

### To Drink

**Fruit Smoothie** \$3.50 (GF)  
made with real fruit, real juice and real yogurt,  
lightly sweetened with Nova Scotia honey

**Mimosa** \$4.50  
2 oz of Champagne and orange juice

**Organic Bloody Mary** \$8 (GF)  
1 oz Prince Edward Potato Vodka w/ organic  
tomato juice, horseradish and a spicy bean

### To Start

**Soup of the day**  
Cup \$4.50 Bowl \$5.50

**Seafood Chowder**  
with haddock, salmon, scallops,  
clams and lobster  
Cup \$6.50 Bowl \$7.50

### Side Orders

**Bacon (3 strips)** \$3  
**Smoked Salmon (2 1/2 oz)** \$5  
**Sourdough toast** \$1.50

### Main Items

we use fresh local free range eggs

**Maritime Breakfast** \$12  
two eggs any style, line caught haddock fillet lightly  
breaded & topped w/ an apple and cranberry chutney,  
sour dough toast, roasted potatoes & organic greens

**Steak and Eggs** \$13 (GFO)  
two eggs any style, charbroiled beef striploin,  
sour dough toast, roasted potatoes and organic greens

**NS Smoked Salmon  
& Potato Latkes** \$12.50 (GF)  
served with lemon sour cream and organic greens

**Ricotta Pancakes** \$10  
served with fresh banana and Nova Scotia maple syrup

**Caribbean French Toast** \$10 (Vegan)  
made with coconut milk & banana

**Eggs Benedict** (GFO)  
all benedicts are served on a sweet potato biscuit with  
house-made Hollandaise, roasted baby potatoes and  
organic greens

**Bacon Benedict** \$12

**West Indies Pulled Pork Benedict** \$12

**NS Smoked Salmon Benedict** \$13

**Roasted Tomato & Spinach Benedict** \$11

**Grilled Cheese Sandwich** \$11  
with aged white cheddar & provolone cheeses  
and served with our own Tomato Butter  
**w/ nitrate free bacon** \$1.50

**Char-broiled Lamb Burger** \$14 (GFO)  
Nova Scotia free range lamb topped with bacon,  
Brie, roasted tomatoes, spicy aioli