

BREAK TIME

Served until 12 pm Monday – Friday, All day Saturday and Sunday

Fresh Seasonal Fruit Salad			\$5.95
Breakfast Sandwich			\$8.25
Egg, cheddar, bacon, lettuce and tomato on ciabatta. Served with roasted potatoes.			
Traditional Newfoundland Toutons			\$8.95
A hearty local favourite made from pan fried dough. Served with molasses baked beans and Terra Nova apple sausages.			
Cinnamon French Toast			\$7.95
A classic treat made from fresh house-made bread and topped with warm caramel apples.			
Bagel			\$1.95
with butter and Purity preserves			
with cream cheese	Add	\$.50	
with smoked salmon, red onion & capers	Add	\$3.00	
Farmhouse Scramble			\$8.95
Fresh local eggs scrambled with sweet bell peppers, red onions and mushrooms. Served with Terra Nova apple sausages and roasted baby potatoes.			

SOUPS & SALADS

Soup of the Day			\$4.75
Made from scratch using only the finest local ingredients. Changes daily.			
Newfoundland Seafood Chowder			\$7.95
Fresh Newfoundland seafood in a hearty root vegetable stock.			
Newfoundland Pea Soup			\$5.95
Yellow split peas and Avalon root vegetables blended with smoked ham stock and sweet ham brunoise.			
Market Garden Salad			\$6.95
Locally grown organic greens with sweet bell peppers, cherry tomatoes, English cucumbers and carrot julienne, drizzled with house-made balsamic vinaigrette.			
Seared Shrimp Salad			\$13.95
Seared jumbo shrimp with locally grown organic greens, dried cranberries, bocconcini cheese and lime vinaigrette.			
Rosemary Lamb Salad			\$15.95
Baby spinach, local organic greens, crackling sweet bacon, candied hazelnuts and Newfoundland partridgeberry vinaigrette. Crowned with three grilled rosemary lamb chops.			
Chicken and Spiced Fruit Salad			\$11.95
Baby spinach, fresh fruit, chicken and toasted almonds tossed in spiced honey vinaigrette.			