



Continental breakfast ideas

made from scratch muffins \$2.35
three varieties baked fresh daily

cranberry-almond muffin \$3
gluten-free muffin **GFR**

fresh baked scones \$3
Sweet William's Ham & Swiss Cheese;
Roasted Garlic, Feta & Dill;
OR Dried Fruit

petite muffins \$2.35 pp / **GFR \$3 pp**
fresh baked bite size muffins (*3 pieces per person*)

breakfast bites \$2.35 pp
muffins, sweet potato aged cheddar &
bacon bites, & baby scones (*3 pieces per person*)

health nut cookies \$2 each **NEW**
not sweet and packed with protein,
whole grains, nuts and seeds

granola, yogurt & fruit cup \$3.50 ea
individual cups served with house-made granola,
plain yogurt, fruit

fresh fruit platter
small \$30; medium \$45; large \$65

cheese platters **GFR**
served with a variety of crackers and breads

Canadian & International
small \$38 medium \$58 large \$78

Nova Scotia
small \$48 medium \$68 large \$88

Fruit & Cheese Combination Plates **GFR**
small \$35; medium \$50; large \$70

breakfast sandwich \$6.50 pp
a make your own buffet of buttermilk biscuits, sliced
hard boiled eggs, Sweet William's ham, roast beef,
aged white cheddar, with jam and chili remolade

add NS smoked salmon, cream cheese \$2.00 pp

**don't hesitate to ask us about hot
breakfasts for groups of 10 or more**

beverages

fair trade organic 'common blend' coffee

small urn (*10 cups*) \$20
large urn (*16 cups*) \$30

assorted herbal & black tea

small urn (*10 cups*) \$20
large urn (*16 cups*) \$30

hot chocolate \$3.25 ea
made with real Belgian chocolate
served with house-made marshmallows

juice \$1.75 ea
apple, cranberry and orange

real smoothie **GFR** \$3 ea
9oz cup of real fruit, real yogurt, real fruit
juice, and a touch of Nova Scotia honey

apple cider \$2.75 ea
hot spiced Nova Scotia cider

GFR = gluten free recipe GFRO = gluten-free recipe option available-please ask
V = vegan VO = vegan option available-please ask

We use nuts and wheat flours in our kitchen.

Menu subject to seasonal & market availability. Prices are subject to change without notice

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