

BREAKFAST



Four Points Breakfast\$15

Two farm fresh eggs
Choice of bacon ham or sausage
Seasoned rosti potatoes
Toast with butter and jam
Coffee or tea
Choice of juice

HEARTY BREAKFAST SPECIALTIES

Beef Brisket Skillet.....\$13

Two eggs any style, baby potatoes, eight hour braised brisket, caramelized onions, peppers, bacon bits, au jus glaze

Prairie Omelette.....\$14

Choice of fillings: cheese, ham, mushroom, sausage, vegetarian or Western.

Served with breakfast potatoes and choice of toast

Frankie\$12

Scrambled egg, shredded potatoes, baby prawns, tomatillo salsa, arugula salad, flaky whole wheat bread

Served with fresh fruit

Eggs Benny Bar\$15

Two poached eggs served on English muffin

Choice of:

SPANISH: chorizo sausage, semi-dried tomatoes, sautéed mushrooms

CANADIAN: sliced smoked salmon, capers cream cheese, grilled kale

GARDEN: sautéed spinach, tomatoes, grilled peppers

Served with fruit bowl and rosti potatoes

Panini.....\$13

Confit duck, provolone cheese, over-easy eggs, kale

Served with smashed potatoes

Healthy Frittata.....\$12

Egg whites, spinach, mushrooms, semi-dried tomatoes, pork sausage. Served with choice of toast and fresh fruit

Frittata of the Day\$12

Chef's special frittata. Served with choice of toast and fresh fruit

Sweet Morning\$10

Waffles or Pancakes with choice of three toppings: Maple syrup, Nutella, seasonal fruit relish, candied walnuts

Stuffed French Toast\$8

Cream cheese, chocolate chip stuffed banana bread, chocolate glaze

Classic Continental Breakfast.....\$10

Breakfast Pastry, sliced seasonal fruit, choice of juice and hot beverage

SIDES

Sliced Fruit Bowl\$5

Pork Sausage.....\$5

Smoked Ham.....\$5

Two Eggs any Style\$5

Three Slices of Bacon.....\$4

Oatmeal:\$6

Rolled oats, dried cranberries, brown sugar

Parfait\$6

House made granola, vanilla yoghurt, honey, mixed berries

Cold Cereal:\$4

Choose from assorted cereals, served with milk

Congee (available on request):\$6

Served with soy sauce and green onions available on request

BREAKFAST



BAKERY

- Bagel and Cream Cheese\$4**
- Chocolate Croissant\$3**
- Danish Pastry\$3**
- Two Pieces of Toast\$2**
Whole Wheat, Rye or Multi-grain, Gluten Free

BEVERAGES

- Juice\$3**
Assorted premium Tropicana juices
- Freshly Brewed Coffee\$3**
Four Points Rainforest Bold. Decaf available on request.
- Hot Tea\$2**
Choose from a selection of Bigelow® teas
- Milk\$2**
Skim, 2%
- Soy Milk\$3**

A 17% banquet service charge and 5% sales tax will be added to all meeting space, A/V, and food & beverage charges. Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.