

Our ultra-thick
Slab Bacon
is cured and smoked in-house!



BREAKFAST

QUICK START

QUICK START* 12⁵⁰

two eggs | applewood-smoked bacon
toast | fresh fruit

QUICK START LOADED* 15⁵⁰

three eggs | applewood-smoked bacon
potatoes O'Brien | toast | fresh fruit*

QUICK START CONSCIOUS 14⁵⁰ GF

three egg whites | avocado | tomato
veggie sauté

BREAKFAST GRILLED CHEESE* 13⁵⁰

two eggs | bacon | fontina | cheddar
grilled sourdough | hash browns

Quick Start
HOUSE-MADE

SUB FOR BACON
SLAB BACON +4
PORK SAUSAGE +1⁵⁰
CHICKEN SAUSAGE +1⁵⁰
CHORIZO SAUSAGE +1⁵⁰

KEEP IT LIGHT

AÇAÍ BOWL 14⁵⁰ V GF

açaí | pineapple | almond | blueberry
coconut | strawberry | banana
house-made granola

OVERNIGHT OATS 6⁵⁰ | 9⁵⁰ V GF

almond | coconut | blueberry
cinnamon | chia | local honey

IRISH OATMEAL 5⁵⁰ | 7⁵⁰ VG GF

steel-cut oats | golden raisins
brown sugar | choice of milk or butter

GREEK YOGURT PARFAIT 6⁵⁰ | 9⁵⁰ VG GF

non-fat Greek yogurt | seasonal berries
house-made granola

TOAST

Served with two eggs & fresh fruit

AVO-TOAST* 13⁵⁰ VG

nine-grain | avocado | watermelon radish
arugula | fiesta microgreens
rosemary oil | cotija

SALMON TOAST* 19⁵⁰

sourdough | smoked salmon | pesto
cucumber pico | capers
jalapeño cream cheese | rosemary oil

MUSHROOM TOAST* 14⁵⁰

sourdough | bacon | rosemary oil
jalapeño cream cheese
seasonal mushroom medley

FIG & PROSCIUTTO TOAST* 14⁵⁰

sourdough | mascarpone | fig jam
prosciutto | cantaloupe | arugula



BREAKFAST SAMMIES

Served with potatoes O'Brien & fresh fruit

CHORIZO 14⁵⁰

chorizo patty | egg | cheddar | tomato
shredded lettuce | pineapple pico | mayo
brioche bun

CHICKEN SAUSAGE 14⁵⁰

chicken sausage | egg | fontina | baby arugula
tomato | pesto | garlic balsamic aioli | brioche bun

PORK SAUSAGE 14⁵⁰

pork sausage | egg | fontina | baby arugula
tomato | pickled onion | pesto aioli | brioche bun

COTTAGE BACON 14⁵⁰

cottage bacon | egg | fontina | baby arugula
tomato | pesto aioli | balsamic reduction
brioche bun

BROCCOLI & EGG 12⁵⁰

broccoli | onion | egg | cheddar | fontina
brioche bun

BENEDICTS

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

COTTAGE BACON BENE* 16⁵⁰

cottage bacon cured & smoked in-house | tomato
baby arugula | hollandaise | balsamic reduction

CHORIZO BENE* 18⁵⁰

avocado | chorizo | pepper jack
jalapeño hollandaise | pineapple pico

HAM BENE* 16⁵⁰

carved ham | hollandaise

SALMON BENE* 18⁵⁰

cold smoked salmon | capers | hollandaise
cucumber pico

STEAK BENE* 23⁵⁰

7oz New York strip | mushroom medley
jalapeño hollandaise

SHORT RIB HASH & EGGS* 20⁵⁰ GF

braised short rib | potato | carrot | onion
cauliflower rice | bell pepper | potato straws
parmesan horseradish cream | two eggs



OMELETS

Served with potatoes
O'Brien & fresh fruit

POUTINE OMELET 16⁵⁰

shoestring French fries | cheddar cheese curds
short rib gravy | onion | crème fraîche

THE BIRD OMELET 16⁵⁰ GF

roasted turkey | cremini mushroom
avocado | garlic & herb cream cheese
crème fraîche

WHOLE HOG OMELET 16⁵⁰ GF

ham | bacon | chorizo | sausage | pepper jack
crème fraîche
pork green chili +2 | queso +2

LEAN & GREEN OMELET 15⁵⁰ GF

egg whites | spinach | cremini mushroom | broccoli
onion | bell pepper | fontina | avocado salsa



CLUB PLATES

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

CHICKEN-FRIED CHICKEN* 19⁵⁰

sage & fennel sausage gravy | house-made hot sauce

STEAK & EGGS* 23⁵⁰

house-seasoned 7oz New York strip | toast
jalapeño hollandaise

PORK CHOP & EGGS* 20⁵⁰

breaded pork chop | sage & fennel sausage gravy

BISCUITS & GRAVY* 16⁵⁰

jalapeño cheddar biscuit | sage & fennel sausage gravy
fontina | house-made hot sauce

HAM & EGGS* 15⁵⁰

4oz grilled glazed ham steak | toast



SOUTHWEST

BORDER BOWL 17⁵⁰ GF

scrambled eggs | hash browns | bacon | sausage
chorizo | pork green chili | ham | jalapeño | onion
green pepper | cheddar | house-made hot sauce

BREAKFAST BURRITO 16⁵⁰

scrambled eggs | black beans | chorizo | pico de gallo
pepper jack | flour tortilla | fresh fruit | potatoes O'Brien
house-made hot sauce | **pork green chili +2 | queso +2**

HUEVOS RANCHEROS* 16⁵⁰ GF

two eggs | black beans | crispy corn tortillas
pork green chili | cotija | salsa verde
pico de gallo | sour cream | avocado | cabbage
house-made hot sauce | lime

CAKES | WAFFLES

Served with Grade A amber maple syrup

MONTE CRISTO 18⁵⁰

French toast | shaved ham | roasted turkey | fontina
strawberry jam | powdered sugar

PANCAKES 12⁵⁰ VG

two sweet cream pancakes | powdered sugar

BLUEBERRY PANCAKES 13⁵⁰ VG

two pancakes | blueberries | sweet cream | lemon zest

FRENCH TOAST 13⁵⁰ VG

two slices of brioche bread | powdered sugar

GOLDEN WAFFLE 11⁵⁰ VG

malted Belgian waffle | powdered sugar

Specialties

CHURRO WAFFLE 14⁵⁰

crispy waffle | cinnamon | caramel
sugar dredge | vanilla ice cream

BC FRENCH TOAST 16⁵⁰

brioche bread | fresh berries | granola
candied nuts | dried fruit | sweet cream
caramel | powdered sugar

STRAWBERRY SHORTCAKE WAFFLE 13⁵⁰ VG

golden malted waffle | strawberries
strawberry vanilla coulis | whipped cream
shortcake pieces

LOADED MASCARPONE PANCAKES 13⁵⁰ VG

mascarpone pancakes
pistachio crumble
espresso toffee sauce
powdered sugar | strawberries



V - VEGAN VG - VEGETARIAN GF - GLUTEN-FRIENDLY

A 2.9% FEE WILL BE CHARGED ON ALL CREDIT CARD TRANSACTIONS.

*THIS ITEM MAY BE SERVED RAW OR UNDERCOOKED. CONSUMING RAW
OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS
MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.



SALADS

BLACKENED SALMON CAESAR 19⁵⁰

blackened salmon | field greens
bacon | tomato | cucumber pico
parmesan | avocado | hard-boiled egg
everything bagel crouton | Caesar dressing

SUPERFOOD SALAD 16 ^{GF}

chopped chicken | garbanzo beans | cauliflower rice
strawberries | blackberries | avocado | field greens | pepitas
sunflower kernels | super blueberry dressing

CHICKEN CLUB 18⁵⁰

fried chicken | bacon | field greens | hard-boiled egg
gorgonzola | pickle | tomato | pickled onion | honey Dijon dressing

CHOPPED DILL 17⁵⁰

chopped chicken | broccoli | cucumber | red onion
cherry tomato | pickle | green onion | hard-boiled egg
everything bagel crouton | field greens | creamy dill dressing

SOUTHWEST 16⁵⁰ ^{GF}

chopped chicken | avocado | tomato | toasted corn | jicama
black beans | cotija | cilantro | watermelon radish | tortilla strips
red onion | field greens | chipotle ranch dressing



SANDWICHES | WRAPS

Served with a house-made pickle & choice of side

GRINDER MELT 20⁵⁰

shaved ham | prosciutto | fontina
tomato | pepperoncini | shredded
romaine | Club sauce | sourdough

FRIED CHICKEN SANDWICH 18⁵⁰

fried chicken | sweet pickle | tomato
romaine | pickled onion | honey Dijon
fontina | brioche bun

CLUB SANDWICH 17⁵⁰

shaved ham | roasted turkey | bacon
romaine | tomato | Club sauce
toasted sourdough

CUBAN 18⁵⁰

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

VEGGIE SANDWICH 15⁵⁰ ^{VG}

avocado smash | cucumber
cremini mushroom | tomato
clover sprouts | red onion
garlic-herb cream cheese
nine-grain

HOT CHICKEN 17⁵⁰

hot honey | fried chicken | romaine
pickle | mayo | brioche bun

TURKEY CLUB WRAP 18⁵⁰

roasted turkey | bacon | tomato
shredded romaine | avocado
pepper jack | chipotle aioli

CHICKEN COBB WRAP 16⁵⁰

blackened chicken | tomato | bacon
shredded romaine | gorgonzola
barbecue blue dressing



LUNCH SIDES

TRUFFLE PARMESAN FRIES +1⁷⁵ ^{GF}

Frites Street shoestring fries
truffle butter | parmesan

HOUSE CHIPS ^{GF}

waffle-cut house potato chips

SWEET POTATO FRIES +1⁷⁵

waffle-cut | ranch or ketchup

COTTAGE CHEESE ^{VG} ^{GF}

large curd | whole milk

SIDE SALAD +1⁷⁵ ^{VG} ^{GF}

field greens | watermelon radish
tomato | cotija

VEGGIE SAUTÉ +1⁷⁵ ^{VG}

yellow squash | zucchini | bell pepper
broccoli | mushroom | butternut squash

LUNCH



BOWLS

POWER BOWL 13⁵⁰ ^{VG} ^{GF}

red bell pepper | garbanzo beans
spinach | yellow onion | butternut squash
cauliflower rice | honey Dijon tahini

STEAK BOWL* 22⁵⁰ ^{GF}

7oz New York strip | toasted corn
bell pepper | jalapeño | yellow onion
cauliflower rice | avocado salsa

SALMON BOWL* 18⁵⁰ ^{GF}

Scottish salmon | cauliflower rice
mukimame | sesame vinaigrette | zucchini
yellow onion | sesame aioli | cucumber pico

GRILLED CHICKEN* 15⁵⁰ ^{GF}

rosemary & citrus grilled chicken | zucchini
yellow squash | mukimame | fried egg
cauliflower rice | ponzu | pineapple pico

HUMMUS BOWL 16⁵⁰

hummus | grilled chicken
tomato | red bell pepper
cucumber | red onion
green onion | rosemary oil
honey Dijon tahini | fried pita



À La Carte

PROTEIN

SLAB BACON 8 ^{GF}

GRILLED CHICKEN BREAST 8 ^{GF}

FRIED CHICKEN BREAST 8⁵⁰

7OZ NEW YORK STRIP* 14⁵⁰ ^{GF}

PORK SAUSAGE 5 ^{GF}

CHICKEN SAUSAGE 5 ^{GF}

CHORIZO SAUSAGE 5 ^{GF}

CARVED HAM (2) 5 ^{GF}

BACON (2) 4 ^{GF}

PORK GREEN CHILI CUP 5 ^{GF}

SCOTTISH SALMON* 9 ^{GF}

SMOKED SALMON 9 ^{GF}

SHORT RIB HASH 11 ^{GF}

PORK CHOP 11

FRUITS & VEGGIES

FRUIT BOWL 8⁵⁰ ^V ^{GF}

FRUIT CUP 4 ^V ^{GF}

SEASONAL BERRIES CUP 4⁷⁵ ^V ^{GF}

FRUIT SKEWER 2⁵⁰ ^V ^{GF}

AÇAÍ SCOOP 3⁵⁰ ^V ^{GF}

VEGGIE SAUTÉ 4⁵⁰ ^{VG} ^{GF}

TOMATO SLICES 2 ^V ^{GF}

AVOCADO 3²⁵ ^V ^{GF}

BAKERY

TOAST, ONE SLICE 2 ^{VG}

GLUTEN-FREE TOAST 2 ^{VG} ^{GF}

BISCUIT & GRAVY 6⁵⁰

JALAPEÑO CHEDDAR BISCUIT 4 ^{VG}

ENGLISH MUFFIN 2⁵⁰ ^{VG}

GLUTEN-FREE BAGEL 4 ^{VG} ^{GF}

OTHER

TRUFFLE PARMESAN FRIES 6⁵⁰ ^{GF}

SWEET POTATO FRIES 4⁵⁰

POTATOES O'BRIEN 3⁸⁵ ^{GF}

HASH BROWNS 3⁸⁵ ^{GF}

POUTINE 9

COTTAGE CHEESE 3²⁵ ^{VG} ^{GF}

BEVERAGES

COFFEE 4

Breakfast Club's own roast

ICED COFFEE 4

FLAVORED COFFEE 4⁷⁵

DECAF COFFEE French-pressed for freshness 4⁵⁰



BARISTA BAR

ESPRESSO 2

CAPPUCCINO 3⁵⁰

LATTE 4

BC COLD BREW 6⁵⁰ | 8⁵⁰

BC NITRO 5⁵⁰

CHAI LATTE 5⁷⁵ | 7⁷⁵

FRENCH PRESS - BC ROAST DECAF 4⁵⁰

MATCHA GREEN TEA LATTE 4⁵⁰

BULLETPROOF COFFEE 6

HOT CHOCOLATE 3⁵⁰

FLAVORED SYRUP 7⁵

Pure cane sugar reduction with natural extracts
almond | caramel | coconut | hazelnut
Irish cream | nutty | vanilla | sugar-free vanilla
sugar-free caramel

TEA 3

Premium Broken Leaf Tea

GREEN steeped with orange, peach & ginger

BLACK steeped with raspberry & mango

PALMER TEA our black tea with house-made lemonade 4⁵⁰

HOT TEA 3⁵⁰

Premium Broken Leaf Tea

African rooibos | chamomile | English breakfast

Darjeeling | Japanese green | Moroccan mint

BOTTLED SODA

COLA pure sugarcane 4⁵⁰

7UP pure sugarcane 4⁵⁰

BREAKFAST SODAS

LAVENDER BLUEBERRY LEMONADE lemonade
lavender blueberry syrup | Club soda 4⁵⁰

VANILLA STRAWBERRY ORANGE orange juice
vanilla strawberry syrup | Club soda 4⁵⁰

MANGO COCONUT PINEAPPLE pineapple juice
mango coconut syrup | Club soda 4⁵⁰

PEACH ROSEMARY GRAPEFRUIT grapefruit juice
peach rosemary syrup | Club soda 4⁵⁰

JUICES

ORANGE cold-pressed in-house 5⁷⁵

GRAPEFRUIT freshly extracted 6⁵⁰

PINEAPPLE Dole all-natural 4⁵⁰

APPLE RW Knudsen organic 5⁵⁰

CRANBERRY Ocean Spray 4²⁵

LEMONADE house-made 4²⁵

SMOOTHIES

SMOOTHIE strawberry & banana | wild berry | mango
strawberry | peach 5⁷⁵ | 7⁷⁵

BC BERRY SMOOTHIE strawberries | blueberries
blackberries | banana | apple juice | granola 7⁷⁵ | 9

BYO SMOOTHIE

strawberries | blueberries | banana | pineapple
peanut butter | honey | yogurt | ice cream | protein
spinach | granola | steel-cut oats | orange juice
apple juice | pineapple juice | cranberry juice

PROTEIN SHAKES

B & B PRO blueberries | banana | milk | whey protein 5⁷⁵ | 7⁷⁵

CLUB PRO peanut butter | banana | chocolate milk
whey protein 5⁷⁵ | 7⁷⁵

CINNAMON TOAST CRUNCH honey | cinnamon
peanut butter | almond milk | banana
whey protein 6⁷⁵ | 8⁷⁵

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