



Breakfast

**BREAKFAST**

**Continental Buffet** 18  
 Fresh fruit juices, pastries or toast with preserves, fruit salad, whole fruit, natural & flavoured yogurts, a selection of cheeses, cured meats, cold cereals, hot oatmeal & your choice of regular or decaf starbucks coffee or assorted tazo teas

**Full Buffet** 23  
 Includes everything on the continental buffet plus farm fresh eggs, country style home fries, bacon & sausage, grilled tomatoes, pancakes & your choice of regular or decaf starbucks coffee or assorted tazo teas

**THE BENEDICTS**

*Served on an english muffin with country style home fries, grilled tomatoes & fresh cut fruit*

**Classic Benedict** 16  
 Grilled smoked pork kassler loin & two poached omega-3 enhanced eggs finished with hollandaise

**West Coast Benedict** 17  
 Smoked B.C. steelhead salmon & two poached omega-3 enhanced eggs finished with hollandaise

**OMELETTES ETC**

*Served with country style home fries, grilled tomato, fresh fruit garnish & choice of toast*

**Omelette of the Day** 16  
 Two omega-3 enhanced eggs prepared with the freshest ingredients of the day

**Egg White Spa Omelette** 16  
 Two omega-3 enhanced eggs with spinach, mushrooms, & feta cheese

**Two Omega-3 Enhanced Eggs** 15  
 Prepared any style with a choice of ham, bacon or breakfast sausage

**BREAKFAST FAVOURITES**

**Breakfast Panini Sandwich** 15  
 Panini grilled panini bread with your choice of ham or turkey served with a poached omega enhanced egg & breakfast potatoes

**Prime Beef & Potato Hash** 16  
 Two poached omega-3 enhanced eggs with crème fraiche & grilled tomato

**Buttermilk Griddle Pancakes** 14  
 Skillet pancakes served with maple syrup & whipped butter  
**Add fresh berries or chocolate chips** 3

**Cinnamon Swirl French Toast** 14  
 Raisin custard roll dipped in royal cream with maple syrup & seasonal berries

**Connoisseur Belgium Style Waffle** 14  
 Maple syrup, fresh whipped cream, seasonal fruit compote & okanagan apple butter

**Steel-Cut Oatmeal Brulee** 10  
 Finished with maple sugar & served with banana bread

**Bear Creek Breakfast** 21  
 Gelderman Farms sausage, double smoked bacon, two omega-3 eggs prepared any style, country style home fries & choice of toast or pastry, fresh fruit juice, starbucks coffee or assorted tazo tea

**New York Striploin Steak & Omega-3 Enhanced Egg** 22  
 Grilled to your liking with one egg any style & served with country style home fries, tomato jam & duxelle

**SIDES**

- Dry cereals 5
- Selection of yogurt 4
- Fresh fruit salad 5
- Half pink grapefruit 3
- Omega-3 egg 3
- Bacon, ham or sausage 4
- Smoked salmon 4
- Grilled tomatoes 3
- Scone of the day 6
- English muffin or toast 3
- Croissant or muffin 5
- Bagel & cream cheese 6

**BEVERAGES**

- Fresh orange or pink grapefruit juice 5
- Chilled apple, cranberry, pineapple, tomato or V8 juice 5
- Chilled milk - 2%, skim or soy 4
- Starbucks regular or decaf coffee 4
- Tazo tea 4
- Hot chocolate 4
- Starbucks espresso 4
- Cappuccino or latte 5
- Smoothie of the day 6