

# BREAKFAST

# LUNCH & DINNER

## BREAKFAST CRAVINGS

### 2 Eggs "Any Way" | 10.95

With bacon or sausage, pan potato, toast.

### The Big Breakfast | 14.95

3 eggs, bacon or sausage, two pancakes, maple syrup, pan potato, toast.

### Ham and Cheese Croissant | 10.95

Buttery croissant, Country ham, Swiss cheese, arugula, tomato salad, fresh fruit.

### Add a fried egg | 1.50

### Breakfast Burritos | 10.95

Stuffed with scrambled eggs or egg whites, chorizo, peppers, cheddar cheese, fresh cilantro, pan potato.

### Farmer's Market Bowl | 13.95

Hash browns, apple sausage, onions, tomato, scrambled eggs, hollandaise, green onions.

### Chorizo and Potato Hash | 13.95

Yukon potatoes, chorizo, bell peppers, onions, fried eggs, chorizo demi.

### Southern Chicken and Waffles | 14.95

Soft waffles, fried chicken, white sausage gravy, hash browns, fresh fruit.

## SIDES

1 Egg 1.50 | Potatoes 1.95 | Sausage (3) 3.25 | Toast 1.95

Bacon (3) 3.25 | Fruit Cup 3.95 | Fruit Bowl 6.45 | Whipped Cream 0.95

Bagel & Cream Cheese 3.95 | Greek yogurt 2.50 | Fresh Berry Topping 2.50

## CRAVINGS OMELETTES

### Create Your Own Omelette | \$12.95

2 egg omelette with your choice of farm fresh eggs or egg whites, accompanied by handmade pan potato and toast.

**Choice of protein (1):** Bacon, ham, chorizo, smoked salmon, shrimp.

**Choice of cheese (1):** Cheddar, feta or provolone.

**Choice of veggies (2):** Red pepper, green pepper, red onion, tomato, spinach, mushroom or green onions.

**EXTRAS:** Protein or cheese 0.95 | Veggies 0.50

## SWEET CRAVINGS

### Cravings' Classic Pancakes | 9.95

Five buttermilk pancakes with butter, maple syrup.

### Blueberry Pancake Stacker | 10.95

Five blueberry pancakes with whipped cream, butter and maple syrup.

### Churros French Toast | 13.95

Crispy cinnamon- and sugar-coated French toast, Chantilly cream, fresh fruit.

### Sweet Waffles | 12.95

Sugar waffles, whipped cream, fresh berries.

### Housemade Fruit Parfait | 8.95

Vanilla yogurt, fruit salad, in-house made granola.

## CRAVINGS' FAMOUS BENEDICTS

### Traditional | 13.95

Canadian back bacon, hollandaise, English muffin, pan potato.

### West Coast | 14.95

Smoked salmon, dill hollandaise, English muffin, pan potato.

### Spinach and Grilled Tomato Benedict | 13.95

Grilled tomato, wilted spinach, hollandaise, pan potato.

## SOUPS & SALADS

Caesar Salad

Greek Village Salad

Roasted Beet & Mandarin

Roasted Vegetable & Pasta

Spinach Salad

Thai Noodle Salad

Chickpea Broccoli Slaw

**Side 6.95 | Full 9.95 | Sampler 10.50**

Add chicken breast | 4.25

### Fresh, Packed & Ready To Go Salads:

Chicken Cobb | 9.50

Diva | 8.50

**Soup of the Day | Cup 5.25 | Bowl 6.25**

## PANINIS & WRAPS

### Chicken Soprano Panini | 8.25

Marinated chicken breast, danish brie, tomatoes, pesto spread

### Roasted Greek Vegetable Panini | 8.25

Roasted eggplant, red onion, zucchini and garlic with arugula, tomato, black pepper goat cheese spread, fresh oregano and fresh thyme

### The Bronx | 8.25

Pepperoni, prosciutto, mortadella, roasted red onion, green pepper, portobello mushroom and mozzarella with mayo

### Smoked Beef and English Cheddar | 8.25

Smoked beef brisket, lettuce, tomato, caramelized onion and applewood cheddar with horseradish sauce

### Southwest BLT | 8.25

Chicken breast, bacon, jalapeño havarti, lettuce, tomato, refried beans and roasted corn with jalapeño almond pesto and chipotle mayo

### Lobster Roll | 8.95

PEI lobster mixed with celery, onions, mayonnaise & herbs

**Panini Combo | \$11.95** (includes your choice of soup or salad)

## APPETIZERS

### Chicken Wings | 10.95

Buffalo, Salt & Pepper and Sticky Asian

### Lobster Mushrooms | 12.95

Atlantic lobster, cream cheese, garlic mushrooms, hollandaise sauce

### Steak Flatbread | 13.95

Grilled steak, roasted peppers, pesto marinara, mozzarella, goat cheese, pickled red onions

### Coconut Shrimp | 11.95

Butterflied coconut shrimp, spicy mango dipping sauce

### Crispy Chicken Tenders with Plum Sauce | 10.95

### Fresh House Cut Calamari | 10.95

With homemade dill tzatziki

### Sriracha Cheese Bites | 10.95

Sriracha coated cheddar cheese, horseradish cucumber dipping sauce

### Tempura Mushroom | 10.95

Wild mushrooms, beer cheese dip

### Platter to Share | 29.95

Pick your Favourite 3!

