




GRILL & VINE

EST. 2012

BREAKFAST


INVIGORATE

SEASONAL SLICED FRESH FRUIT banana loaf, cottage cheese	15
HONEY YOGURT AND BERRIES  granola, dark chocolate, walnuts	15
B.C. SMOKED SALMON  onions, capers, lemon, toasted bagel	16
STEEL-CUT OATMEAL  caramelized apples, walnuts, maple drizzle	12

INDULGE

BUTTERMILK PANCAKE STACK plain, chocolate chip or blueberry whipped butter, Canadian maple syrup	22
FRESHLY BAKED BELGIAN WAFFLE  plain or chocolate whipped cream, strawberries, Canadian maple syrup	22
BRIOCHE FRENCH TOAST  caramelized apple compote, maple syrup and walnuts	22

OPTIONS


BREAKFAST POTATOES	6
CHICKEN APPLE SAUSAGES	6
SINGLE BROWN FREE RUN EGG	6
SMOKED BACON	6
BOWL OF FIELD GROWN BERRIES  a bright mix of the season's best	8
ASSORTED CEREALS skim, 2% or soy milk	8
PASTRIES & MUFFINS assorted varieties	4
TOAST multigrain, white, sourdough, rye	4

BUFFET SELECTION



buffets include selection of breakfast juices, freshly brewed Starbucks® coffee, and assorted Tazo® teas

CONTINENTAL BUFFET	23
seasonal fruit, yogurt, granola, steel-cut oatmeal, cereals, assorted cheeses, deli meats, smoked & candied salmon, bakery selection	
HOT BUFFET	28
includes continental buffet and the following hot items made to order: eggs benedict, 2 eggs any style, buttermilk pancake stack, freshly baked belgian waffle, breakfast potatoes, chicken apple sausages, smoked bacon	

REVIVE

EXHILARATE	22
2 eggs any style, potatoes, bacon, ham or breakfast sausage, toast	
EGG WHITE FRITTATA 	24
broccoli, roasted peppers, goat cheese, salsa, toast, fresh fruit salad	
THREE-EGG OMELETTE	
ham and cheese	22
smoked salmon, asparagus, goat cheese	24
peppers, mushrooms, cheese, salsa	22
EGGS BENEDICT	26
traditional, spinach or smoked salmon	

ENERGIZE

JUICE 	6
orange, grapefruit, apple, cranberry or tomato	
STARBUCKS COFFEE	
cappuccino	6
latte	6
espresso	6
freshly brewed regular or decaffeinated	5
ASSORTED TAZO TEAS 	5
MILK	4
2%, non-fat, soy, almond or chocolate	

An 18% gratuity will be added to parties of 8 or more.

Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food borne illness.

Please advise your server should you have any allergies or dietary requests.



"These nutritional powerhouse foods can help extend your health span-the extent of time you have to be healthy, vigorous and vital." Dr. Steven Pratt, author of Super Foods Rx: Fourteen Foods That Will Change Your Life.