

# BREAKFAST

# Menu

AVAILABLE  
ALL DAY

## BUILD YOUR STACKZ \$18

Choose from crepes, pancakes, waffles, or French toast with Texas Sized gluten bread or gluten free bread (+\$2). Crepes and French toast are dairy free.

### Za Canadian

Whipped butter, slap shot of maple syrup, & three sticks of bacon

### Foster'z Gone Bananz

French vanilla pastry cream with fresh sliced bananas, caramel drizzle, & whip

### Za Strawberry Shortcakez

French vanilla pastry cream with strawberry coulis & whip

### Sweet Fergie Spillz za Beanz

Espresso pastry cream with caramel sauce & whip

### Apple of my Chai

French vanilla pastry cream with stewed apples, brown sugar, & chai spices

### Got za Bluez

Haskap pastry cream with fresh blueberries & whip

### Za Banana Split

Chocolate pastry cream with strawberry coulis, fresh split bananas, caramel sauce, & whip

### Za High Tea

Earl Grey Lavender pastry cream with strawberry coulis & whip

## POWER BOWLZ

### Oatz 'n Berriez \$10

Steel cut oats, fresh berries, raw brown sugar, and your choice of milk

### The Only Thing Granola Here! \$10

Greek yogurt with sugar free granola

### Smoothiez Bowl \$16

Fresh berries, banana, Greek yogurt, vegan pea protein and kale. Topped with seeds, granola, and fresh fruit

## BENNIEZ

Made with two poached eggs on a gluten English muffin, or substitute for a gluten free waffle, gluten free English muffin (+\$3), or Chaffle (+\$3). Comes with your choice of side.

### Ham 'n Eggz \$17

Thick cut black forest ham with creamy hollandaise

### Mushroom Florentine \$18

Grilled mushrooms, smoked gouda, & wilted spinach with creamy hollandaise

### Carnita \$18

Pulled chicken carnita, mozzarella, & spicy ranch dressing with creamy hollandaise

### Under za Sea \$21

Real crab cakes, grilled garlic shrimp, & guacamole with creamy hollandaise. No muffin included, the crab cakes are the base!

## SUNRIZE SELECTIONS

### Bacon 'n Egger Bagel \$8

Bacon, fried egg, and aged cheddar on a house-made gluten free Everything bagel

### Bagel 'n Cream Cheeze \$4

One house-made gluten free Everything bagel smothered in plain cream cheese

### Zaaz Keto B.E.A.C.H. Sandwich \$21

Bacon, Eggs, Avocado (guacamole), Cheddar, and Ham with garlic aioli on a Chaffle (waffle made with eggs, cheddar, and almond meal). 9.8g carbs. Comes with your choice of side

### Za Traditional \$15

2 slices of bacon, 2 sausages, 2 eggs any style, 2 pieces of gluten toast (add \$2 for gluten free), & roasted potatoes

### Build Your Omelette \$18

3 eggs and aged cheddar, plus choose 3 fillings: bacon, ham, sausage, feta, peppers, spinach, tomato, mushrooms, or onions. Comes with your choice of side

#### Sides: \$6 unless included with meal

- Garden salad
- Greek salad (+\$2)
- Caesar salad (+\$2)
- Soup of the day
- Shoestring fries
- Homecut fries with garlic chive dip (+\$2)
- Veggies & dip
- Fruit cup
- Bone broth
- Roasted yam wedges
- Roasted garlic potatoes

#### Add-ons

- **Dressing:** Greek, Ranch, Caesar, spicy ranch, maple herb vinaigrette \$2
- **Sauce:** garlic chive, maple syrup, garlic aioli, sweet pastry cream \$2
- **Cheese:** aged cheddar, mozzarella, smoked gouda, vegan \$3
- **Egg:** 1, any style \$3
- **Hollandaise:** original or lemon dill \$4
- **Toast:** gluten free, Regular White, whole wheat or sourdough \$4
- **Meat:** bacon, ham, turkey, chicken breast, prawns, breakfast sausage \$5

# Za Eatery