
greens breakfast

à la carte

blackfoot benedict

back bacon / cheese bun / hollandaise / hash browns
21

garden benedict

candied tomatoes / fresh avocado / english muffin
hollandaise / hash browns 21

blackfoot breakfast

two eggs / hash browns /
choice of bacon, maple sausage or ham /
toast 17

two eggs

two eggs / hash browns / toast 12

corned beef hash

montreal-style brisket / two poached eggs /
hash browns / grilled tomato / hollandaise / toast 22

scrambler

cheddar scrambled eggs / bacon / ham
scallions / mushrooms / hash browns / toast 16

southern omelet

roasted peppers / avocado / candied tomatoes /
cheddar cheese blend / hash browns / toast 20

mushroom omelet

sautéed mushrooms / feta cheese / lemon infused kale /
balsamic reduction / hash browns / toast 20

substitute fresh fruit for hash browns 3
egg whites and gluten-free bread available

cheese omelet

feta / four cheese blend / mornay sauce / hash browns /
toast 20

canadian omelet

montreal style brisket / back bacon / cheddar cheese blend /
mushrooms / scallions / hash browns / toast 20

buttermilk pancakes

three pancakes / whipped butter /
canadian maple syrup 14

sunrise breakfast

two eggs / two buttermilk pancakes /
choice of bacon, sausage, or ham 20

mixed berry waffle

seasonal berries / fruit compote / whipped cream 14

beverages

regular or decaffeinated fresh ground coffee
4

black and herbal teas 4

juices - orange / apple /
grapefruit / pineapple / tomato
4

milk - whole / part-skim / skim or chocolate
3.5

almond or soy milk 4.5

hot chocolate 5



bread + grains

power bowl 🌱

poached egg / tumeric spiced quinoa /
avocado / tomato / lemon / infused kale 14

steel-cut oats 🌱

cinnamon / golden raisins / brown sugar 10

toast + jam

white / wheat / whole grain / rye /
english muffin / gluten-free bread 4

warm cheese bun

5

gluten free blueberry muffin

6

artisan bagel

cream cheese / house preserves 6

cinnamon roll

brioche dough /
cinnamon smear / raisins 5

banana loaf

4



breakfast sandwiches

farmhouse

buttered brioche bun / fried egg /
ham / cheddar cheese 12

avocado toast

avocado / candied tomatoes /
feta cheese / balsamic glaze /
cheddar cheese bun 14

blt

side bacon / lettuce / tomato / mayo /
toasted bread 13

grilled cheese

canadian cheddar / sourdough 10

fruit + yogurt

prebiotic yogurt 5

ruby grapefruit

fresh or grilled / balsamic reduction 7

sliced seasonal fruit

melon / berries / tropical fruit
bowl 10

yogurt parfait

probiotic yogurt / mixed berries /
house granola 12

avocado

6

fresh or grilled tomato

4

berries

cup 8

sides

one egg any style 2 each

bacon / sausage / ham 6 each

hash browns 5

smoked salmon

capers / red onion / cucumber 14

please discuss with your server any food sensitivities or allergies. we're happy to help you find a suitable option!