



## SOCIAL KITCHEN + BAR

### SPECIALTY BREAKFAST

<b>French Style Crêpe</b>	21	<b>Beef Short Rib Poutine</b>	23
Vanilla custard, berries, banana, fresh whipped cream, Quebec maple syrup		Man's organic farm" two free run eggs cooked to your liking, Saint Cyrille curds cheese, braised Alberta beef short ribs, scallion, sauteed pepper & red onion, Dijon mustard hollandaise	
<b>Red Hat Tomatoes, Avocado, and Fresh Mozzarella</b>	21	<b>Keto Biscuit Breakfast Sandwiches GF</b>	21
"Man's Organic Farm" two free run eggs cooked to your liking, sour bread local bakery in Calgary, vine tomatoes, avocado spread cow milk mozzarella, fresh pressed canola oil, "Micro Acres" pea shoot		"Man's organic farm" two free run eggs cooked to your liking, almond flour, sliced locally sourced peameal bacon, arugula, Greenland tomatoes, chipotle mayo	
<b>OMELET</b>			
Served with roasted potatoes & choice of toast			
<b>The Healthy Start GF/NF</b> (315 calories)	20	<b>Highwood Crossing Organic Steel Cut Oats NF/DF</b> (340 calories)	12
White egg omelet, "Fairwinds Farm" goat cheese, baby spinach, grilled zucchini, "Greenland" tomato salsa		Fresh berries, Quebec maple syrup	
<b>The Yakima GF/NF</b>	21	<b>Greek Yogurt Parfait GF</b> (259 calories)	12
3 eggs omelet, Red Fox Fungi Wild mushroom, Alberta smoked Apple Wood cheddar cheese, ham		Toasted almonds, Saskatoon berries compote vanilla, ginger & Fallentimber honey, Highwood Crossing granola	
<b>BENNIES</b>			
Served with sautéed potatoes with Yakima Apple Wood smoked spice			
<b>The Classic Benedict</b>	22	<b>Fruit &amp; Banana Bread NF</b> (409 calories)	18
"Man's organic farm" two free run cooked eggs on an English muffin hollandaise sauce, locally sourced peameal bacon		Seasonal fruit, "Fallentimber" honey & Greek yogurt dip, "Theo famous" banana bread	
<b>Benedict with Homemade Smoked Salmon</b>	23	<b>Breakfast Power Bowl GF/DF</b>	21
"Man's organic farm" two free run cooked eggs on an English muffin, homemade smoked salmon wilted spinach, red onion marmalade, hollandaise sauce		Quinoa, chia seed, gluten free granola, coconut yogurt, maple syrup, berries, banana, kiwi, chocolate chips	
<b>Smoked Brisket Eggs Benedict</b>	23	<b>The Canadian GF/DF/NF</b>	24
"Man's organic farm" two free run cooked eggs on an English muffin, Dijon mustard hollandaise, Alberta beef brisket		Includes coffee, tea or juice, choice of toast Man's Organic Farm" two free run eggs cooked to your liking, your choice of bacon, pork sausages, sautéed potatoes with "Yakima" Apple Wood smoked spice	
		<b>Laks &amp; Laks Bagel</b> (327 calories)	21
		Hand – Crafted smoked salmon, dill cream cheese, pickle red onion, shaved fennel, fried capers, peas shoot.	



### SIDES

Fresh Fruit	7	Gluten Free Bread	4
Toast	4	Rangeland Bison Sausage   1 piece	5
Individual Yogurt	3	Chicken Apple Sausage   3 pieces	6
One Free Run Egg   Any Style	3	Peameal Bacon	6
Smoked Bacon   4 pieces	5	Muffin	4
Croissant	4	Bagel	4

### BEVERAGES

Coffee	4.50	Hot Chocolate	6
Tea	4.25	Cappuccino	6
Juices	6	Latte	6
		Americano	6

