

THE CANADIAN CLASSIC

Two eggs any style with your choice of bacon, farmer's sausage, or ham, home style Yukon gold potatoes, toast, chilled juice and coffee or tea

15.95

HEALTHY START

Seasonal fruit compote, accompanied with cottage cheese or yogurt, Grandma Emily's Organic Granola, Acadian Maple drizzle and roasted almonds. Served with a side of banana bread

12.50

THE OMELETTE

A fluffy three-egger, filled with your choice of three items: tomatoes, peppers, bacon, ham, cheese, onions, mushrooms or baby shrimp. Served with pan-fried potatoes & toast

14.95

BAGEL AND EGG

Toasted bagel of your choice with a fried egg, smoked bacon, lettuce and tomato. Served with pan fried potatoes and fruit chilled juice and coffee or tea

14.25

THE BENEDICTS

Two poached eggs served on a toasted English muffin topped with hollandaise sauce, served with home-style potatoes

With back bacon 15.95

With smoked salmon 16.95

CREPES INNOVATION

Scrambled egg, spinach, black forest ham and hollandaise or ham, asparagus, mushrooms, Swiss cheese and hollandaise.

Served with a fresh fruit cup

14.00

"ACADIAN STYLE" BREAKFAST

A real taste of the Maritimes, served with two eggs any style, maple baked beans, a fish cake, green tomato chow, toast and preserves

13.00

ATLANTIC STEAK AND EGGS

Two eggs any style with a 6oz grilled strip loin, grilled tomato and sautéed mushrooms

18.00

BAGEL AND LOX

Saint Mary's River smoked salmon with cream cheese, capers, red onions and a toasted bagel of your choice

13.00

SMOOTHIE AND A BAGEL

Nova Scotia blueberries and bananas, blended with yogurt and honey. Served with a toasted bagel of your choice.

10.50

BANANA BREAD FRENCH TOAST

Thick slice of house made banana bread, dipped in egg and griddled. Topped with strawberries, banana, kiwi and roasted almonds

13.00

FLAPJACKS

A stack of buttermilk pancakes; plain, blueberry, banana-chocolate chip or raspberry swirl
Served with warm Acadian Maple Syrup 12.00
Add maple bacon or farmer's sausage 14.50

BUFFET

Served with coffee or tea and juice

THE DELUXE

Scrambled eggs, home fries, bacon, sausage, french toast, pancakes, and a chef's feature, and the Continental Buffet items

16.50

THE CONTINENTAL

Hot and cold cereal, granola, fresh sliced fruit, cold cuts, various cheeses, yogurt, sliced bread, bagels, and breakfast pastries

12.95

LIGHTER FARE

Single egg with toast and home fries	6.50
Bacon, ham, sausage or a fish cake	4.00
Home style potatoes	2.50
Seasonal fresh fruit plate	8.75
Freshly cut fruit cocktail	6.50
Plain or flavoured yogurt	3.25
Cottage cheese	3.25
Half pink grapefruit	3.50
Fresh cereal fruit	2.50
Grandma Emily's Organic Granola	6.00
Cold cereal with milk	3.50
Hot oatmeal	3.50
Bagel with cream cheese	5.00
Croissant with preserves	3.00
Toast or English muffin with preserves	3.00
Banana Bread	4.00
Muffin	3.00

BEVERAGES

Breakfast smoothie	6.50
Juice	3.00
Milk	3.00
Coffee	3.25
Tea	3.25
Herbal tea	3.50
Hot chocolate	3.00
Espresso	4.00
Cappuccino	4.50
Latte	4.50

JOIN US FOR DINNER IN TRADER'S BAR

Fresh seafood dishes, pastas, steaks and more.

Monday through Sunday 4:30pm-11pm.

Our Kitchen Is Your Kitchen . . . Should you wish for an item not found on our menu please tell your server and Chef Jamie Mullett and his team will do their best to accommodate your request. Please also inform us of any allergies.