BREAKFAST

100% Gluten

BUILD YOUR STACKZ

Choose from crepes, pancakes, Belgian waffles, standard waffles, or French toast (+\$4). French toast and crepes are dairy free. Get vegan pancakes or waffles for an extra \$3.

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Za Canadian \$1 Whipped butter, slap shot of maple syrup, & three stickz of bacon	6
Foster'z Gone Bananaz\$1French vanilla pastry cream with fresh sliced bananaz, carameldrizzle, & whip	17
Za Strawberry Shortcakez\$1French vanilla pastry cream with strawberry coulis & whip	17
Sweet Fergie Spillz za Beanz\$1Espresso pastry cream with caramel sauce & whip	8
Death by Chocolate\$1Chocolate pastry cream with chocolate chipz, chocolate drizzlechocolate shavingz, & whip	-
Got za Bluez\$1Haskap pastry cream with fresh blueberriez & whip	8
Za Banana Split \$1 Chocolate pastry cream with strawberry coulis, fresh split bananaz, caramel sauce, & whip	9
Za Bacon & Egger with Haskap Jam \$1 Scrambled eggz with bacon and topped with aged cheddar	9
Za High Tea \$1 Earl Grey and Lavender pastry cream with strawberry coulis & whip	-

BREKKIE SAMMIES

Hammy Stacker Biscuit \$9 Aged cheddar, fried egg, and hollandaizy stacked on a housemade ham, cheddar, and chive biscuit

Zaaz Keto B.E.A.C.H. Sandwich \$21 Bacon, Eggz, Avocado (guacamole), Cheddar, and Ham with garlic aioli on a chaffle (waffle made with eggz, cheddar, and almond meal). 9.8g carbz. Comes with your choice of side

SIDEZ

(AVAILABLE FOR BREAKFAST & LUNCH) \$6 EACH. INCLUDED WITH SOME MEALZ Garden salad, Greek salad, or Caesar salad

Roasted yam wedges or Roasted garlic potatoes

Fries with garlic chive dip Veggiez & hummus or Fruit cup Prawnz or Chicken breast

BFNNIF7

AVAILABLE

ALL DAY

All Benniez are made with two poached eggz on a waffle, or substitute for a vorkie, English muffin, or chaffle for an extra \$2. Comes with your choice of side.

Ham 'n Eggz \$17 Thick cut black forest ham with creamy hollandaizy **Cheezie Piggiez Yorkie** \$18 Bacon and aged cheddar with creamy hollandaizy on a Yorkie **Mushroom Florentine** \$18 Grilled mushroomz, smoked gouda, and wilted spinach with creamy hollandaizy Carnita \$18 Pulled chicken carnitaz, Oaxaca cheeze, and spicy ranch dressing with creamy hollandaizy \$19 Mediterranean Fresh tomato, red onion, spinach, and whipped feta with lemon dill hollandaizy Under za Sea \$21 Real crab cakez, house spicez, and mixed veggiez with lemon dill hollandaizy. No waffle included, the crab cakez are the base!

POWER BOWLZ

Oatz 'n Berriez	\$10
Steel cut oatz, fresh berriez, raw brown sugar, and yo	our choice
of milk	
The Only Thing Granola Here!	\$12

The Only Thing Granola Here! Greek yogurt with sugar free granola

Smoothiez Bowl

\$16 Fresh berriez, banana, Greek yogurt, vegan pea protein, kale, and avocado. Topped with seedz, granola, and fresh fruit

Yammy Bowl

\$19

Oven roasted yamz (or roasted potatoes), chopped bacon, guacamole, aged cheddar, spicy ranch dressing, wilted spinach, and two poached eggz with creamy hollandaizy

BUILD YOUR OMELETTE

3 Eggs and Aged Cheddar, plus 3 Fillings: \$18 Bacon, ham, sausage, feta, peppers, spinach, tomato, mushrooms, onions. Comes with your choice of side

Cauliflower risotto Garlic mashed potatoes Mac 'n cheeze Braised kale Cup o' soup of the day

We are inclusive. We can customize most menu options for any allergies or dietary restrictions such as keto, dairy-free, and vegan (please let us know while ordering). Substitutions are also allowed.

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