



grab & go

MINI LOAF OF THE DAY butter, jam	6
STEEL CUT ORGANIC OATS cashew cream (cashews, dates, honey, vanilla, coconut, mountain salt), fresh fruit	8
ORGANIC HARD-BOILED FARM EGGS	3.5

plated

KOOTENAY GRANOLA & YOGURT coconut, dried blueberries, honey, pomegranate	10
HOT STEEL CUT OATMEAL almond strudel, whipped bitter almond, blueberry compote	10
THE BIG JOSIE BREAKFAST two eggs any-style, roasted tomatoes, bacon, beans, fruit skewer, toast	18
DUCK CONFIT & POTATO HASH sunny side-up egg, charcuterie mustard	20
EGGS BENNY ham or salmon, spinach, macerated kale salad, pickled onions	18/20
MEATBALL & POACHED EGG CASSEROLE peppers, olives, tomato stew, torn bread	20

sides

beverages

FRESH FRUIT	6	SEVEN SUMMITS COFFEE	3.5
HALF BROILED GRAPEFRUIT	4	ESPRESSO, AMERICANO, CAPPUCCINO, LATTE	3.25/4/4.5/4.75
ROASTED TOMATOES	4	KOOTENAY TEA	5
CRISPY BACON	8	FRESH ORANGE JUICE	6
KALE, TOMATOES & LEMON DRESSING	5	JUICE [apple, blueberry, cherry, cranberry]	5
		DAILY SMOOTHIE	6.5