



Continental breakfast ideas

made from scratch muffins \$2.75
three varieties baked fresh daily

cranberry-almond muffin **GFR** \$3.25
made with ground almonds, not flour!

petite muffins \$2.75 pp / **GFR \$3 pp**
fresh baked bite size muffins (*3 pieces per person*)

mini breakfast pastries \$3.50 pp
an assortment that may include
cinnamon buns, sweet potato breakfast bites with bacon,
petite muffins, apple or blueberry squares,
mini fruit scones

health nut cookies \$2.75 each
not sweet and packed with protein,
whole grains, nuts and seeds

vegan power cookies \$3 each **V, Dairy Free, GFR**
banana, coconut, sunflower seeds, gluten free oats,
quinoa

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

fresh fruit platter
small \$35; medium \$45; large \$65

cheese platters **GFR**
served with a variety of crackers and breads
small \$45 medium \$65 large \$85

DIY breakfast sandwich \$8.50 pp
a make your own buffet of buttermilk biscuits, sliced
hard boiled eggs, local sliced ham (or roast beef), aged
white cheddar, with jam and honey-mustard aioli
add **NS smoked salmon, cream cheese** \$2.50 pp

hot breakfast (minimum of 10 people)

Frittata Breakfast Package \$15 pp **GFR**
Ham & Swiss OR Roasted Vegetable & Feta;
Sausage OR Bacon; Home-fried potatoes.

Hot and Hearty Breakfast Sandwich \$7.50 pp
4" Flaky Homemade Buttermilk Biscuit with Egg,
Cheddar, local ham, and honey mustard.

Go Veggie and substitute roasted sweet potato

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

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

GFR = gluten free recipe **GFR**O = 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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