

# BREAKFAST

Every morning from 7am – 11am

## We are Refrengthening Local

Welcome to breakfast at the Blue Crab Seafood House. We proudly serve local flavours from ingredients raised, grown, and baked right here on beautiful Vancouver Island.

Add Starbucks drip coffee and juice to your meal for \$7; Substitute fresh fruit for hashbrowns for \$4

## CLASSIC BREAKFASTS

Coast Signature Breakfast	18	Two free-range eggs, two pork maple sausage links, two slices of bacon, roasted tomato and hashbrowns, served with choice of toast from Portofino bakery
Healthy Start	16	Yogurt, house-made granola, fresh fruit, and choice of toast or daily muffin
Poached Eggs	16	Two poached eggs on artisan toast, guacamole, roasted tomato served with fresh fruit salad
BC Breakfast Sandwich	19	Fresh baked croissant stuffed with fine herb omelette, and picked crab meat, served with hashbrowns
Buttermilk Pancakes	16	Three buttermilk pancakes with butter, berry compote and maple syrup
Oatmeal	12	Made to order oatmeal served with brown sugar, raisins, and milk
Maple Roasted Granola	10	Dried cranberries, nuts and seeds topped with almond milk

Omelette are served with hashbrowns and choice of multigrain, sourdough, or rye Portofino toast

## OMELETTES

### BUILD YOUR OWN OMELETTE 19

Three free-range eggs, choice of cheddar or goat cheese

Choose three of the followings:

\*add additional toppings 2 each

- tomato
- spinach
- green onion
- red onion
- mushrooms
- bell pepper
- bacon
- ham
- sausage
- shrimp
- smoked salmon
- crab meat

All Benedicts are served on an English muffin and served with hashbrowns

## BENEDICTS

Traditional Benedict	18	Canadian back bacon, two poached free-range eggs, and classic hollandaise
BC Signature Crab Benedict	22	Our famous crab cakes, two poached free-range eggs, spinach, and classic hollandaise
Smoked Salmon Benedict	20	Smoked Salmon, capers, two poached free-range eggs, and classic hollandaise
Vegetarian Benedict	18	Guacamole, tomatoes, two poached free-range eggs, and classic hollandaise

## SIDES

Free-Range Egg (one)	3	Smoked Salmon	8	Fresh Fruit Salad	7
Free-Range Egg (two)	5	Hashbrowns	6	Cold Cereal	5
Bacon	6	Toast (2)	4	Yogurt	4
Melrose Ham	6	Gluten Free Toast (2)	5	Tomatoes	4
Pork Maple Sausage	6	Daily Muffin	4	Mushrooms	4
Canadian Back Bacon	6	Croissant	4	Hollandaise	4

## DRINKS

Tazo Tea	4	Starbucks Drip Coffee	4.5		
Hot Chocolate	4	Espresso	Single 4	Double	5
2% Cow's Milk	4	Americano	Single 4.5	Double	5.5
Soy Milk	4	Latte	Single 5	Double	6
Almond Milk	4	Cappucino	Single 5	Double	6
Juice	5	Mocha	Single 5.5	Double	6.5
orange, apple, grapefruit, cranberry, tomato, V8		Chai Latte	Single 5.5	Double	6.5

Parties of 8 or more are subject to an 18% service charge; Please notify your server prior to ordering about all food allergies and/or intolerances. VIHA advises: "Consumption of raw or undercooked seafood, shellfish, poultry, meats, or eggs poses an increased risk of food-borne illness."