

Ala Carte Menu

WELLNESS

AGAVE ORGANIC MATCHA VEGAN BOWL *gf*
caribbean fresh fruits, vegan yogurt, chia seeds

OMEGA THREE *gf*
seasonal fresh fruit, low fat yogurt parfait, baked muffin

MASON BERRY PARFAIT *gf*
low fat yogurt, seasonal berries, granola

ORGANIC COCONUT OATMEAL
organic oats, local coconut milk, cinnamon caviar

GLUTEN FREE BREAKFAST PIZZA *gf*
cauliflower crust, avocado, shaved onions,
two sunny side up eggs, truffle goat cheese

EGG WHITE BREAKFAST PANINI
avocado, feta cheese, quinoa, salsa verde

GLUTEN FREE PANCAKES *gf*
CHOOSE: chocolate chips, banana, strawberries,
blueberries, warm maple syrup

FROM THE FARM

RED QUINOA & EGGS BOWL *gf*
two eggs any style, sautéed quinoa, spinach,
peppers, sun-dried tomatoes & roasted seasonal veggies

AVOCADO TOAST
sourdough toast, avocado, feta cheese,
smoked salmon, prosciutto di parma

Add two eggs (fried or poached) \$3

OMELETTE BOURGEOISIE
cage free eggs or egg whites

Choice of:
applewood smoked bacon, sausage, turkey,
shrimp, spinach, peppers, onions, tomatoes,
mushrooms, jalapeños, cheddar, mozzarella,
feta, sweet potato & hash roasted vegetables

BISTECCA & EGGS *gf*
Calgary seasoned skirt steak, mushroom reduction,
two eggs any style, breakfast potatoes or sweet plantains

EGG BENEDICTS ROYALE
smoked salmon, toasted mallorca bread, hollandaise sauce

BREAKFAST TABLE

SICILIAN BREAKFAST
prosciutto, burrata, two eggs any style, truffle essence,
sourdough toast

Choice of: orange, grapefruit or cranberry juice
Choice of: tea or drip coffee (+\$2 latte/cappuccino)

EL YUNQUE BREAKFAST
sweet plantain, root vegetable hash, two local eggs,
sofrito hollandaise

Choice of: orange, grapefruit or cranberry juice
Choice of: tea or drip coffee (+\$2 latte/cappuccino)

BAKERY & PASTRIES

19 **PANCAKE AL COHOCOLATO** 19
chocolate chip pancakes, chocolate sauce,
chocolate muffin crumbs, whipped cream

19 **PANCAKE DI CHEESECAKE** 19
ALLE FRAGOLE
vanilla pancakes, cheesecake, wild berry sauce

19 **DOLCE PANINO ALLA CANELA** 18
banana foster caramel & pecans, warm maple syrup

22 **WAFFLES FLORENTINE** 18
cheddar cheese waffle, sautéed spinach,
local poached eggs, hollandaise sauce

16 **HOMEMADE BREAKFAST PASTRIES** 8

SIDES

18 **AVOCADO *gf*** 8

ROASTED TOMATOES *gf* 8

SWEET POTATO HASH *gf* 8

19 **TURKEY SAUSAGE *gf*** 8

CHICKEN SAUSAGE *gf* 8

24 **PORK SAUSAGE *gf*** 8

APPLEWOOD BACON *gf* 8

GRILLED HAM *gf* 8

21 JUICERY

BEET JUICE 10

GREEN JUICE 10

ORANGE JUICE 10

CITRUS MIMOSAS & BLOODY MARYS

26 **MIMOSA** 12
Choice of: orange, grapefruit or passionfruit juice

24 **BLOODY MARY** 14

CAFE

32 **CAPPUCCINO** 7

LATTE 7

ESPRESSO 6

DOUBLE 7

31 **COFFEE** 6
whole milk, soy, almond, 2%, skim

TEA 7
whole milk, soy, almond, 2%, skim

VARIETY OF JUICES 7

***gf* = gluten free**

Dishes may contain allergens. If you have any dietary requirements please speak to a staff member.
Raw or undercooked food may be hazardous to your health. Prices are exclusives of state sales taxes & gratuities.