




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

BLUEBERRY PANCAKE STACK  orange and walnuts	22
BUTTERMILK PANCAKE STACK plain, chocolate chip or banana 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

..... ENERGIZE

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



..... BREAKFAST TABLE

seasonal fruits and berries, yogurt, steel-cut oatmeal, whole grain cereals, all-natural granola, scrambled eggs, smoked bacon, sausage links, breakfast potatoes, bakery selections, bagels with cream cheese, selection of breakfast juices, freshly-brewed Starbucks® coffee, and assorted Tazo® teas	35
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..... REVIVE

EXHILARATE 2 eggs any style, potatoes, bacon, ham or breakfast sausage, toast	22
EGG WHITE FRITTATA  broccoli, roasted peppers, goat cheese, salsa, toast, fresh fruit salad	24
THREE-EGG OMELETTE ham and cheese smoked salmon, asparagus, goat cheese peppers, mushrooms, cheese, salsa	22 24 22
EGGS BENEDICT traditional, spinach or smoked salmon	26
DUAL MOUNTAIN 2 eggs any style, bacon, breakfast sausage, pancakes, breakfast potatoes	28

..... OPTIONS

BREAKFAST POTATOES	6
PORK SAUSAGES	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
REGULAR & LOW FAT YOGURT 	6

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.