

## TIGH-NA-MARA MORNAYS

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### **West Coast**

Two Poached Eggs Nestled on Smoked Salmon Lox  
Topped with Creamy Cheese Sauce

17

### **The Classic**

Two Poached Eggs, Fresh Baked Cheese Scone with Canadian Back Bacon  
Topped with Creamy Cheese Sauce

15

### **The Garden Patch**

Two Poached Eggs, Grilled Field Tomato Slice, with Sautéed Spinach  
Topped with creamy cheese sauce

13

## ISLAND FARE

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(Served with Savory Diced Hashbrowns and Your Choice of White, Multigrain, or Sourdough Toast)

### **Tigh-Na-Mara Big Day Breakfast**

Two Farm Fresh Eggs, with A Pancake, Two Sausages & Two Strips of Bacon

17

### **Vancouver Island Traditional Breakfast**

Two Farm Fresh Eggs with Your Choice of Crisp Bacon, Ham, or Local Hilliers Sausage

14

### **Cedar Breakfast Wrap**

Scrambled Eggs, Hilliers Sausage, Sweet Peppers, Mushrooms, Onion and Shredded Cheese  
Wrapped in a Flour Tortilla

13

### **Breakfast Sandwich**

Toasted Whole-wheat Ciabatta Bun with a Fried Egg, Crisp Bacon, Monterey Jack Cheese  
Lettuce, Tomato and Roasted Red Pepper Mayonnaise

11

## WEST COAST FRITTATAS

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### **Farmhouse Frittata**

Smoked Country Ham, Green Onion and Shredded Cheese

15

### **Country Garden and Goat Cheese Frittata**

Fresh Mushrooms, Spinach, Bell Peppers, Tomato, Onion and Okanagan Goat Cheese

13

### **West Coast Frittata**

Tiger Prawns, Chorizo Sausage, Spinach, Roasted Garlic, Crisp Bacon, Green Onion, Cheddar

15

### **The Grotto Spa Omelette**

Cholesterol Free Egg Whites, Bell Peppers, Wilted Spinach and Mushrooms  
Served with Fresh Fruit

13

## FROM THE GRIDDLE

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### **Apple, Cranberry French Toast**

Grilled Apple Cranberry Filoncino  
Orange Cinnamon Butter, Warm Maple Syrup  
13

### **Belgian Waffle**

Golden Malted Waffle  
Served with Warm Maple Syrup  
13

### **Multigrain Pancakes**

Heart Healthy, Seven Grain Pancakes  
Served with Warm Maple Syrup  
13

### **Pair Any of the Above Items with:**

Fresh Sliced Strawberries & Whipped Cream  
Fresh Sliced Bananas & Whipped Cream  
Caramelized Apples & Pecans  
3.5

## Lighter Fare

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### **Martini Parfait**

In-house Roasted Granola Layered with Fresh Strawberries and Yogurt in a Martini Glass  
10

### **Orchard Granola**

Apricots, Sun-dried Cranberries, Pecans, Cashews, Rolled Honey Oats, with a Side of Yogurt  
8

### **Cinnamon Oatmeal and Toast**

Oatmeal With Apple and Golden Raisins, Served with Brown Sugar and Milk  
10

### **Fresh Fruit Salad**

A Variety of Fresh Seasonal Fruit  
9

## Specialty Coffees

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Featuring Caffe Umbria Italian Style Coffee

**Latte**  
3

**Cappuccino**  
3

**Mocha**  
3.1

**Espresso**  
Sgl 1.9 Dbl 2.2