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## BREAKFAST

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<b>STEAK &amp; EGGS</b> Flat iron steak, two free-range eggs, any style, breakfast potatoes, marinated tomatoes, garlic toast	19
<b>BRIOCHE FRENCH TOAST</b> House made brioche, seasonal berries, vanilla maple syrup	15
<b>FLUFFY BUTTERMILK BLUEBERRY PANCAKES</b> Local wild blueberries, whipped crème fraîche, vanilla maple syrup	15
<b>SLOW COOKED ORGANIC OATMEAL</b> Steamed milk, dried fruits, demerara sugar, nuts & seeds	9
<b>HEALTHY START</b> Two free range soft poached eggs, marinated tomatoes, avocado, fresh fruit, choice of toast	15
<b>EGGS BENEDICT</b> Poached free range eggs, Canadian back bacon, toasted English muffin, hollandaise, breakfast potatoes	17
<b>SMOKED SALMON BENEDICT</b> Poached free range eggs, smoked salmon, toasted English muffin, sautéed greens, hollandaise, breakfast potatoes	18
<b>OCEAN7 FRITTATA</b> Free range eggs, roasted peppers, chorizo, Manchego cheese, breakfast potatoes, smoked paprika, parsley, choice of toast	16
<b>BISTRO BRISKET HASH</b> House smoked brisket, pickled red onion, arugula, veal jus, two poached free range eggs, grainy mustard hollandaise	18
<b>TWO EGGS BREAKFAST</b> Two free range eggs, any style, breakfast potatoes, choice of Canadian back bacon, double smoked bacon or chicken sausage, choice of toast	15

## BREAKFAST ENHANCEMENTS

SEASONAL FRUIT	5	SLICED AVOCADO	4
FREE RANGE CHICKEN SAUSAGE	5	BREAKFAST POTATOES	3
DOUBLE SMOKED BACON (3 PC)	6	FREE RANGE EGG	3
CANADIAN BACK BACON	4	TOAST	3
GLUTEN FREE TOAST	4	YOGURT	3
MARINATED TOMATOES	3		

## SMOOTHIES

<b>HYDROBERRY</b> Cucumber, basil, lime, whey protein, mint, strawberries, coconut water	9	<b>ADD ONS</b>	2
<b>THE JIFFY</b> Banana, peanut butter, double espresso, white chocolate, yogurt, flax, whey protein, milk	9	ADD a scoop to any smoothie	
<b>JOLLY GREEN GIANT</b> All Greens, spinach, banana, coconut milk, pineapple juice	9	MATCHA	
<b>BLUEBERRY HILL</b> Blueberries, oats, almond milk, vanilla, cinnamon	9	FLAX SEEDS	
		HEMP HEARTS	
		ALL GREENS	
		WHEY PROTEIN	

## NON-ALCOHOLIC DRINKS

CAFÉ UMBRIA REGULAR & DECAF COFFEE	3	LATTE	4
RISHI TEAS Please ask your server for seasonal selections	4	MOCHA	4
JUICE Apple, orange, pineapple, cranberry, Clamato, tomato	4	AMERICANO	4
FRESH SQUEEZED JUICE Orange, grapefruit	8	CAPPUCCINO	4
		ESPRESSO	4
		HOT CHOCOLATE	4