

## QUICK AND EASY

<b>Oatmeal</b> <b>V/VG</b> <b>9</b> Cinnamon, brown sugar, bananas, raisins	<b>Yogurt Parfait</b> <b>V</b> <b>16</b> Greek yogurt, granola, honey, mixed berries
<b>Smashed Avocado Toast</b> <b>16</b> Sourdough bread, smashed avocado, watercress, feta crumble <b>V/VG/GF</b>	<b>Fresh Fruit Bowl</b> <b>V/VG/GF</b> <b>17</b> Seasonal fruit and berries
<b>Add:</b> Two eggs <b>3</b> Smoked salmon <b>6</b>	<b>Cannery Continental</b> <b>V</b> <b>19</b> Butter croissant, yogurt parfait, fresh fruit bowl

## ALL THINGS EGGS

<b>Cannery Breakfast</b> <b>GF</b> <b>17</b> Two eggs your way, choice of bacon or sausage, breakfast potatoes, baked beans, choice of toast	<b>Eggs Benedict</b> Served with breakfast potatoes <b>Traditional</b> - poached eggs, peameal bacon, toasted English muffin, hollandaise sauce <b>20</b>
<b>Vegan Cannery Breakfast</b> <b>V/VG/GF</b> <b>17</b> Tofu scramble, avocado, breakfast potatoes, baked beans, choice of toast	<b>Florentine</b> - poached eggs, spinach, mushrooms, toasted English muffin, hollandaise sauce <b>V</b> <b>19</b>
<b>Wellbeing Omelette</b> <b>V/VG</b> <b>23</b> Egg whites, feta, spinach, mushrooms, tomatoes, onions, served with fresh fruit and choice of toast	<b>Smoked Salmon</b> - poached eggs, smoked salmon, toasted English muffin, hollandaise sauce <b>23</b>
<b>Southwest Omelette</b> <b>V/VG</b> <b>22</b> Peppers, onions, cheddar cheese, served with avocado, salsa, sour cream, breakfast potatoes and choice of toast	<b>Build Your Own Omelette</b> <b>GF</b> <b>19</b> Choose up to three: tomatoes, bell peppers, onions, mushrooms, spinach, cheddar cheese, feta, bacon, sausage, smoked salmon, served with breakfast potatoes and choice of toast

## SWEET TOOTH

<b>Belgian Waffle</b> <b>V</b> <b>17</b> Fresh-off-the-iron with bananas, berries, whipped cream, maple syrup	<b>Cinnamon French Toast</b> <b>V/GF</b> <b>17</b> French toast, whipped cream, butter, maple syrup
<b>Buttermilk Pancakes</b> <b>V</b> <b>16</b> Three fluffy pancakes, berries, butter, maple syrup	

## A LITTLE EXTRA

Pork or chicken sausage <b>5</b>	Breakfast potatoes <b>V/VG</b> <b>6</b>
Peameal or regular bacon <b>5</b>	Baked beans <b>V/VG</b> <b>4</b>
Smoked salmon <b>7</b>	Avocado <b>V/VG/GF</b> <b>6</b>

## BEVERAGES

Brewed coffee <b>3</b>	White milk or chocolate milk <b>5</b>
Cappuccino <b>5</b>	Oat milk or almond milk <b>5</b>
Latte <b>5</b>	Assorted juices <b>4</b>
Espresso <b>4</b>	Hot chocolate <b>4</b>
Selection of teas <b>3</b>	Whipped cream <b>2</b>

**GF** Gluten Friendly/Gluten Friendly Option Available  
**VG** Vegan/Vegan Option Available  
**V** Vegetarian/Vegetarian Option Available

Please advise us of any food allergies and be aware that any undercooked foods ordered by request pose a risk of foodborne illness. Cannery restaurants are not gluten-free, vegetarian, or vegan restaurants and take no responsibility should cross-contamination occur.

\*Prices do not include sales tax.