



BREAKFAST MENU

Captains Plate	18.50
Three Eggs any style, Bacon, Maple Sausage, Chorizo Hash Brown, Grilled Tomato & Avocado Fan	
Brooks Point	14.75
3 Blueberry Hot Cakes Crowned with Fresh Berries, Maple Syrup & Whipped Cream	
Jump Start	13.50
A Healthy portion of Granola served with Greek Yogurt, Fresh fruit, Mango juice and Candied Pecans	
Bedwell Omelette	16.25
Three Eggs with Onions, Chorizo, Mushrooms, Red Peppers and Sharp Old White Cheddar Cheese, Napp'e with a not so Spicy Tomato Sauce	
Spalding Steak & Eggs	23.50
Two Eggs any style with 6 oz. Steak Char-Grilled to your liking served with Poets Hash Browns, Pesto grilled Tomato & Avocado Fan	
Higgs Veggie Omelette	14.75
Three Eggs with Bermuda onion, Mushrooms, Grape tomato, Spinach, Garlic, Avocado & Feta Cheese	
Camp Bay Benny	18.50
Two Medium Poached Eggs on Crisp Sourdough Muffins served with Pacific Smoked Salmon, Pickled Red Onion, Arugula topped with Housemade Hollandaise Sauce, garnished with Caper Berries	
Gowllands Hike	14.75
Toasted Everything Bagel topped with Smoked Salmon, Dilled Cream Cheese, Shaved Red Onion, Garnished with colossal capers and fresh Lemon wedge	
Poets Breakfast Bowl	19.50
A Healthy Mélange of Quinoa, Avocado, Pickled Beets, Ahi Tuna Poke in Sweet Soy Glaze, Poached egg, Sautéed Spinach, Grape Tomato topped with Pea Shoots	

Please advise your server if you have any food allergies or special dietary needs

Prices are exclusive of tax and gratuity