOUR**

**RAILWAY PLAYA CERVAZA**

**ON TAP** pint \$7.50

**WALKERVILLE PURITY PILSNER**

**FRANK BOMBSHELL BLONDE**

**SANDWICH QUICK LUNCH IPA**

## canned cider \$6.50

**OKANAGAN HARVEST PEAR 5%**

**BRICKWORKS CIDERHOUSE 4.7%**

## cocktail in a can

**LITTLE BUDDHA VODKA COOLER \$5.50**

**GIN SMASH \$5.75**