

# B & M

## EGGS

SERVED WITH TOAST, HOMEFRIES, FRUITS AND FILTERED COFFEE

**MEAT CHOICES:** BACON, HAM, BEEF SALAMI OR SAUSAGE | **BREAKFAST PASTRIES:** PANCAKE, FRENCH TOAST, WAFFLE, CREPE  
REPLACE HOMEFRIES & FRUITS FOR SALAD OR SWEET POTATO FRIES | EGG WHITES ONLY

- 1 EGG (ANY STYLE) ..... + 1 CHOICE OF MEAT
- 2 EGGS (ANY STYLE) ..... + 1 CHOICE OF MEAT
- OPEN FACE BAGEL B&M** .....  
2 eggs over-easy topped with bacon & Swiss cheese
- EGGS B&M (2 EGGS WITH 3 CHOICES OF MEAT)** .....
- HUNGRY MEAL** .....  
2 eggs (any style) with 3 meat choices and 1 choice of breakfast pastry  
ADD STRAWBERRY, BANANA, NUTELLA, CHOCOLATE CHIPS OR MAPLE SYRUP TO YOUR BREAKFAST PASTRY
- EGGS & SALMON (3)** .....

## EGGS BENEDICT

SERVED WITH HOMEFRIES, FRUITS & FILTERED COFFEE | REPLACE HOMEFRIES & FRUITS FOR SALAD OR SWEET POTATO FRIES

- HAM AND SWISS CHEESE** .....
- SPINACH AND BRIE CHEESE** .....
- AVOCADO AND GOAT CHEESE** .....
- SPINACH, SMOKED SALMON, ASPARAGUS AND SWISS CHEESE** .....
- WAFFLE BENEDICT** .....  
Cheddar (American) and bacon

## HEALTHY CHOICES

FRUITS & BERRIES BASED ON SEASONAL AVAILABILITY | SERVED WITH FILTERED COFFEE

- FRUIT CUP** .....  
Berries or mixed fruit
- FRUIT PLATTER** .....  
Assortment of seasonal fruits served with Greek or low-fat yogurt
- YOGURT** .....  
WITH BERRIES OR MIXED FRUIT | WITH GRANOLA  
REPLACE LOW-FAT YOGURT WITH GREEK YOGURT
- YOGURT, GRANOLA AND TWO POACHED EGGS** .....  
Low-fat yogurt topped with berries or mixed fruit & choice of bread  
REPLACE LOW-FAT YOGURT WITH GREEK YOGURT

## OMELETTES

SERVED WITH HOMEFRIES, FRUITS AND FILTERED COFFEE  
MADE WITH 4 EGGS | EGG WHITES ONLY  
REPLACE HOMEFRIES & FRUITS FOR SALAD OR SWEET POTATO FRIES

- REGULAR** .....
- THREE-CHEESE** .....  
Cheddar, Swiss and mozzarella
- FARMER'S** .....  
Sausage, mushrooms and onions
- MEXICAN** .....  
Peppers, mushrooms, onions and salsa (mild or spicy)
- WESTERN** .....  
Ham, peppers and onions
- OMELETTE X** .....  
Salami, hot dog, peppers and onions
- AVOCADO** .....  
Sun-dried tomatoes, avocado and goat cheese
- SPINACH, FETA & OLIVES** .....

### CREATE YOUR OWN OMELETTE

MADE WITH 4 EGGS  
EACH VEGGIE TOPPING · EACH MEAT TOPPING  
SERVED WITH HOMEFRIES, FRUITS & FILTERED COFFEE

### CREATE YOUR OWN QUICKIE

“QUICKIE” IS YOUR CHOICE OF 3 ITEMS LISTED BELOW  
MIXED IN WITH 2 SCRAMBLED EGGS  
SERVED WITH YOUR CHOICE OF BREAD, HOMEFRIES,  
FRUITS & FILTERED COFFEE

## INGREDIENTS

**VEGGIES :** Tomatoes, mushrooms, spinach, asparagus, red or green peppers, onions, sun-dried tomatoes, black olives

**MEATS :** Bacon, sausage, ham, beef salami, hot dog

**CHEESE :** Cheddar (American), Swiss, Brie, mozzarella, goat, blue, feta, cream cheese

**EXTRAS :** Smoked salmon, avocado, egg white, veggie mix (peppers & onions)

## PASTRIES

FRUITS & BERRIES BASED ON SEASONAL AVAILABILITY | SERVED WITH FILTERED COFFEE  
MAPLE SYRUP OR NUTELLA | MIXED FRUITS OR MIXED BERRIES  
ADD BANANA, NUTELLA, CHOCOLATE CHIPS OR MAPLE SYRUP

### PANCAKES

CLASSIC (3) .....

### FRENCH TOAST

CLASSIC (3) .....

CORNFLAKE-CRUSTED

CHALLAH FRENCH TOAST (3) .....

CORNFLAKE-CRUSTED

BANANA BREAD FRENCH TOAST (3) .....

Cornflake-cruste French toast topped with banana & chocolate chips

### WAFFLES

CLASSIC WAFFLE .....

ELVIS WAFFLE .....

Topped with banana, bacon & peanut butter

### CREPES

CLASSIC CREPE (2) .....

BANANA NUTELLA CREPE (2) .....

B&M CREPE ..... 1 CREPE / 2 CREPES

Stuffed with scrambled eggs, bacon, sausage and ham, served with homefries & fruits

VEGETARIAN CREPE ..... 1 CREPE / 2 CREPES

Stuffed with scrambled eggs and vegetables, served with homefries & fruits

## BREAKFAST SIDES

### MEATS

BACON (5) .....

SAUSAGE (3) .....

HAM (2) .....

BEEF SALAMI (3) .....

### PASTRIES (REGULAR)

ADD STRAWBERRY, BANANA, NUTELLA, CHOCOLATE CHIPS  
OR MAPLE SYRUP TO YOUR BREAKFAST PASTRY

SINGLE PANCAKE .....

SINGLE FRENCH TOAST .....

SINGLE CHALLAH .....

SINGLE CREPE .....

### SIDES

EXTRA EGG .....

BAKED BEANS .....

SMOKED SALMON (3) .....

Red onions & capers

HOLLANDAISE SAUCE .....

SIDE POTATOES .....

SIDE TOMATOES .....

SIDE BAGEL .....

SIDE FETA .....

## BREAKFAST DELIGHTS

BREAKFAST SANDWICH .....

Fried egg, cheddar cheese, lettuce, tomato and bacon, served on a toasted bagel with homefries, fruits and filtered coffee

BAGEL LOX SANDWICH .....

Smoked salmon, cream cheese, red onions, tomatoes and capers, served on a toasted bagel with homefries, fruits and filtered coffee

LOX PLATTER .....

Smoked salmon, cream cheese, red onions, capers, black olives and tomatoes, served with a toasted bagel, fruits and filtered coffee

BREAKFAST POUTINE .....

Homefries, bacon, cheese curds, onions and pepper, topped with 2 poached eggs and hollandaise sauce

AVOCADO TOAST .....

Avocado spread with feta and mint on sourdough, topped with a poached egg

## MILKSHAKES

SPIKE YOUR MILKSHAKE (BAILEYS® ORIGINAL)  
ESPRESSO SHOT

CLASSIC VANILLA  
ULTIMATE CHOCOLATE  
STRAWBERRY  
CHUNKY MONKEY  
Chocolate, banana & coffee  
ELVIS - Banana and peanut butter

## COFFEE BAR

HOUSE BLEND COFFEE OR REGULAR TEA .....

ESPRESSO ..... SINGLE / DOUBLE

MACCHIATO .....

CAPPUCCINO .....

CAFÉ LATTE ..... SMALL / LARGE

ORGANIC TISANE .....

HOT CHOCOLATE .....

## SERVICE BAR

FRESHLY SQUEEZED ORANGE JUICE ..... SMALL / LARGE

ORANGE JUICE .....

APPLE JUICE .....

MILK ..... SMALL / LARGE

CHOCOLATE MILK ..... SMALL / LARGE

STEWART'S .....

TURN YOUR STEWART'S INTO A FLOAT (CREAM SODA, BLACK CHERRY, ROOT BEER)

SNAPPLE .....

SAN PELLEGRINO (SODAS) .....

SAN PELLEGRINO (SPARKLING WATER) ..... SMALL / LARGE

SOFT DRINKS .....

BOTTLED WATER .....

## COCKTAILS

MIMOSA .....

Prosecco & freshly squeezed orange juice

APRICOT BELLINI .....

Prosecco and apricot nectar juice

BLOODY CAESAR .....

Vodka and Clamato