

All Day Breakfast

Our Specialities

Smoked Trout, a Poached Egg, and Butternut Squash & Potato Hash

A simple oven roasted hash topped with house-smoked sustainably farmed trout, a poached egg, and toast makes for a satisfying bright breakfast. 14.00

Papa's Oatmeal Pancakes

Sheri grew up eating these pancakes! Oatmeal, whole wheat flour, buttermilk...adds up to a hearty and delicious stack of pancakes. Served with local maple syrup and butter. Ask your server for all our flavour options. 11.00, kid's stack 8.00

Tofu Scramble

Savoury and delicious with a light curry flavour and a touch of spice, made to order with fresh zucchini, mushrooms, onion, sweet peppers, and kale. Served with toast, and a cucumber yogurt raita. 11.00

Sides & Add-Ons

Egg 2.25	Hashbrowns 3.50
Cheese 2.50	Avocado 3.00
Bacon 3.50	Tomato 2.00
Peameal Bacon 3.00	Slice of Toast 2.00
Housemade Sausage 4.00	One Pancake 3.00
Chicken 4.50	Extra Maple Syrup 2.00
Smoked Trout 5.00	House Salsa 2.00
	House Raita 2.00

Smoothies

Made fresh to order!

Purple Haze - strawberries, blueberries, bananas, vanilla and organic milk, or coconut milk 5.50

Red Riot - strawberries, raspberries, bananas and Black River mango juice 5.50

Orange Mango - mangoes, Black River mango juice, and a whole orange 5.50

Breakfast On the Go - kale, blueberries, strawberries, banana, cinnamon, rolled oats, and coconut milk 6.50

the Classics

WtG Bacon & Eggs

Our classic breakfast includes two eggs, hashbrowns, toast and your choice of bacon, house-made sausage or peameal bacon. 11.00

Breakfast Sandwich

WtG's version has peameal bacon, a poach-fried egg, old white cheddar and lemon mayo all on our own toasted multigrain English muffin. 7.50

Breakfast Burrito

Sautéed veggies, two scrambled eggs and old white cheddar served in an organic whole wheat tortilla with a side of our fresh salsa and sour cream. 10.00
Add house-made sausage or spicy sausage for 2.00

Breakfast Parfait

Our house-made Maple Orange Pecan Granola is layered with raspberries, blueberries, organic yogurt and local maple syrup. sm 5.00 lg 7.50

Fresh from the Bakery

Muffins and Scones

Ask about today's selections. 3.00 ea

Toast

Available in full or half orders
with jam, peanut butter or honey 4.00/3.00
with avocado, tomato and cheddar 7.50/6.25

Toasted Sesame Bagels

with cream cheese 4.75
with jam, peanut butter, or honey 3.25

Toasted Multigrain English Muffin

Our house-made multigrain English muffin served with butter, jam, or peanut butter 4.00



*plus applicable taxes *please talk to your server if you have any allergy or dietary concerns, many of our dishes can be easily made vegan, vegetarian or gluten-free.

With the Grain Menu

Soup & Chili

Today's Soup

Made fresh daily using the best quality ingredients - please ask your server about our soup today. Served with a slice of bread and butter. Cup 6.50, Bowl 7.50

Veggie Chili

Our signature chili served with sour cream, grated cheese, and a slice of bread and butter. Cup 6.50, Bowl 7.50, add mashed avocado 1.50

Salads

Add bread and butter for 1.00

House Salad

Mixed organic greens topped with grated carrots and toasted sunflower seeds, served with your choice of dressing: Classic Miso, Creamy Maple Vinaigrette, or White Wine Vinaigrette.

9.00, side 4.75, add chili rub chicken for 4.00, bacon for 2.75

Kale and Romaine Caesar Salad

An inspired Caesar salad with a vegan twist. Hearty kale and crisp romaine lettuce tossed with a creamy, house-made cashew Caesar dressing. Garnished with croutons, cashew Parmesan and "bacon bits". 12.50, side 6.50

Quinoa & Orange Salad

Zesty oranges and quinoa on a bed of fresh fennel and radicchio. Topped with crumbled feta, toasted pumpkin seeds and drizzled with a creamy maple vinaigrette. 12.50, side 6.50

Sandwiches

Served on our bakery's fresh bread or an organic whole wheat wrap. Switch to a gluten-free corn tortilla for 2.00 or a bed of greens for 3.00. Add a side of hashbrowns for 3.50.

BATH (Bacon, Avocado, Tomato and Havarti)

One of our most popular sandwiches. Made with Ontario bacon and served with our house-made garlic mayo and fresh crisp lettuce. 9.50

White Bean & Kale Pesto

Our house-made savoury white bean, walnut and kale spread is full of nutrients and flavour, topped with fresh crisp veggies. 8.50

Roast Chicken with Chipotle Mayo

Ontario chicken roasted with a chili dry rub and topped with havarti, sweet peppers, lettuce, and our chipotle mayo. 9.50

Egg Salad

Made with Blue Haven Farm free range eggs, fresh dill, sweet peppers, and green onions, topped with crisp cucumber, grated carrot and pea shoots. 8.00

Grilled Cheese

Old white cheddar on our bakery fresh bread, grilled until it's perfectly melted and golden. Served with a side of our house-made ketchup. 8.50

Chicken Quesadilla

Tender chicken breast flavoured with our chili dry rub, old white cheddar, pickled jalapenos, grilled peppers, and chipotle mayo grilled on a whole wheat tortilla and served with salsa and sour cream. 11.00

Don't forget to visit the Bakery after your meal. Head across the street for tempting desserts, delicious breads and our unique line of pantry products. Enjoy granolas, preserves, salad dressings, spiced mixed nuts, crackers and even dog biscuits for your four-legged friends.



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