



BAR & GRILL

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Breakfast

## BREAKFAST

### Oatmeal

*macerated wild berries, Noble maple syrup*  
\$7.50

### Tropical Pudding

*chia seeds, coconut, mango, macadamia nuts*  
\$9

### Avocado Smash

*toasted pizza bianca, olive oil, sea salt, heirloom tomato*  
\$12 | add egg your way \$3.50



### Eggs Your Way

*2 organic eggs, heirloom tomato, golden potato,  
whole grain toast*  
\$13  
add Gelderman Farms bacon \$3  
add breakfast sausage \$3  
add avocado \$3

### Vegetarian Frittata

*3 organic eggs, mushrooms, herbs, tomato,  
5-year aged cheddar, golden potato, whole grain toast*  
\$15

### Omelette

*herbs, tomato, 5-year aged cheddar,  
choice of one: ham, Dungeness crab, or smoked salmon*  
\$17 | each additional ingredient \$2.75

### 2 Eggs Benedict

*fingerling hash, English muffin, hollandaise  
spinach & heirloom tomato* \$18  
Berkshire ham \$18  
or Dungeness crab \$23

## POWER SNACKS

Ned's Famous Power Cookie  
*organic dark chocolate, BC blueberries*  
\$4

### Vegan Fruit & Nut Bar

*dates, ginger, mixed nuts & seeds*  
\$4

### Peanut Butter Balls

*maple syrup, rolled oats, coconut, peanuts,  
chocolate chips, protein powder*  
\$4

## CONTINENTAL BREAKFAST

*Available until 10 a.m.*

*Fresh baked pastries: croissant,  
almond royal glazed danish, chocolate croissant, banana  
chocolate chip muffin, carrot & walnut muffin, berry scone.*

*Sliced melon, fresh berries  
choice of cereal*

*\$14 | add coffee or tea \$5*

## SMOOTHIES

*\$8.50*

*add protein powder to any smoothie, complimentary*

### Chocolate Banana Peanut Butter

*dates, hemp protein, almond milk*



### Berries

*blueberry, raspberry, strawberry, blackberry,  
banana, hemp protein*

### Greens

*kale, cucumber, pineapple, coconut water, hemp protein*

## JUICE

### Fresh Squeezed

*choice of orange or grapefruit*

*\$6*

## BREWED & STEEPED

*\$5*

### French Press Coffee

*JJ Bean single origin brewed at your table*

### Americano, Misto, Cortado,

### Cappuccino, Café Latte

*single origin JJ Bean espresso, roasted for the Club*

### Assorted Tea

*'Tealeaves' master blended & steeped*

*choose from: Organic Chamomile,*

*Organic Peppermint, Organic Green,*

*Herbal Spiced Chai, English Breakfast, Earl Grey*



*We emphasize sustainable cuisine with an ethos of globally inspired and locally created.*  
*-Executive Director of Culinary, Ned Bell*

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\*Please inform your server of any food allergies or dietary restrictions prior to ordering. Gluten free available.

September 23, 2019