



Breakfast

Farmers' breakfast | 16

two farm fresh eggs, herb roasted potatoes,
choice of bacon, sausage & toast
replace herb roasted potatoes with fruit cup | 3

The classic benedict | 17

two farm fresh poached eggs, pea meal bacon,
English muffin, warm citrus hollandaise, herb roasted
potatoes
substitute smoked salmon | 5

Ham, Cheese & mushroom three egg omelettes | 14

served with herb roasted potatoes, choice of toast
replace herb roasted potatoes with fruit cup | 3

Plated Continental Breakfast \$15

Muffin, Croissant, Toast or Bagel
Fruit cup & Yogurt, served with coffee, tea & juice

Vanilla Buttermilk Pancakes | 13

3 Buttermilk Pancakes, Served with butter and fresh maple syrup
Add bacon or sausage | 4

*please always inform us of any allergies or food sensitivities
consuming raw or uncooked meats, seafood, shellfish or eggs
may increase your risk of food born illness*



Small Bites

Today's bagel with cream cheese 5.00
plain Greek yogurt 3.25
Hot Oatmeal 6.00
cold cereal 3.50
Muffin, croissant, bagel or toast 3.00 fresh fruit salad 6.50

Healthy start

Fresh fruit smoothie | 5.50
blend of fruit + seasonal berries, yogurt,
honey, juice

Fruit + yogurt | 9
seasonal fruit + Greek yogurt, organic granola
clusters, drizzled with honey

Bagel & lox | 14
today's bagel, toasted, cream cheese,
nova scotia smoked salmon,
capers, red onion

Beverages

Starbucks® coffees or Tazo® teas 3.25
espresso 3.50
cappuccino 4.25
latte 4.50
hot chocolate 3.00
juice 3.00
milk, soy or almond milk 3.00

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1 Lb crispy fried wings

choose from: BBQ, mild, or hot | 18

Baked Buffalo Chicken Nacho Dip
Zesty Nacho dip with Roast Chicken, blue cheese, Dave's Mild Wing sauce and cream cheese. Served with fresh baked tortilla corn chips | 17

Caesar Salad

romaine lettuce, smoked bacon, focaccia croutons, asiago, tangy house dressing | 11

Clubhouse Sandwich

thick sliced multi-grain bread, crisp bacon, chicken, tomato, lettuce, mayo | 16

Harbour City Beef Burger

Beef burger, served with tomato, lettuce and fries | 15

Steak Sandwich

6 oz beef striploin, toasted baguette sautéed onion + mushrooms, emmenthal cheese | 25

Chicken Pasta

Bacon + mushrooms, Asiago cream, Penne | 26

Fish n' Chips

local beer batter, fresh nova scotia haddock, chips, house tartar | 16

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