



## HEALTHY START

**Organic Steel Cut Oatmeal**  
apricot, almond, brown sugar,  
warm milk | 15

**Home Made Granola**  
fresh berries, choice of milk or yogurt | 17

**Organic Egg White Omelette**  
spinach, mushrooms, feta | 24

**Smoked Salmon Avocado Toast**  
*(gluten free available)*  
whole hearty country bread, crumbled feta,  
pea shoots | 19

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## FAVOURITES

**Freshly Baked Pastry Basket**  
daily selection, comfiture | 12

**Continental Breakfast**  
chef's selection of pastries, seasonal sliced fruit, choice of  
juice, choice of tea or coffee | 24

**Eggs Benedict**  
*choice of: smoked salmon, peameal bacon or  
creamy spinach*  
english muffin, tomato, poached egg, hollandaise | 24

**Canadian Breakfast**  
two eggs any style, breakfast potatoes  
choice of country pork sausage, chicken apple sausage or  
smoked bacon, choice of toast, choice of juice, choice of  
tea or coffee | 32

**Buttermilk Pancakes**  
house made berry compote, maple syrup, whipped cream | 19

**Seasonal Sliced Fruit**  
market fresh fruit platter | 12

**Sides**  
9  
country pork sausage, chicken apple sausage, smoked bacon,  
peameal bacon, seasonal berry bowl

## BEVERAGES

**SMOOTHIES** | 12  
Four Berry

**JUICES** | 8  
Orange, Grapefruit, Apple,  
Cranberry

### HOT BEVERAGES

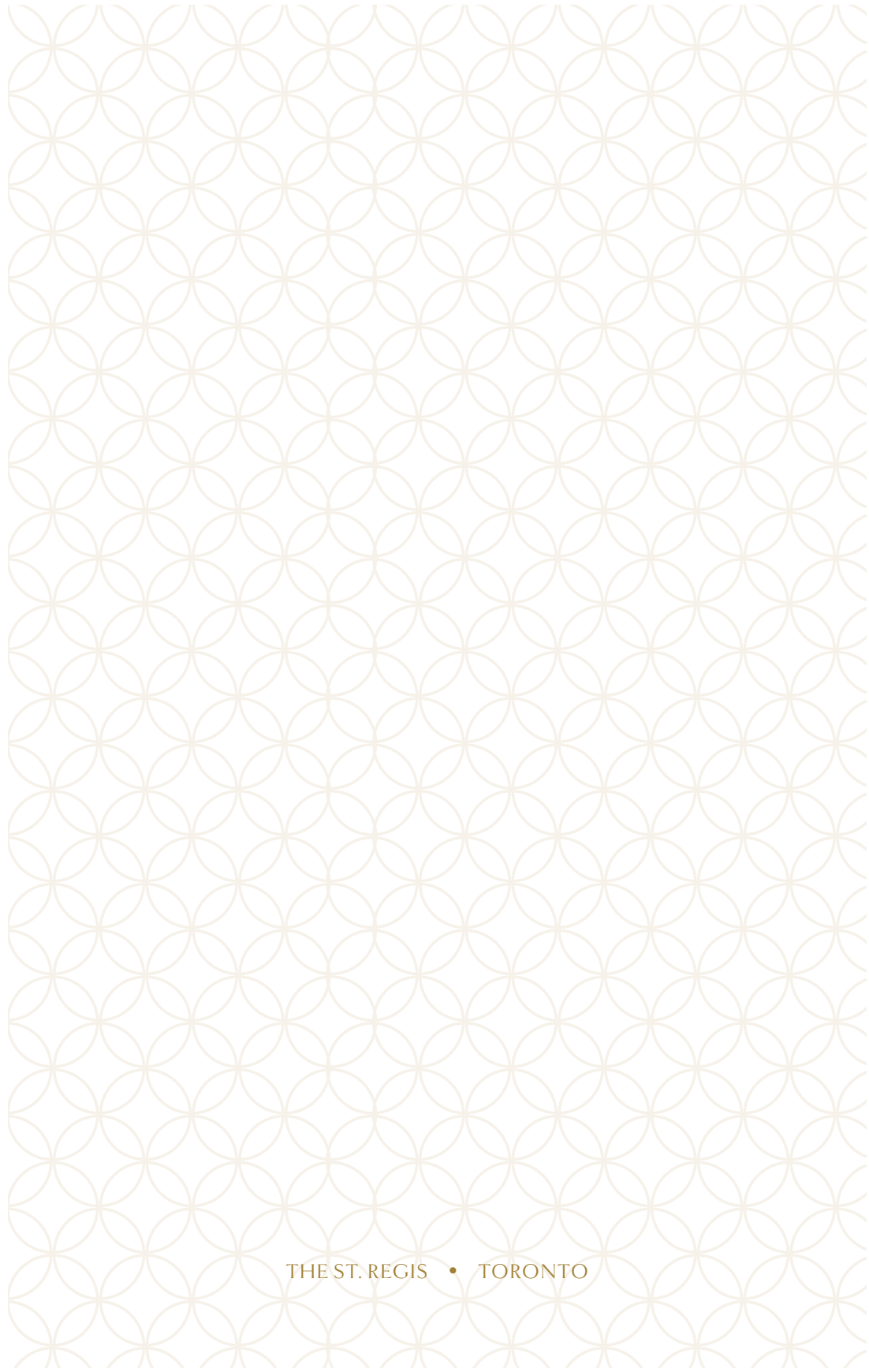
Brewed Coffee | 5  
Espresso | 5  
Double Espresso | 7  
Americano | 5  
Cappuccino | 7  
Latte | 7

### LOOSE LEAF TEAS | 7

**Black:**  
Signature Black, Heavenly Cream, Earl  
Grey Classic

**Green & Herbal:**  
Citron Calm, Sencha Classic,  
Jasmine Snow Dragon, Marrakesh Mint

**St. Regis Signature Tisane:**  
Midnight Blossom



**BREAKFAST**