

UNWIND



BREAKFAST MENU



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start
fresh
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SPECIALTIES

THE LIFE BOWL 17

The lighter side to Chef Jay - A fresh feature constantly changing to reflect the season, but always keeping a nutrition and health focus. 450 CAL

EGGS BENEDICT* 16.5

Two poached eggs, and Canadian back bacon atop an English muffin, topped with Hollandaise. Swap in Smoked BC Sockeye Salmon and arugula +2 900 CAL

CANADIAN SKILLET* 16.5

Two eggs prepared your way, served over country potatoes with chopped bacon, sausage, ham, mushrooms, peppers, and onion - or go all veggies 1091 CAL

THE LIGHT START 12.5

A freshly baked croissant, a cup of fruit salad, and a boiled egg cooked your way. 341 CAL

PANCAKES 14.5

Griddled pancakes topped with butter and served with warm syrup. 1300 CAL Add blueberries for \$2.5 more! 1350 CAL

BRIGHT EYED BENNY 17

A local favourite, served with two poached eggs served over sliced avocado and tomato, atop an English Muffin, and topped with Hollandaise 990 CAL

SEAWALL OMELETTE 18.5

A folded three egg omelette, with smoked salmon, cream cheese, green onion, and a side of fruit 490 CAL

SUNRISE BREAKFAST SANDWICH* 14

One egg fried or scrambled, Cheddar cheese, and your choice of meat on an English muffin, served with breakfast potatoes 680 CAL

HUEVOS RANCHEROS* 16

Two eggs, cooked any style and set atop seasoned beans. Smothered

HOTEL FAVORITES

INNJOYABLE BREAKFAST* 15

Two eggs any style served with breakfast potatoes, choice of meat and toast. 870 CAL

TRADITIONAL FRENCH TOAST* 14.5

Two slices of thick cut bread battered and grilled to a golden brown. 670 CAL

TAILOR MADE 3 EGG OMELET* 16

Made with your choice of sausage, ham, bacon, Cheddar cheese, Swiss cheese, peppers, onions, tomatoes, mushrooms, spinach served with breakfast potatoes and toast. 640+ CAL

START FRESH WRAP* 14.5

Egg whites scrambled with mushrooms, spinach, onions, and provolone cheese, wrapped in a whole wheat tortilla and served with breakfast potatoes or fruit. 820 CAL

MALTED MINI WAFFLES 14.5

Crispy waffles served with berries, whipped cream and warm syrup. 1010 CAL

BUILD YOUR PERFECT BREAKFAST* 21

Choose your eggs, meat and a side. Perfect! 560+ CAL

ROOM SERVICE - Dial Extension: 4

Applicable sales tax will be added to the price of all items.

BREAKFAST SERVED

6:30AM - 11:30AM WEEKDAYS

7AM - NOON WEEKENDS

SIDES

FRUIT	100 CAL	7
BACON*	160 CAL	4
SAUSAGE*	360 CAL	4
TOAST	120 CAL	4
BREAKFAST POTATOES	290 CAL	4
YOGURT	150 CAL	3
OATMEAL	450 CAL	7
TURKEY SAUSAGE*	160 CAL	4

BEVERAGES

COFFEE	0 CAL	3.75
JUICE	110 CAL	3.75
TEA	0 CAL	3.75
MILK	80-150 CAL	3
ASSORTED SOFT DRINKS	0-160 CAL	3.75

2,000 calories a day is used for general nutritional advice, but calorie needs vary.
Additional nutrition information available upon request.

*Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. FOR PARTIES OF 8 OR MORE, 15% GRATUITY WILL BE AUTOMATICALLY ADDED TO THE BILL