



## Beginnings

### Juice of day

Selection of homemade juice  
from available seasonal fruit  
served with fruit skewer  
6

### Smoothie

Created with seasonal fruit and berries  
6

### Bakery or Seasons to go

Croissant, muffin, bagel  
Cream cheese, butter and  
Seasons signature jams  
to go additions  
Orchard fruit and Starbucks coffee  
Bakery-8  
To go-10

### Fresh

caramelized banana, marinated  
berries, mango yogurt fondue,  
honey oat bar and melon  
10

### Cereal

A selection of Kellogg brand  
family offerings  
milk, dry fruit or fresh  
5

### Oatmeal

Cinnamon milk, berries,  
banana, brown sugar  
6

## Complements

Bacon  
3.50  
Country sausage  
3.50  
Home baked ham  
3.50  
Atlantica home fries  
2.95  
Whipped cream  
2.50  
Toast –served with butter  
and homemade jam  
1.95  
Great Canadian Bagel  
served with cream cheese  
2.75  
Toasted Cheddar biscuits- served with  
butter and molasses  
2.95  
Egg- any style  
2.95  
Seasonal Fruit Cup  
2.95

### Liquids

Tropicana fruit juices- Orange, apple or  
cranberry  
Regular - 2.75 Large - 3.25  
Brewed teas- selection of Tazo specialties  
or traditional Red Rose  
2.50  
Milk-skim or 2%  
2.50  
Chocolate milk-2%  
2.50  
Aquafina water  
2.50  
Starbucks regular or decaf coffee  
2.75

## Middles

### Simplicity

Two Nova Scotian eggs cooked to preferred doneness, selection of home baked ham, bacon or country sausage toast and Atlantica home fries

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### Omelette

Build your own

Select three of the following additions:  
Onions, bacon, home baked ham, chorizo, bell peppers, Cheddar, feta, goat cheese basil pesto, tomatoes, wild mushrooms served with choice of Atlantica home fries or seasonal fruit with mango yogurt fondue

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### Southern

Toasted waffles, berry maple compote, caramelized banana and candied pecans, served with seasonal fruit garnish and mini smoothie

12

### Sandwich

Nova Scotian eggs, thyme and honey, apple wood Cheddar and asparagus on croissant  
Selection of home baked ham, bacon or country sausage  
Atlantica home fries

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### Atlantica

French toast style banana loaf and blueberry loaf, chocolate egg batter, blueberry syrup  
Served with seasonal fruit garnish and mini smoothie

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### Benedict

Poached Nova Scotian eggs to preferred doneness, traditional hollandaise, Pea meal bacon, cheddar biscuits  
Atlantica home fries

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### Variation Benedict

Poached Nova Scotian eggs to preferred doneness, pan seared cornbread, sautéed mushrooms, grilled sirloin and chipotle hollandaise  
Atlantica home fries

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### Crêpes

Two Nova Scotian eggs cooked to preferred doneness, served on layered crêpes with spinach cream, oven roasted tomatoes, bacon and brie, traditional hollandaise  
Atlantica home fries

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### Hash

Montreal smoked beef, pan fried potatoes, served with basted eggs spicy tomato salsa and feta

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### Breakfast Burger

Scrambled Nova Scotian eggs, avocado, Oulton's pork homemade burger herb ciabatta, jalapeño havarti, tomato and baby leaf salad  
Atlantica home fries

14

### Pancakes

Buttermilk pancakes, sour pineapple compote and Nova Scotian honey

12

### Dip

Tomato and butter poached Nova Scotian eggs, bagel chips, toasted naan bread and black bean and chorizo ragoût  
Served with seasonal fruit with mango yogurt fondue

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