

# Breakfast

## THE TRADITIONAL

Two eggs, any style with your choice of bacon, maple cured ham or country sausage, accompanied by roast fingerling potatoes and toast  
\$16

## EGG WHITE FRITTATA

Made with fresh herbs and served with roast fingerling potatoes, seasonal fruit and toast  
\$14

## POACHED EGGS

Served with olive bread, asparagus, black forest ham topped with smoked Gruyere  
\$17

## EXPLORER CLASSICS

### TRADER'S THREE EGG OMELETTE

Your choice of ham, pancetta, tomato, mushroom, onion, herbs, cheddar cheese, Swiss cheese, smoked gouda cheese, goat cheese and peppers. Served with roast fingerling potatoes and toast  
\$16

### LOX AND BAGEL

Bagel, smoked Arctic char, cream cheese, red onion and caper berries  
\$17

### TRADERS BAGEL

Toasted multigrain bagel topped with shaved ham, tomato, sharp white cheddar, fried egg and Hollandaise sauce  
\$15

### BREAKFAST QUESADILLA

Green onion, tomato, mixed cheese, sausage and bacon in a flour tortilla with ketchup-infused mayonnaise and side of salsa  
\$15

### GRANOLA YOGURT PARFAIT

A healthy combination of granola, fresh fruit and yogurt  
\$12

### FRESH FRUIT SMOOTHIE

Fresh yogurt blended with fresh fruit, honey and maple syrup  
\$11

### HOT OATMEAL

Served with brown sugar, granola, raisins and 2% milk  
\$9

*Add fresh berries \$4*

## BUFFET

### BREAKFAST BUFFET

Includes coffee, tea and juice  
\$18.50

### CONTINENTAL BUFFET

Includes coffee, tea and juice  
\$13

## FROM THE GRIDDLE

### BUTTERMILK PANCAKES

Your choice of whole wheat, strawberry, chocolate chip, blueberry or plain.  
Served with seasonal fruit  
\$14

### STUFFED FRENCH TOAST

French baguette stuffed with seasonal berries topped with citrus butter  
\$14

### BELGIAN WAFFLES

Served with mandarin maple syrup, seasonal fruit and butter  
\$14

## EGGS BENEDICT

### CLASSIC EGGS BENEDICT

Two poached eggs and ham on toasted English muffins topped with Hollandaise sauce  
\$16

### EGGS FROBISHER BAY

Two poached eggs with l'qaluit smoked Arctic char on a toasted English muffin topped with Hollandaise sauce  
\$18

## SIDE ORDERS

**TOAST** CHOOSE FROM WHITE, WHOLE WHEAT, MULTIGRAIN OR RYE

\$4

**MUFFIN**

\$4

**ENGLISH MUFFIN**

\$4

**CROISSANT**

\$4

**PLAIN BAGEL**

\$4

**BAGEL WITH CREAM CHEESE**

\$6

**ROAST FINGERLING POTATOES**

\$4

**BACON 3 PIECES**

\$4

**SAUSAGE 2 LINKS**

\$4

**HAM 2 SLICES**

\$4

**ASSORTED CEREALS**

\$4

**YOGURT**

VARIETY OF FLAVOURS

\$5

## BEVERAGES

Fresh brewed coffee

\$3

Selection of fine teas

\$3

Fruit juice

\$3

2% Milk

\$3

Hot chocolate

\$3

Bottled water (355ml)

\$3

Cappuccino, latte or espresso

\$5

