

## Quick Starts\*

- QUICK START 11<sup>95</sup>** 2 eggs | applewood bacon toast | fresh fruit
- Q.S. LOADED 14<sup>95</sup>** 3 eggs | applewood bacon potatoes O'Brien | toast | fruit
- Q.S. CONSCIOUS 14<sup>95</sup>** 3 egg whites | avocado tomato | veggie sauté
- BREAKFAST GRILLED CHEESE 11<sup>95</sup>** 2 eggs | hash browns | bacon fontina | cheddar | sourdough

## Toast\*

- AVO-TOAST & EGGS 11<sup>95</sup>** nine grain | avocado radish | arugula | cotija olive oil | 2 eggs | fresh fruit
- SPRING BERRY TOAST & EGGS 10<sup>95</sup>** sourdough | blueberries strawberries | dates | lime zest sweet cream | coconut 2 eggs | fresh fruit
- SALMON TOAST & EGGS 16<sup>95</sup>** sourdough | smoked salmon pesto | english cucumber pico jalapeño cream cheese capers | rosemary oil 2 eggs | fresh fruit skewer
- MUSHROOM TOAST & EGGS 15<sup>95</sup>** sourdough | bacon sautéed mushroom medley jalapeño cream cheese 2 eggs | fresh fruit skewer

## Club Plates\*

Served with 3 eggs, potatoes O'Brien & fresh fruit

- HAM & EGGS 13<sup>95</sup>** 4oz carved ham | toast
- BISCUITS & GRAVY 15<sup>95</sup>** jalapeño cheddar biscuit sage fennel sausage gravy fontina | house made hot sauce
- STEAK & EGGS 20<sup>95</sup>** 8oz Top Choice Angus Sirloin toast | jalapeño hollandaise
- CHICKEN FRIED CHICKEN 16<sup>95</sup>** sage-fennel sausage gravy house hot sauce

## Omelets | Frittata

- THE BIRD 15<sup>95</sup>** omelet | turkey | avocado garlic herb cream cheese mushrooms | crème fraiche fresh fruit | potatoes O'Brien
- WHOLE HOG 15<sup>95</sup>** omelet | ham | bacon sausage | chorizo | pepper jack crème fraiche | fresh fruit potatoes O'Brien  
add **pork green chili 1<sup>75</sup>**  
add **queso 1<sup>75</sup>**
- LEAN & GREEN 15<sup>95</sup>** omelet | egg whites | spinach mushroom | broccoli | onion bell pepper | fontina cheese fresh fruit | potatoes O'Brien
- TINGA CHICKEN 15<sup>95</sup>** frittata | chipotle braised chicken avocado | tortilla strips pico de gallo | pepper jack & cheddar cheese | sour cream potatoes O'Brien | house made hot sauce

## Benedict's\*

Poached eggs on toasted muffin with potatoes O'Brien & fresh fruit

- HAM BENE 15<sup>95</sup>** carved ham | hollandaise
- TURKEY BENE 16<sup>95</sup>** carved roasted turkey | tomato avocado | hollandaise
- SALMON BENE 17<sup>95</sup>** cold smoked salmon | spinach capers | hollandaise
- STEAK BENE 19<sup>95</sup>** 8oz Top Choice Angus Sirloin sautéed spinach | jalapeño hollandaise

## Southwest Style\*

- HUEVOS RANCHEROS 15<sup>95</sup>** black beans | crispy corn-tortillas green chili pork | cotija | 2 eggs Mexican salsa | pico de gallo sour cream | avocado | lime shredded lettuce | house made hot sauce - **sub tinga chicken 15<sup>50</sup>**
- BORDER BOWL 16<sup>95</sup>** hash browns | scrambled eggs bacon | sausage | chorizo pork green chili | jalapeños ham | onions | green peppers cheddar | housemade hot sauce
- BREAKFAST BURRITO 15<sup>95</sup>** scrambled eggs | black beans chorizo | pico de gallo pepperjack | flour tortilla fresh fruit | potatoes O'Brien house made hot sauce  
add **pork green chili 1<sup>75</sup>**  
add **queso 1<sup>75</sup>**

**LIVE IT. LOVE IT.  
THE DAY IS YOURS**

## Keep it light

- OVERNIGHT OATS 6<sup>95</sup> | 9<sup>95</sup>** almond | coconut | blueberry cinnamon | chia | local honey
- IRISH OATMEAL 5<sup>95</sup> | 7<sup>50</sup>** steel-cut oats | choice of milk brown sugar | golden raisins
- BC GRANOLA 6<sup>95</sup> | 8<sup>25</sup>** dates | cranberry apricots | golden raisins flax chia seeds | choice of milk
- GREEK YOGURT PARFAIT 8<sup>95</sup> | 9<sup>75</sup>** granola | seasonal berries
- ACAI BOWL 13<sup>95</sup>** pineapple | almond | blueberry coconut | strawberry | banana house made granola
- BC BAGEL 9<sup>95</sup>** toasted everything bagel tomato | avocado herb garlic cream cheese

## THE POWER OF BREAKFAST

## Specialty Waffles | Cakes | French Toast

- BC FRENCH TOAST 15<sup>95</sup>** two pieces challah bread | fresh berries | granola candied nuts | dried fruit | sweet cream whip | caramel | powdered sugar
- GINGER APPLE PANCAKES 15<sup>95</sup>** Ginger spiced pancakes | caramel apples | butterscotch chips | granola | sweet cream | powdered sugar
- BLUBERRY PANCAKES 10<sup>95</sup>** two pancakes | blueberries | sweet cream | lemon zest
- MATCHA GREEN TEA PANCAKES 14<sup>95</sup>** two matcha cakes | sweet cream blueberries | almonds | matcha white chocolate sauce | powdered sugar
- CAFE LATTE WAFFLE 13<sup>95</sup>** malted Belgium waffle | espresso sauce caramel | vanilla ice cream | ground espresso | powdered sugar
- CHURRO WAFFLE 13<sup>95</sup>** crispy waffle | cinnamon sugar dredge | vanilla ice cream

## Traditionals

Served with Grade A Amber Maple Syrup

- MONTE CRISTO 15<sup>95</sup>** French toast | ham | turkey | fontina raspberry jam | powdered sugar
- PANCAKES 11<sup>95</sup>** two buttermilk cakes | powdered sugar
- FRENCH TOAST 10<sup>95</sup>** two slices challah bread | powdered sugar
- GOLDEN WAFFLE 10<sup>95</sup>** malted Belgium waffle | powdered sugar

## On Top

- NUTS & BERRIES 5** fresh blueberries | blackberries strawberries | candied walnuts | shaved almonds
- CHOCOLATE CHIPS 2<sup>50</sup>** chocolate chips | whipped cream

# Beverages

### Coffee

- "BCs Own Roast" 3<sup>50</sup>
- Iced Coffee 3<sup>50</sup>
- BC Iced Coffee 3<sup>50</sup> | 5<sup>50</sup>

### Teas

- "Infusion Premium Broken Leaf" Black | Green 3 | 4<sup>25</sup>
- "Palmer" Tea/Lemonade 3 | 4<sup>50</sup>

### Hot Tea

- "Infusion Premium Broken Leaf" 3<sup>50</sup>
- African Rooibos | Chamomile | Darjeeling
- English Breakfast | Japanese Green | Moroccan Mint

### Barista Bar

- Espresso 2
- Cappuccino 3<sup>40</sup>
- Latte 4
- BC Nitro 5<sup>50</sup>
- Chai Latte 5<sup>25</sup> | 7
- BC Cold Brew 6<sup>50</sup> | 8<sup>50</sup>
- French Press - BC Roast Decaf 4<sup>50</sup>
- Matcha Green Tea Latte 4<sup>50</sup>
- Bulletproof Coffee 6
- Hot Chocolate 3<sup>50</sup>
- Barista Syrups 1<sup>50</sup> | 2**
- almond | caramel | coconut | hazelnut
- irish cream | macadamia nut | vanilla
- caramel | hazelnut | vanilla -sugar free

### Juices

- Orange - Fresh Extracted 5<sup>50</sup>
- Grapefruit - Fresh Extracted 6<sup>75</sup>
- Pineapple - Dole all natural 4<sup>50</sup>
- Apple - Knudson Organic 5<sup>25</sup>
- Cranberry - Ocean Spray 4<sup>25</sup>
- Lemonade - Fresh Extracted 4<sup>25</sup>
- Carrot+Apple+Ginger - Fresh Extracted 5<sup>75</sup>

### BC Breakfast Sodas 3<sup>50</sup> | 5<sup>50</sup>

- Orange | Grapefruit | Pineapple
- Lemonade | Cranberry+Lime
- a balance of juice & club soda served over ice

# bc BREAKFAST CLUB



## Sandwiches

*pickle / choice of side*

### VEGGIE PESTO 14<sup>95</sup>

mozzarella | pesto | tomato  
avocado smash | baby arugula  
roasted garlic balsamic aioli  
nine grain bread

### FRIED CHICKEN SANDWICH 16<sup>95</sup>

sweet pickle | tomato  
lettuce | pickled onion  
dijon aioli | fontina cheese  
toasted ciabatta

### STACKED BLT 15<sup>95</sup>

applewood bacon | tomato  
romaine lettuce | chipotle aioli  
toasted sourdough

### CUBAN\* 16<sup>95</sup>

shaved ham | pork green chili  
over hard egg | dijon mustard  
sweet pickle | fontina | pickled  
onion | grilled sourdough

### GRILLED CHEESE 11<sup>95</sup>

fontina | cheddar | challah

## Wraps

*flour tortilla / pickle / choice of side*

### HOT CHICKEN 16<sup>95</sup>

Fried Nashville honey-hot  
chicken breast | pickle | mayo  
shredded romaine

### TURKEY CLUB 16<sup>95</sup>

roasted turkey | bacon  
shredded romaine | tomato  
avocado | pepperjack cheese  
chipotle aioli

### SOUTHWEST CHICKEN 15<sup>95</sup>

grilled chicken | guacamole  
onion | cheddar cheese  
bell pepper | chipotle aioli

## Salads

### FRESH MOZZARELLA 14<sup>95</sup>

mozzarella | tomato  
pesto | baby arugula  
balsamic dressing

### COBB 15<sup>95</sup>

roasted turkey | ham  
tomato | hard boiled egg  
gorgonzola cheese | bacon  
red onion | mixed greens  
honey Dijon vinaigrette

### CHICKEN CLUB 17<sup>95</sup>

buttermilk fried chicken  
bacon | mixed greens | pickle  
hard boiled egg | tomato  
pickled onion | cheddar cheese  
honey mustard dressing

### SOUTHWEST 15<sup>95</sup>

avocado | toasted corn  
tomato | cilantro | jicama  
black beans | cotija cheese  
cilantro | radish | tortilla strips  
mixed greens | ranch dressing

add **chicken** 5<sup>50</sup>

add **salmon**\* 9<sup>35</sup>

add **steak**\* 9<sup>90</sup>

**STRONG MIND.  
HEALTHY BODY.**

## Lunch Bowls

### STEAK & SQUASH\* 18<sup>95</sup>

8oz Top Choice Angus Sirloin  
butternut squash | asparagus  
mushroom and spinach sauté  
jalapeño hollandaise

### SALMON BOWL\* 16<sup>95</sup>

seared atlantic salmon  
rosemary dijon glaze  
veggie sauté | black beans  
cotija cheese | lemon

### GRILLED CHICKEN 14<sup>95</sup>

rosemary-citrus grilled chicken  
veggie sauté | butternut  
squash | pineapple pico

### CHILE VERDE 14<sup>95</sup>

pork green chili | black beans  
avocado smash | cotija  
pickled red onion  
corn tortillas | pico de gallo

### POWER BOWL 13<sup>95</sup>

sautéed mushroom medley  
swiss chard | red bell pepper  
broccoli | yellow onion | kale  
black barley | red quinoa  
red & white rice | pepitas  
hard-boiled egg | creamy  
mushroom sauce



## Lunch Sides

House Chips, Seasonal Soup, Cottage Cheese,  
Hash Browns, Potatoes O' Brien, Avocado, Black Beans,  
Sliced Tomatoes

**Sweet Potato Fries +1<sup>75</sup>** with Ketchup

**Side Salad + 1<sup>75</sup>** mixed greens, grape tomato,  
radish, cotija cheese, choice of dressing


**Veggie Saute + 1<sup>75</sup>** asparagus, onion, swiss chard  
bell pepper, broccoli, mushroom, garlic


## Additional Sides

Jalapeño Biscuit 3<sup>30</sup> 


Assorted Bagels\* 3<sup>85</sup>

Biscuit & Gravy 6<sup>40</sup>

Fruit Cup\* 5<sup>50</sup> or Bowl 7<sup>95</sup> 

Seasonal Berries Cup 4<sup>95</sup> 

Hash Browns 3<sup>85</sup> 

Potatoes O'Brien 3<sup>85</sup> 

Sweet Potato Fries 4<sup>40</sup>

Avocado 3<sup>30</sup> 


Cottage Cheese 2<sup>75</sup> 


Grilled Chicken Breast 5<sup>50</sup> 


Fried Chicken Breast 6<sup>05</sup>

Bacon 3<sup>85</sup> 


Carved Ham 3<sup>85</sup> 

Chicken Sausage 5<sup>50</sup> 

Pork Sausage 4<sup>40</sup> 


Carved Turkey 4<sup>40</sup> 

Pork Green Chili Cup 5<sup>50</sup> 

8oz Top Angus Sirloin\* 9<sup>90</sup> 

Smoked Salmon\* 9<sup>35</sup> 

Atlantic Salmon\* 9<sup>35</sup> 

Avocado Toast 6<sup>40</sup> 

Veggie Sauté 6<sup>05</sup> 

Seasonal Soup 3<sup>85</sup> 

## Beverages

### Teas

"Infusion Premium Broken Leaf "

**Black | Green 3**

"Palmer" Tea/Lemonade **3 | 4<sup>50</sup>**

### Bottled Soda

Cola (pure sugar cane) 4<sup>50</sup>

Dr Pepper (pure sugar cane) 4<sup>50</sup>

Fanta Orange 3<sup>50</sup>

Cream Soda 3<sup>50</sup>

7 UP 4<sup>50</sup>

### Smoothies 5<sup>75</sup> | 7<sup>75</sup>

Wild Berry | Mango | Strawberry

Strawberry-Banana | Peach

**BC Berry Smoothie 7<sup>75</sup> | 9<sup>00</sup>**

Fresh Strawberry | Blueberries | Blackberries

Banana | Apple Juice and Granola

**BYO Smoothie MKT**

Fresh: Strawberry | Blueberries | Banana

Pineapple | Peanut Butter | Yogurt | Ice-

cream | Honey | Protein | Spinach | Steel

Cut Oats | Granola | OJ | Apple Juice

Pineapple Juice | Cranberry Juice

### Protein Shakes

**B & B Pro 5<sup>75</sup> | 7<sup>75</sup>**

Fresh Blueberries, Banana, Milk, Whey Protein

**Club Pro 5<sup>75</sup> | 7<sup>75</sup>**

Peanut Butter, Banana, Chocolate Milk,  
Whey Protein

**Cinnamon Toast Crunch 6<sup>75</sup> | 8<sup>75</sup>**

Honey, Cinnamon, Peanut Butter, Almond Milk  
Banana, Whey Protein