

classic breakfast

Two free run eggs any style, elements signature potato tartlet with chive sour cream, artisan breads & your choice of:

- Roasted tomatoes 10
- Portobello mushrooms 11
- Canadian back bacon 12
- Double smoked bacon 13
- Honey ham 13
- Smoked duck sausage 14
- Pork bangers 14

Substitute a bagel, croissant or gluten free bread - add 1

benedicts

Two poached free run eggs, toasted English muffin, elements signature potato tartlet with chive sour cream

Canadian back bacon, citrus hollandaise 13

Tomato & avocado, aged cheddar, pesto hollandaise 14

Sautéed spinach, goat's cheese, sundried tomato hollandaise 14

Montreal smoked meat, Dijon hollandaise 15

English Breakfast Stack, roasted tomato, Portobello mushroom, duck sausage, double smoked bacon, poached eggs on top with hollandaise 15

BC smoked salmon, crispy capers & citrus hollandaise 16

Haida Gwaii, BC Dungeness crab meat, citrus hollandaise 18

sweet & savoury

Honey ham & brie stuffed french toast, thick sliced french bread stuffed with honey ham & double cream brie, with real Canadian maple syrup 15

Caramelized banana and chocolate stuffed french toast, thick sliced french bread stuffed with our caramel banana & chocolate chip butter, with real Canadian maple syrup 15

Traditional french toast - french bread sliced & fried golden, with real Canadian maple syrup 12

Oatmeal – served with half grapefruit and artisan bread 8

Our stuffed french toasts take time – allow 20 minutes to prepare.

baked frittatas

Two free run eggs mixed with cream & a blend of fresh herbs, served with our signature potato tartlet with chive sour cream, and artisan bread
Egg white only add 2

Roasted vine ripened cherry tomatoes, spinach & Portobello mushroom 12

Crispy pancetta, roasted red peppers & goat cheese 14

Chorizo, tomatoes, red onion & pepper jack cheese 15

Aged cheddar & crispy bacon french toast style with maple cider glaze 14

Haida Gwaii, BC Dungeness crabmeat roasted tomatoes & fresh spinach 18

Healthy hash, butternut squash, cherry tomatoes, roasted peppers, red onions & kale topped with 2 poached eggs & sundried tomato pesto 13
– sub tofu for eggs, add 1
– add chorizo add 4

Corn fritters topped with fresh spinach, pancetta, 2 poached eggs, hollandaise & tomato relish 14

European breakfast, assortment of sliced meat & cheese with a warm croissant 14

Greek yogurt & homemade granola parfait, fruit, vanilla infused honey 9

Seasonal fruit salad with passionfruit dressing: small 5 large 9 add yogurt 4

Toasted sesame bagel & cream cheese 5 with smoked salmon & crispy capers add 5

on the side

Roasted Portobello mushrooms or tomatoes 3

Canadian back bacon or honey ham 3

Free run egg or Artisan toast 3

Pure Canadian maple syrup 3

Double smoked bacon 4

Chive sour cream topped potato tartlet 4

Bacon or apple pork bangers 5

Smoked duck sausage or smoked salmon 5

BC Dungeness crab 6

