

Good Morning

fresh

Delta's Canadian Classic \$16

Two eggs your way, skillet fried potatoes, toast.
Choice of smoked bacon, local farmer sausage or Meadowbrook back bacon

Includes chilled juice, coffee or tea

Delta's Healthy Start \$12

Fresh fruit and berries, plain yogurt, organic granola, Acadian maple syrup, toast and choice of assorted preserves

Includes chilled juice, coffee or tea

Buffet

Deluxe \$17

Scrambled eggs, skillet fried potatoes, local farmer sausage, bacon, French toast, pancakes and daily features inspired by our Chef

Assorted fresh baked pastries, muffins, breads, bagels, local and imported cheese, cold cuts, fresh fruit, oatmeal, cereals, granola, muesli, yogurt and assorted preserves

Continental \$13

Assorted fresh baked pastries, muffins, breads, bagels, local and imported cheese, cold cuts, fresh fruit, oatmeal, cereals, granola, muesli, yogurt and assorted preserves

Eggs Benedict \$16

Two poached eggs, English muffin, fresh fruit, skillet fried potatoes, hollandaise sauce. Choice of smoked salmon, back bacon, asparagus

Omelette \$15

Three eggs, cheddar cheese, skillet fried potatoes, toast. Choice of tomatoes, peppers, bacon, scallions, mushrooms, smoked salmon

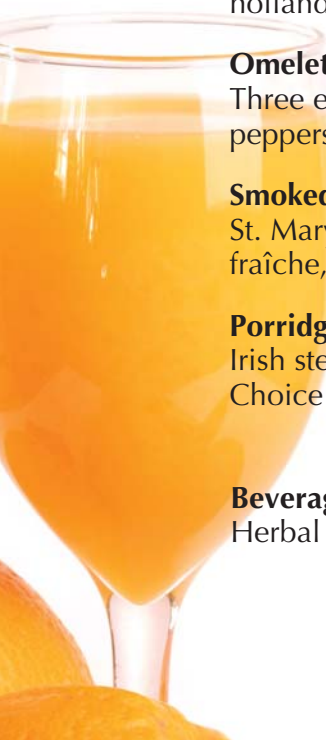
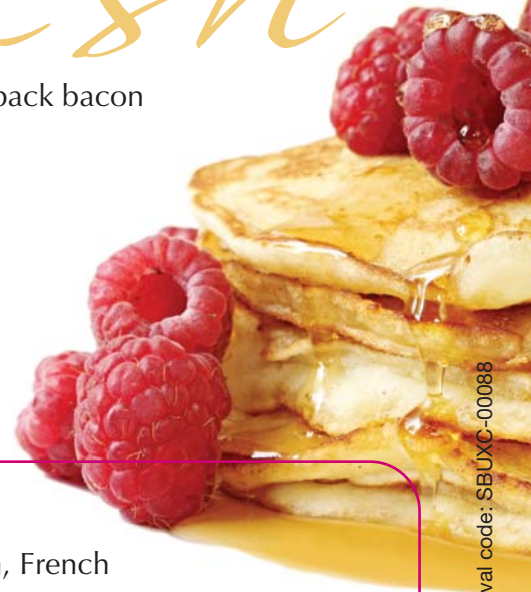
Smoked Salmon Crêpe \$14

St. Mary's smoked salmon, French style crêpe, Smeltzer honey, crème fraîche, fresh fruit, hollandaise sauce

Porridge \$12

Irish steel cut oats, Terra Beata dried fruit, multigrain toast.
Choice of whole fruit or fruit cup

Beverages: Breakfast Smoothie **\$6.50**, Juice **\$3**, Milk **\$3**, Coffee **\$3.25**, Tea **\$3.25**, Herbal Tea **\$3.50**, Hot Chocolate **\$3**, Espresso **\$4**, Cappuccino **\$4.50**, Latte **\$4.50**



Sizzling Skillet \$15

Nova Scotia beef brisket, potatoes, grilled tomato, asparagus, cheddar cheese, poached egg

French Toast \$13

Stuffed with wild blueberry and quark cheese, fresh fruit, Acadian maple syrup, choice of assorted preserves

Breakfast Tower \$13

Thick sliced house baked brioche, griddled, Ran-Cher Acres goat cheese, sautéed mushroom, grilled tomato, fried egg

Grapefruit Start \$13

Half pink grapefruit, baked, Smeltzer honey infused, multigrain toast, low fat cream cheese, quark cheese or almond butter

Flapjacks \$12

Buttermilk pancakes, bananas, banana cream

Cottage Cheese \$12

Cup of cottage cheese, fresh fruit, gourmet granola

Steak and Eggs \$19

Atlantic choice beef strip loin, grilled tomato, sautéed mushrooms, skillet fried potatoes, cheddar cheese, eggs

Acadian Shore \$17

Harbour City's Nova Scotia fish cakes, one egg, baked beans, local farmer sausage, tomato chow



Side Dishes

Fresh Fruit and Berries **\$8.75**

Fruit Cocktail **\$6.50**

Plain or Flavoured Yogurt **\$3.25**

Cottage Cheese **\$3.50**

Half Pink Grapefruit **\$3.50**

Whole Fruit **\$2.50**

Organic Granola **\$6.00**

Cold Cereal **\$3.50**

Oatmeal **\$4.00**

Bagel with Cream Cheese **\$5.00**

Muffin **\$3.00**

Croissant, Bagel or Toast with

Choice of assorted preserves **\$3.00**

OUR KITCHEN IS YOUR KITCHEN Should you wish for an item not found on our menu please tell your server and Chef Les Stevens and his team will do their best to accommodate your special request. Please also inform us of any allergies.